SAMPLE DAY BREAK DAY

10:00–10:30	**GREET THE DAY** Coffee/Tea Light Breakfast ie. Toast/Bagel/Muffin Orient group to the Day of the Week, Weather, Season etc
10:30–11:00	**GROUP COGNITIVE GAME** Wheel of Fortune, Large Crossword Puzzle, List a topic A–Z, etc.
11:00–12:00	**CARD GAME– FACILITATED BY STAFF** Focus' on– Number recognition, fine motor movements, decision making, mental sharpness/ routine
12:00–1:00	**HOT LUNCH SERVED BY STAFF** Providing delicious nutritious meals, maintaining independence while eating, fostering social interaction with peers
1:00–1:30	**GROUP DICE GAME– FACILITATED BY STAFF** Focus' on– Cognitive stimulation, Improved numerical skills, nostalgia, tactile/sensory, low stress social engagement.
1:30–2:00	**STAFF LEAD EXERCISE** Chair exercise, balloon volleyball, cardio drumming to focus on gross motor movements and balance
2:00–3:00	**TRIVIA/ART/PUZZLES** Memory recall, Emotional well being and regulation, non verbal communication, refining motor skills, cognitive engagement