

Suggested Daily Schedule

ACTIVITIES		ACTIVITIES	
8AM	Get ready for the day! <ul style="list-style-type: none"> ✓ Brush teeth ✓ Wash up 	3PM	Your choice! <ul style="list-style-type: none"> ✓ Spend time on a hobby of yours ✓ Double up on another activity from the list
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9AM	<ul style="list-style-type: none"> ✓ Get dressed ✓ Eat breakfast 	4PM	<ul style="list-style-type: none"> ✓ Get your 10-minute daily dose of COVID news
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9AM	Put your brain to work! <ul style="list-style-type: none"> ✓ Read/discuss a news article or book you're reading 	4PM	
-		-	Eat Dinner!
10AM	<ul style="list-style-type: none"> ✓ Try a crossword, Sudoku, or word search ✓ Journal your thoughts 	5PM	
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10AM	Social Hour! <ul style="list-style-type: none"> ✓ Talk with a friend or family member by phone or video chat 	5PM	Put your brain to work! <ul style="list-style-type: none"> ✓ Read/discuss a news article or book you're reading
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11AM	<ul style="list-style-type: none"> ✓ Check in on a friend here at Bishop Spencer Place ✓ Write a letter to a friend 	6PM	<ul style="list-style-type: none"> ✓ Try a crossword, Sudoku, or word search ✓ Journal your thoughts
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11AM		6PM	Time to get physical! <ul style="list-style-type: none"> ✓ Simple stretches
-	Eat lunch!	-	<ul style="list-style-type: none"> ✓ Go for a walk
12PM		7PM	<ul style="list-style-type: none"> ✓ Make a one-on-one appointment for a free PT exercise
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12PM	Relaxation! <ul style="list-style-type: none"> ✓ Take a short nap ✓ Meditate 	7PM	Social Hour! <ul style="list-style-type: none"> ✓ Talk with a friend or family member by phone or video chat
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1PM	<ul style="list-style-type: none"> ✓ Self-reflection ✓ Reminisce through old pictures ✓ Listen to music 	8PM	<ul style="list-style-type: none"> ✓ Check in on a friend here at Bishop Spencer Place ✓ Write a letter to a friend
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1PM	Time to get physical! <ul style="list-style-type: none"> ✓ Simple stretches ✓ Go for a walk 	8PM	Relaxation! <ul style="list-style-type: none"> ✓ Meditate ✓ Self-reflection
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2PM	<ul style="list-style-type: none"> ✓ Exercise in the Activities Center 	9PM	<ul style="list-style-type: none"> ✓ Listen to music
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2PM	Create! <ul style="list-style-type: none"> ✓ Color with crayons, colored pencils, markers, etc. to create something new, or copy something you love 		Good night! <ul style="list-style-type: none"> ✓ Get ready for bed ✓ Get some rest ✓ Get ready for a new day
-		9PM	
3PM	<ul style="list-style-type: none"> ✓ Make a hand-made card for a loved one 		