

**house of welcome adult day services** *specialized programs for people with memory loss*

## April Activity Schedule

*(Schedule is subject to change based on special programming or staffing adjustments)*

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Morning Coffee and Newspaper	Morning Coffee and Newspaper	Morning Coffee and Newspaper	Morning Coffee and Newspaper	Morning Coffee and Newspaper
10:00	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
10:15	Art or Baking	Musical Theater	Active Games (Improv on 3 <sup>rd</sup> Wednesday)	Art	Music or Service Projects
11:05	Beverage Break	Beverage Break	Beverage Break	Beverage Break	Beverage Break
11:15	Seated Exercise	Seated Exercise	Seated Exercise	Seated Exercise	Seated Exercise
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
12:30	Reminiscence and Conversation	Reminiscence and Conversation	Reminiscence and Conversation	Reminiscence and Conversation	Reminiscence and Conversation
1:00	Afternoon participants arrive/ Afternoon meeting	Afternoon participants arrive/ Afternoon meeting	Afternoon participants arrive/ Afternoon meeting	Afternoon participants arrive/ Afternoon meeting	Afternoon participants arrive/ Afternoon meeting
1:30	Music	Music	Music	Music	Music
2:30	Seated Exercise	Seated Exercise	Travel Discussion or Table Games	Seated Exercise (Improv on 1 <sup>st</sup> Thursday)	Seated Exercise or Sensory
3:15	Beverage/Snack Break	Beverage/Snack Break	Beverage/Snack Break	Beverage/Snack Break	Beverage/Snack Break
3:30	Active Game or Walking Group	Art or Discussion	Seated Exercise or Walking Group	Table Games or Spirituality	Table Games or Art
4:15	Popular Culture	Table Games	Trivia (Pet Therapy on 2 <sup>nd</sup> Wednesday)	Active Games (Pet Therapy on 3 <sup>rd</sup> Thursday)	Active Games or Video
5:00	End of Day	End of Day	End of Day	End of Day	End of Day

# Activity Guide

---

**Active Games** Active games vary on a daily basis, including bag toss, ring toss, Velcro darts, golf, bowling and more.

**Afternoon Arrival** Our afternoon participants start arriving at 1 p.m. They are welcomed into the program and join the group, chatting with other participants/staff/volunteers.

**Art** Art programs vary on a daily basis. We offer a variety of mediums, such as watercolor, oil pastels, mosaic tiles, etc. Art programs may revolve around a theme, such as holidays, for example, decorating pumpkins around Halloween. We always have mandalas and colored pencils available for participants throughout the day.

**Art Appreciation** Gives participants the opportunity to analyze art and share their opinions. The focus may be on one artist or styles of art such as Abstract, Impressionism, or Surrealism.

**Baking** Staff and participants work together baking treats for the group to enjoy. The group makes a variety of items including cookies, cakes, muffins, etc. Preparing a variety of items ensures that there are treats for the group to enjoy and that we can accommodate participants who may have dietary restrictions.

**Beverage/Snack Break** Two beverage breaks are built into our schedule, one in the morning and one in the afternoon. Water, iced tea, and lemonade are served and our afternoon break includes a snack.

**Biography** Various musicians, actors, philanthropists, comedians, and leaders are discussed in the biography group. Biographies may be interactive and include music, photos, videos, and trivia.

**Creative Storytelling** Based on the *TimeSlips* method, participants create a story prompted by a picture. All contributions are accepted and incorporated into the text and the outcome is imaginative and original.

**Discussion** The discussion group provides an opportunity for participants to discuss a broad range of topics including holidays, celebrations, family, friendship, love, advice, and different stages of life. Participants are encouraged to share their opinions and experiences.

**Improv** A volunteer trained at Second City in improv leads the group in a variety of exercises that promote interaction, imagination and laughter.

**Lunch** Participants enjoy lunch prepared with their needs, as well as likes/dislikes, in mind. Staff joins participants to facilitate conversation and to provide any assistance participants may need. We usually serve a sandwich, fruit or vegetable, and chips. Of course, lunch would not be complete without dessert!

