

SCC @ AAH1

Time		Main Movement		Mon	Tue	Wed	Thu	Fri	Sat	Remarks
From	To									
7am	8am	Arrival of seniors		Social interactions, health checks, newspaper reading, music, social horticulture						Health checks (for seniors requiring blood pressure/ blood sugar or other vital signs monitoring)
8am	9am		Breakfast	Tea appreciation, Sensory activities, Individual exercise like hand/leg cycling, stretching exercises, other table top activities						Individual & Small Group Activities
9am	10am			Reality Orientation, Weather and News sharing, Group Befriending, dementia individual and group therapy						Main Group Activities
10am	11am	Form up Main Group		Morning Group Exercise, Circuit exercise (for maintenance and strengthening)						Intergenerational Activities, medication assistance (if any)
11am	12pm			Group activities (Greetings, music singing, reality orientation and other participative activities)						
12pm	1pm	Lunch		Lunch time for seniors ¹						
1pm	1:30pm	Resting		Resting time, music and relaxation. Some partnering games like mahjong, chess						Individual activities (minimum noise)
1.30pm	2pm	Form up Main Group		Recreational activities - Bingo or other group games						Main Group Activities
2pm	3pm	Break up into smaller groups or individuals		Interest group ² :	Interest group:	Interest group:	Interest group:	Interest group:	Cinema Therapy or activities tailor-made to the respite care clients. In-house educational talks.	Individual & Small Group Activities with or without volunteers. Adhoc volunteer programs like haircutting, magic show and others.
				Art Therapy/ Music Therapy	Culinary Arts Workshop/ Indoor gardening workshop	Photography Club, Home Improvement Club	Reminiscence Workshop, Virtual Reality Therapy	Grooming Class, Relationship Workshop, Self Care Group		
3pm	3:30pm	Afternoon Refreshments		Tea break						Resting and hydration
3.30pm	4pm	Recreational		Recreational activities - Bingo or other group games				In-house educational talks, Cinema Therapy with old movie screenings.	Recreational activities - Bingo or other group games, KTV, selected programs from a weekday	Health assistance activities and checks for clients, preparation of transportation
4pm	7pm	Individual / Group	Departure	Individual activities, e.g. news reading, coloring, arts & craft, karaoke. Counseling services and support groups						Clients leaving centre

¹Hawker fare and fruits programme on the last Friday of the month.

²Interest group activities will be changed every month. At least one new activity will be introduced every month. We will build up a repertoire of interest groups for rotation.