

Memory Care Schedule

Time	Task
6:10 AM – 7:45 AM	Wake Up and Get Ready For the Day!
8:00 AM – 8:45 AM	Breakfast
8:45 AM – 9:15 AM	Exercise
9:15 AM – 10:30 AM	One on One Visits
10:30 AM – 11:00 AM	Crafts/Games
11:00 AM – 11:45 AM	Activity Time
12:00 PM – 12:45 PM	Lunch
1:00 PM – 1:40 PM	Activity Time
1:40 PM – 2:40 PM	Rest and Relaxation
2:40 PM – 3:00 PM	Activity Time
3:00 PM – 4:00 PM	One on One Visits/Table Games
4:00 PM – 4:30 PM	Activity Time
4:30 PM – 5:15 PM	Get Ready for Dinner
5:30 PM – 6:15 PM	Dinner
6:30 PM – 7:30 PM	Activity Time

Activities are subject to change.