



CEC Adult Day Program

Daily Schedule!



- 8:30 - Morning Coffee Conversation
- 9:00 – Continental Breakfast, Morning Welcome, and Social Hour
- 9:30 – Daily Fun Facts and Plan for the Day!
- 10:00 – Spiritual Services and/or Personal Wellness Time
- 10:30 – Daily Exercise Groups
- 11:00 – Morning Activity Programs!
- 11:45 – Trivia Time!
- **12:00 – Lunch!**
- 12:45 – Afternoon Stretch and Walking Group!
- 1:30 – Current Events/Brain Games
- 1:45 – Afternoon Activity Programs
- 2:30 – Afternoon Refreshments
- 2:45 – Relax, Reminisce and Reflect on the Day
- 3:00 - Transition Back Home
- 3:15 – Small Group and Individual Activities – Art, Table Games or Personal Relaxation Time (puzzle, reading, word games etc.)

