



WELBROOK™

Santa Monica

SAMPLE

Daily Moments Calendar

TIME	ACTIVITY
7:30 AM	
8:00 AM	Breakfast
8:30 AM	
9:00 AM	
9:30 AM	9:45 AM – Weight Training with Maria. Hydration Break to follow
10:00 AM	
10:30 AM	Shabbat Service and Live Music with Tia Maria
11:00 AM	
11:30 AM	Pet Therapy with Louie the Mini Dachshund
12:00 PM	Lunch
12:30 PM	
1:00 PM	Daily LA Times Crossword on the Big Screen Calming Engagement: Scenic Drive through Santa Monica
1:30 PM	
2:00 PM	
2:30 PM	Live Musical Entertainment followed by Hor'douves
3:00 PM	
3:30 PM	Sip and Paint Class with Maria
4:00 PM	Calming Engagement: Outside Afternoon Stroll
4:30 PM	Chef's Table on Netflix
5:00 PM	Dinner
5:30 PM	
6:00PM	
6:30 PM	Evening Movie – Resident Choice
7:00 PM	Calming Engagement: Music and Massage
7:30 PM	
8:00 PM	