**Morning Coffee and Newspaper** As participants arrive in the morning, beverages and a snack are served. A variety of newspapers, magazines, and books are available for participants to look at. Staff and volunteers engage participants in conversation, complete crossword puzzles and may engage in other games and activities before the morning meeting.

**Morning/Afternoon Meeting** At the morning and afternoon meetings, staff welcomes participants and reviews the schedule. Planned activities are listed on our dry erase board with time and location. Staff also shares information about events that happened on this day in history, holidays, and more. Pertinent announcements are made, for example, participant/staff/volunteer birthdays. New participants may be introduced.

**Music** Music programs vary on a daily basis. A volunteer may perform for the group, playing the piano or another instrument. Other programs include musical bingo, music Wheel of Fortune, sing-a-longs, musical trivia, and more.

**Musical Theater** Staff presents various musical theater topics, such as musicals of a specific decade, fill in the lyric, etc. As in all our music programs, singing along (and dancing!) is always encouraged.

**Pet Therapy** Pet therapy provides an opportunity for a therapeutic experience of interacting with certified therapy dogs and promotes reminiscence about participants' own pets. Dogs sometimes provide entertainment by performing tricks for participants.

**Poetry** Staff chooses poems based around a theme which may include love, family, seasons/holidays, etc. and the group reads the poems together. They discuss how the poem made them feel, what they liked/disliked, memories the poems may have prompted, etc. Participants are encouraged to share as much or as little as they are comfortable with.

**Popular Culture** This activity provides an opportunity for participants to reminisce about different periods throughout their life through review of each decade's popular music, movies, TV shows, fashion, dances, cars and more.

**Reminiscence and Conversation** Between lunch and the beginning of the afternoon session, there is some free time during which participants are invited to help staff with tasks such as cleaning the lunch tables. They are also welcome to sit and talk with the group, look at the newspaper or books, do art, etc. Staff might also lead the group in trivia, mind joggers, reminiscing, etc.

**Seated Exercise** Staff leads the group in a series of seated exercises and stretches. Exercises are meant to target all parts of the body. Staff encourages participants to only do what feels comfortable for them and to rest if they need to. Hand weights are available for anyone who wants to use them.

**Sensory** Provides an opportunity for participants to enliven their senses through the exploration of nature, food, music, aromatherapy, hand massages, and more.

**Service Projects** Focuses on giving back to others in the community. Participants make cards, blankets, baked goods, and pet toys to be donated to organizations in the community.

**Small Group Activity** At the end of the day, we offer a small group for participants who might benefit from a quieter activity. This will vary and may include yoga/tai chi, an art activity, relaxation, puzzles, etc.

**Spirituality** This activity provides an opportunity to discuss various celebrations and religions, promoting a deeper connection to a participant's own beliefs and an appreciation for the beliefs of others.

**Strength Training** Participants are offered light hand weights to increase resistance and build strength through a variety of exercises.

**Table Games** Table games vary on a daily basis and include Pokeno, bunco, Shake Loose a Memory, dice poker, and more.

**Tai Chi.** This activity focuses on slow, gentle movements, along with controlled breathing to promote an inner sense of calm.

**Travel Discussion** The group travels to a new location without even leaving their seats! Staff features a destination, and they discuss the culture, popular landmarks, food, and history. Occasionally, our baking group will make a snack that corresponds with the travel discussion, for example, churros or tres leches cake for Mexico or croissants for Paris.

**Video Discussion** Topics include Chicago, travel, food, art, or music. Segments of the videos are reviewed to promote discussion, allowing participants to share their thoughts.

**Walking Group** As an alternative to seated exercise, participants are welcome to join the walking group, which takes place in the NSSC gym located across the lobby from House of Welcome. Staff plays music, walking with participants and engaging in conversation.

**Yoga** This activity focuses on breathing while moving through various seated yoga positions to increase flexibility and promote mindfulness.