

CLASS SCHEDULE AT ALUMIA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:00	Socialization / Light Snacks				
9:00 - 10:00	ART	MUSIC	MUSIC	COGNITIVE	EDUCATION
10:00 - 11:00	COGNITIVE	ART	EDUCATION	ART	MUSIC
11:00 - 12:00	MUSIC	MOVEMENT	ART	MUSIC	ART
12:00 - 1:00	Lunch (MIND Diet)				
1:00 - 2:00	EDUCATION	EDUCATION	MOVEMENT	MOVEMENT	COGNITIVE
2:00 - 3:00	MOVEMENT	COGNITIVE	COGNITIVE	EDUCATION	MOVEMENT
3:00 - 5:00	Socialization / Light Snacks				

- BRAIN TRAINING
- ART
- FITNESS
- MUSIC
- EDUCATION

ACTIVITY SCHEDULE AT ALUMIA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 9:00	Socialization / Light Snacks				
9:00 – 10:00	PAINTING	MUSICAL BRAIN GAMES	MUSICAL TRIVIA	SERIOUS GAMES	BRAIN HQ
10:00 – 11:00	BRAIN HQ	SCULPTURE	BRAIN HQ	PAINTING	SINGING/CHOIR
11:00 – 12:00	MUSIC REMINISCE	BALANCE & MOVEMENT	DRAWING	MUSIC AND MOVEMENT	SCULPTURE
12:00 – 1:00	Lunch (MIND Diet)				
1:00 – 2:00	LEFT/RIGHT BRAIN PUZZLES	GROUP LEARNING	YOGA/CHAIR	STRENGTHEN- ING	LEFT/RIGHT BRAIN PUZZLES
2:00 – 3:00	STRENGTHENING	SERIOUS GAMES	BRAIN GAMES	BRAIN PUZZLES	BALANCE & MOVEMENT
3:00 – 5:00	Socialization / Light Snacks				

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