

# *A Day at the Crescent Ridge Adult Day Health Center*

7:30 am	The Center opens and Participants begin arriving for the day with a hot cup of coffee or tea awaiting them. Drivers leave the Center to begin picking up those participants who utilize our transportation service.
8:00 am – 10:00 am	Participants enjoy a light breakfast consisting of hot and cold cereals, toast, muffins, waffles, fruit, coffee, tea and juice, while socializing with friends. Soft music and the morning newspaper help us start the day. During this time our nursing staff take blood pressures, monitor weights, and do blood sugar checks where needed, and assist our participant's with their personal needs.
10:00 am – 12:15 pm	Activity time begins. Daily news and announcements are read to keep participants abreast of upcoming events involving the Center. Participants begin with a stimulating exercise program and then may choose between multiple activities that will arouse their senses and challenge them physically, creatively and/or mentally. Our participants may also take part in one of our weekly community outings, such as shopping or a visit to a local point of interest.
12:15 pm – 1:00 pm	Participants and staff work together to help set up and serve lunch. Our noon meal is catered. The menu was developed by a Dietitian to ensure that each participant receives a nutritionally balanced meal. Our nurse monitors diets where needed. Participants are assisted with feeding as needed. Noon-time medications are administered during this time.
1:00 pm – 1:30 pm	Participants enjoy some quiet time. They may use this time to rest and relax, have casual chats with their friends or take care of any personal care that require attention. Our nursing assistants are there to help those who need it.
1:30 pm – 2:30 pm	Participants enjoy structured group activities during the afternoon, or they may opt for an independent activity such as checking out a book from our library, working on an art project, or tending to our garden. Crafts, discussion groups, gardening, and wood working are a few of the many items on the day's calendar. A walk is always encouraged when weather permits.
2:30 pm – 3:00 pm	Participants enjoy the opportunity to relax and socialize with friends while they enjoy a light snack. Nursing assistants help those participants who will be taking the bus home, to the restroom before leaving.
3:00 pm	Our vans depart the Center, taking participants who utilize our transportation service home for the evening.
3:00 pm – 6:00 pm	For those participants waiting to have family pick them up, small group activities are scheduled. Some are engaged in productive activities to prepare for the next day, such as folding towels for our nurses wrapping silver ware for the next day, and wiping tables.
6:00 pm	All of our participants are back in their homes. The Center closes for the day.