

Rock of Aged Retirement Home

Daily Facility Schedule

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| * CVTECH Training Purposes Only **•** |

**Meal Times**

Breakfast 0830 Lunch 1230 Snack 1430 Dinner 1700 P.M. Snack 2030

**Activities**

Morning Music 0900

Craft Time / BINGO / Game time 0930 & 1330

Exercises/Range of Motion 1025 & 1425

**Awake / Bed Times**

Arise – 0700 Mid-day Nap – 1300 Lights Out – 2200 or As Preferred

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| Wake Up  Toileting/Pericare/Empty Foley  Shower/Bed Bath  Dressing  Oral care/Denture Care  Ready for feeding | Lights Out  Toileting/Pericare/Empty Foley  Shower/Bed Bath  Dressing for Bed  Oral care/Denture Care  Ready for Bed |