

# Long-Term Care Weekly Activity Calendar

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30 AM</b>	Spiritual Services						
<b>10:00 AM</b>		Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
<b>10:30 AM</b>		Word Games	Trivia	Short Stories			Outside Strolls
<b>11:00 AM</b>					Morning Stretch	Exercise with Music	
<b>1:30 PM</b>	Afternoon Stretch	Afternoon Chat	Hand Massages	Balloon Toss	Hand Massages	Sorting & Folding	
<b>2:00 PM</b>	Sing-a-long	Tea Time	Baking	Sing-a-long	Games	Sing-a-long	Music Entertainment
<b>3:30 PM</b>	Short Stories	Manicure	Famous Faces	Manicure	Happy Hour	Arts & Crafts	Word Games
<b>6:00 PM</b>						Finish the Phrase	

Please note: This is a sample calendar. All activities are representative.

