

## Hebrew Adult Day Center A Typical Day

8:00 am - 10:00 am	Drop off, Breakfast, Cognitive Reframing
10:00 am - 11:00 am	Movement and Exercise Group
11:00 am - 12:00 pm	Meditation/Nature Programming
12:00 pm - 1:00 pm	Hot Lunch (special diets accommodated)
1:00 pm - 2:15 pm	Social Dynamics, Baking, Music, Art, Walking
2:15 pm - 4:00 pm	Games (Bingo, Bottoms Up, Conversation Cards)

Every Tuesday morning, our day center participants enjoy a special field trip.