

SCC @ AAH1

| Time | | Main Movement | Mon | Tue | Wed | Thu | Fri | Sat | Remarks | |
|--------|--------|---|---|---|---|---|--|---|---|---|
| From | To | | | | | | | | | |
| 7am | 8am | Arrival of seniors Breakfast | 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 | | 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.