

# The Corinthian *daily schedule*

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Monday, Wednesday, Thursday {art is only M,W,F: Th 10a-12p is relax time}

8:30a-9a Breakfast  
9a-9:30a Devotional  
9:30a-10a Exercise, Stretch & Tone  
10a-12p 'Art with Soosie' (arts & crafts with Susan Molen)  
12p-1p Lunch  
1p-2p Relax time with books, puzzles, or a sit on the patio.  
2p-3:30p Games and activities like bingo with a snack (fruit).  
3:30p-5p Movie time in the den.  
5p-7p Light supper  
7p Watch television in rooms or den till bed.



Tuesday (weather permitting)

8:30a-9a Breakfast  
9a-9:30a Devotional  
9:30a-10a Exercise, Stretch & Tone  
10a-10:30 Prepare to go out for the day.  
10:30a-12p Go to Musa's hair salon (style \$25 and cut & style \$40).  
12p-2:30p Eat out for lunch and take a short drive.  
2:30p-5p Games, activities and/or movie depending on available time.  
5p-7p Light supper  
7p Watch television in rooms or den till bed.



Friday

8:30a-9a Breakfast  
9a-9:30a Devotional  
9:30a-10a Exercise, Stretch & Tone  
10a-12p 'Art with Soosie' (arts & crafts with Susan Molen)  
12p-1p Lunch  
1p-2p Relax time with books, puzzles, or a sit on the patio.  
2p-3:30p Entertainment provided by volunteers (music, magic show).  
3:30p-5p Field trip to a park or short drive if weather permits.  
5p-7p Light supper  
7p Watch television in rooms or den till bed.



Weekends are much more relaxed and lack activities due to family visits.

Many families take residents out on Sundays to church and lunch. Most residents go to Musa's even if they are not getting a hair cut because it is a great place to socialize.