

St. Elizabeth Briarbank Assisted Living for Women

Daily Schedule

TIME	ACTIVITY
8:00 AM	Mass (optional)
8:30 AM	Breakfast (served at 8 am if there is no Mass)
10 – 10:30	Chair Exercises
11:45 AM	Lunch
1:00 – 1:45 PM	Social Activity
2:00 – 2:30 PM Monday - Friday	Coffee Time
3:00 – 3:45 PM	Social Activity
4:50 PM	Rosary (optional)
5:15 PM	Supper
7:00 PM	Social Activity

12/8/2010