

ARF daily Activity schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM	Pool table	Pool table	Pool table	Pool table	Pool table	Pool table	Pool table
9:30 AM	Linen changing pod1	Fitness	Self-Care	Fitness	Fitness	Walk	Self-Care
10:00 AM	Coffee & conversation	Coffee & conversation	Coffee & conversation	Coffee & conversation	Coffee & conversation	Coffee & conversation	Coffee & conversation
10:30 AM	Self-Care	Open activities	Medication Education	ADL group	Open activities	Let's get some fresh air!	Let's get some fresh air!
1:00 PM	Gym	Gym	Gym	Gym	Gym	Gym	Gym
2:30 PM	Games & Music	Outing to park	Gardening	Resident council	Movie	Gardening	Gardening
4:00 PM	Linen changing pod2&3	Walk	Open activities	Open activities	Open activities	Open activities	Open activities
6:30 PM	Arts & crafts	Arts & crafts	Open activities	Movie & popcorn	Open activities	Open activities	Movie
7:15 PM	Movie	Movie	Bingo	Movie	Movie	Movie	Movie

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