

Sample Daily Schedule for Fairfax County Adult Day Health Care Centers



7-9 a.m.	Table Activities (Breakfast, coffee club, puzzles, art projects, reading, listening to music)
9 a.m.	Welcome and News of the Day
10 a.m.	Exercise and Strength Training
11 a.m.	Pet therapy or Manicure
12 p.m.	Lunch
1 p.m.	Walking Club
1:20 p.m.	Wii Bowling or Crossword Puzzle
2 p.m.	Music Therapy or Men's Group
3 p.m.	Snack
3:30 p.m.	Horse Racing or Ceramics
4 p.m.	Trivia/Word Scramble

Some caregivers worry that their loved one won't like or want to participate in group activities. It is our experience that even people who were never particularly interested in group activities almost always adjust to the daily routines and benefit from the stimulation and opportunities for socialization. However, the staff respects the participant's right to observe an activity or to retire to the library for some quiet time.