

Main Line Adult Day Center

Home away from Home

Sample Schedule

Center Hours are 7 am to 6 pm, Monday through Friday
1st and 3rd Saturdays of each month from 9 am to 3 pm

7 am	Meet and Greet
9:30 am	Breakfast
10 am	Daily orientation
10:10 am	Chair exercises
11 am	Cognitive exercises
11:30 am	Current events
Noon	Hot lunch
1 pm	Relaxation, personal care, one-on-one interactions
1:30 pm	Physical activity
2 pm	Creative arts, reminiscence, entertainment, related activities
3 pm	Snack
3:30 pm	Afternoon activity
6 pm	Center closes