



FEBRUARY 2019



WALLACEBURG DAY PROGRAM

Daily Activities

9:30 Morning Chat & Snack

10:00 Small group activity, music, trivia

10:30 Physical Movement/Exercise, Small Group Activity

11:00 Game Time, Trivia, Word Games

11:30 Small Group Activity



12:00 LUNCH

1:00 Rest & Relaxation (Video clip, music)

1:30 Entertainment/ Group Activity (eg. Crafts/Woodworking)

2:00 Dessert & Trivia

2:30 Small Group Activity (eg. Singalong)

Tuesday	Wednesday	Thursday	Friday
			1 1:30pm- Movement & Stretch with Fran & Dog Visit with Whisper
5	11am- VON Exercise 6	11am- VON Exercise 7	8
12	11am- VON Exercise 13	VALENTINE'S DAY 14 1:30pm- Pet Visit with Whisper	15
19 1:30pm- Art Therapy with Krista	11am- VON Exercise 20	11am- VON Exercise 21 1:00pm- Music with Renee	22
26 11am-Walpole Island First Nations Cultural presentation	11am- VON Exercise 27	28 1:30pm- Music with Jeff	

SCHEDULE & ACTIVITIES SUBJECT TO CHANGE