

## FOUNDERS PLACE DAILY SCHEDULE: Tuesdays & Thursdays

10:00:-10:05	Arrival/drop off: Participants are dropped off at the front. They are warmly and enthusiastically greeted by volunteers who will escort them inside and get them settled. Caregivers do not have to get out of their cars.
10:00-10:30	“Table Time”: Coffee and visiting, puzzles, word associations, theme for the day, singing
10:30-10:45	Christian devotion/thought for the day/story, etc. NOTE: All faith traditions and non-traditions are welcome at Founders Place.
10:45-11:15	Movement to Music: chair exercise incorporating cardiovascular activity, strength building exercises, and flexibility training using props (weights, scarves, bouncy balls, rhythm sticks)
11:15-11:30	Lemonade & Restroom
11:30-11:50	Brain Fitness: Bingo with prizes, Wheel of Fortune, Timeslips, Storytelling, Charades or special guests
11:50-12:30	Lunch
12:30-1:00	Balloon Volleyball, Bowling, Parachute games
1:00-1:30	Thematic Art Projects
1:30-1:55	Singing (with live accompaniment of guitar, banjo, or other)
1:55-2:00	Depart/pick up: Participants are picked up at the front door, like a carpool line. Caregivers do not have to get out of their cars. Volunteers will stay with participants until they are safely buckled up.

\*Founders Place runs on “volunteer power”. Each friend (participant) is paired one-to-one with a volunteer who serves as an intentional companion and assistant for day. Friend and Volunteer participate in all activities together. Volunteers provide the level of assistance needed while encouraging autonomy in decision-making and a sense of community. Each volunteer is trained in how to communicate with a person who has dementia. Everyone is included, everyone has value, everyone is an important part of the group. Our caring and capable volunteers support the mission in very direct and practical ways as servant leaders and ALWAYS with a smile!