

Stepping Stones Activity Room

Our Formula for a Successful, Happy Day in Stepping Stones!

One – Art
Two – Physical
Three – Cognitive
Four – Social

This is a general schedule and subject to change

9:00	Exercise – Zumba or Alternate Exercise / Patio walk or Ageless Grace
9:30	Snack and Hydrate Brain Games Handouts
10:00	Art w/ Emily
11:00	Sing a Long or Music activity
11:30	Meal Prep – Mellow Music played during all meals
2:00	Brain Games – Changes daily
2:30	Snack & Hydrate
3:00	Patio Walk or Alternative Physical Activity Brain Games
4:30	Meal Prep Brain Games Handouts
6:00	After dinner TV Viewing

TV viewing available in Theatre Area

Outside time available daily, weather permitting
Joy Rides offered twice during the month

We make every effort to bring our SS residents to the AL areas when appropriate
Fridays are for Happy Hours – Live Music or Active Games