

## **Floresta Cottage**

**Resident's own morning routine  
(Hygiene, bathing, dressing, etc.)**

**6:30AM to 8:00AM**

**Breakfast**

**8:00AM**

**Morning Exercise, reading or watching TV news**

**9:00AM - 10:00AM**

**Scheduled appointments, and outings, crafts, or card games**

**mid-morning snack**

**10:30AM-12:30PM**

**Lunch**

**12:30PM**

**Free time, afternoon nap, reading, TV, card games,**

**afternoon snack**

**1:30PM-2:30PM**

**Scheduled outings, library, park, senior center, exercise,**

**music, gardening**

**2:30PM to 4:45PM**

**Dinner**

**5:00PM**

**Bingo, TV, Video, reading**

**Evening Snack**

**6:00PM to 7:30PM**

**Resident's own evening routine**

**Watching TV, reading, computer, talking on the phone, etc.**

**7:30PM to 9:00PM**

<u>Meals</u>	<u>Mealtimes</u>
Breakfast	8:00AM
Mid-morning snack	10:30AM
Lunch	12:30PM
Afternoon snack	2:30PM
Dinner	5:00PM
Evening Snack	7:30PM

This is only a general guideline for planning the daily schedule.  
This represents a typical day at the facility.