

Sample Daily Schedule

7:30 - 8:15 Early Arrivals

Our early arrivals are offered a light snack to start their day.

8:15 - 9:30 Morning Activities

Arriving participants are greeted, offered coffee or juice and invited to join in morning activities, such as reading the paper, visiting with friends or helping with housekeeping tasks.

9:30 - 10:00 Current Events

Participants can read the newspaper and have discussion of current events.

10:00 - 10:30 Morning Exercises

Morning exercises specifically targeted towards seniors get our participants moving with fun games like seated basketball, horseshoes, etc.

10:30 - 10:45 Morning Break/Transition

10:45 - 11:30 Morning Program

The morning program offers a variety of educational topics as well as entertainment. Participants can also do individual activities such as table games and crafts.

11:30 - 12:30 Lunch

Lunches are prepared daily by the Glenaire Dining staff. Participants choose their daily lunches from our weekly menus.

Sample Daily Schedule

12:30 - 1:00 Afternoon Break/Transition

1:00 - 2:00 Quiet Time/Transition

After lunch is a time when many participants enjoy resting or individual activities such as watching a movie, working on an art project or reading.

2:00 - 3:00 Afternoon Snack and Discussion

Participants enjoy an afternoon snack and drink and a discussion on a topic of interest.

3:00 - 4:00 Afternoon Program

Afternoon program includes musical performers, sing alongs, crafts, trivia or interactive games. Participants can also do individual activities such as games or crafts.

4:00 - 4:30 Tabletop Activities

Tabletop activities include games such as bingo, crossword puzzles, word searches or art sheets.

4:30 - 5:30 Departures/ Individual Activities

Participants say goodbye for the day, visit with friends, finish activities or assist with finishing tasks at Glenaire.



6150 Glenview Garden Place | Cary, NC 27511 | 800.225.9573 | 919.447.4494