



Day Center Daily Routine

Open Monday – Friday, 7:00 a.m. – 6:00 p.m.

- 7:00 a.m. **Center Opens to Members**
- 7:30 a.m. **Social Hour with coffee**
- 8:30 a.m. **Passive Activities:** May include Arts, Crafts, Table Games, Beauty Bar, Health Fair, Clay Creations, Book Review, Music Moments
- 9:30 a.m. **Current Event & Discussions**
- 10:00 a.m. **Morning Snack**
- 10:30 a.m. **Exercise:** May include Sit & Stretch, Music in Motion, Ball Dexterity, Yoga, Tia Chi, Dancercise
- 11:00 a.m. **Morning Activity Hour:** May include Piano Sing-A-Long, Arts & Crafts, Dance Class, Music Appreciation, Volunteer Music, Entertainment, Cooking Class, Baking Creative Expression, Sensory Stimulation, Bingo Contest, Art Therapy, Men @ Work Group, Ring Toss, Car Racing, Red Hat Day
- 12:00 p.m. **Lunch Time**
- 1:00 p.m. **Leisure Hour:** May include Table Games, Garden Club, Flower Arrangements, Movie Matinee, Dominoes, Walking Club
- 2:00 p.m. **Afternoon Activity Hour:** See Morning Activity Hour
- 3:00 p.m. **Afternoon Snack**
- 3:30 p.m. **Mid-Afternoon Activity:** Poetry, Writing Club Devotionals, Trivia, Word Games, Storytelling, Crosswords
- 4:15 p.m. **Afternoon Tea Time**
- 4:45 p.m. **Passive Activities**
- 6:00 p.m. **Center Closes**

Field Trips to Hermann Park, Galleria Window Shopping, Museums, Church Tours, Livestock Show, Wings Over Houston Air Show and more.

2007 Holidays Observed

Center Is Closed

January 1 – New Year's Day
January 15 – Martin Luther King, Jr. Birthday
May 28 – Memorial Day
July 4 – Independence Day

September 3 – Labor Day
November 22 & 23 – Thanksgiving Holiday
December 24 & 25 – Christmas Holiday
December 31 – New Year's Eve Holiday

Sheltering Arms Senior Services Day Center
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