Prairie Spirit January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:30 Video 4:30 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed	*2* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 2:30 Social 3:30 Video 4:00 Music with Krista 4:30 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed	*3* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:30 Video/Music 4:00 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed	*4* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement *10:30 Memorial Service CH* 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:30 Video/Music 4:00 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed	*5* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:30 Video 4:00 Music with Krista 4:30 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sen. 8:00 Ready for Bed	*6* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:30 Video/Music 4:30 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed	*7* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:30 Video 4:30 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed
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29 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:30 Video 4:30 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed	*30* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical *1:15 Devotion & Song* 2:30 Social 3:30 Video 4:00 Music with Krista 4:30 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed	*31* 7:45 Breakfast 8:45 Bathroom Break 9:00 Exercise 9:30 Cognitive/Sensory 10:00 The Price is Right 10:30 Music & Movement 11:00 Bathroom Break/ Set up for Lunch 11:30 Lunch 12:30 Physical 1:00 Bathroom/Quiet Time 2:30 Social 3:15 Reminisce w/ Music 4:00 Bathroom/Set up for Supper 4:45 Supper 6:00 Physical 6:30 Wheel of Fortune 7:00 Sing-A-Long 7:30 Relaxation/Sensory 8:00 Ready for Bed		*All programs are subject to change. Please check white board for most updated programming.* *Movies will be shown on Ch. 6*	*Underlined programs are "Retain your Brain" Programs* 	***Key*** *CH = Chapel*