

ZCC CARE SENIOR LIVING

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, Nursing Visitations, Wound Management (if necessary) and Mid-Morning Snack

10:30AM-12:00PM

Lunch 12:00PM

Arts and Crafts, Card Games, Bingo, Painting, Afternoon Movie, Afternoon Nap, Reading, TV, Afternoon Snack and Free Time

1:30PM-2:30PM

Religious Services, Scheduled Outings, Birthday and Holiday Events, Park, Senior Center Afternoon Exercise, Music Therapy, Gardening

2:30PM to 4:45PM

Dinner 5:00PM

Resident's Own Evening Routine (Hygiene, Dressing, etc.)

6:00PM to 7:30PM

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

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.