

IRVINE COTTAGES DAILY SCHEDULE FOR CAREGIVERS AND RESIDENTS

7:00am - 9:00am

Breakfast - please make coffee and tea
Beauty Care - Hair care, nail care, make-up for the women.
Shaving, grooming for the men
Shower /Bath time and Massage
Lotion appreciation
If you do not have these supplies let Jacque know

9:00 - 10:00am

Exercise time to music- exercise each resident 5-10 minutes
or 60 minutes total
One on One exercise 7 days a week
You may include a walk
You may try ball toss too
Do not forget to lift arms and legs of each resident
Please play music on CD or Keyboard

10:00am - 10:30AM

Music and Snack time - Cranberry or Orange Juice,
Cookies,
Cheese and Crackers or Fruit
Live music therapy on Monday Wednesday, Friday and
Sunday

10:30 - 11:30am

Walk or outdoor patio time
Art Therapy on Tuesday and Thursday

11:30am - 1:00pm

Lunch
Always have music turned
on during lunch.

1:00pm-2:00pm

Massage and nail care one day a week
Games
Art
Outdoor walk
Reading
Karaoke

2:00 - 2:30pm

Music
Snack time!
Aroma Therapy - Aromas and Scents

2:30 - 3:30pm

Afternoon exercise or a walk to the park for afternoon
snack
(Every resident non-ambulatory and Ambulatory
goes on a walk)
Take snacks to the park for a picnic

4:30 - 5:30pm

Dinner with music

6:00pm

Movie time (Movies) or T.V. Time

7:00pm

Snack/Meal is a must!

8:00pm

Preparation for bed
Oral care and grooming