

ENTERTAINMENT AND RECREATIONAL PROGRAMS FOR RESIDENTS at IVAN FRANKO HOME

Day	Time	Program	Place
Monday Seniors' Day Program	9:35-10:35	Falls prevention exercises (by Lifemark)	2 nd floor TV area
	10:35-11:35	"Tai Chi" exercises (by Lifemark)	
	10:00-12:00	Onsite visit of Ukr. Credit Union	2 nd floor near Sunroom
	10:30-11:45	Special Program for Assisted Living residents Book-readings and entertainment	Dining room on 3 rd floor, A wing
	10:30-12:00	Gym (by doctor's release)	Gym room in the basement
	11:30-12:00	Store - "Mini Pharmacy" (small items, i.e. stamps, candy, common pharmaceuticals, etc.)	Off Winter Garden/ Atrium
	12:00-2:00	Spa (for SDP participants)	Relaxation room in the basement
	1:00-2:00	Osteoporosis prevention (by Lifemark)	2 nd floor TV area
	2:00-3:00	Pyrohy- making (by invitation)	Main Dining room
	2:00-3:00	Bingo	In the Library (basement)
	3:00	"Coffee Time Social"	Dining rooms on 2 nd and 3 rd floors
	3:30-4:30	Spa (for residents)	Relaxation room in the basement
Tuesday	8:00-1:00	Doctor/ Nurse Practitioner Visits	Doctor's Office (1 st floor)
	9:30-12:30	Hairdresser	2 nd floor in Hairdressing Salon
	10:30-11:45	Special Program for Assisted Living residents Book-readings and entertainment	Dining room on 3 rd floor, A wing
	2:00-3:00	Bingo	In the Library (basement)
	3:00	"Coffee Time Social"	Dining rooms on 2 nd and 3 rd floors
	5:00-6:00	Evening Social (Readings)	Winter Garden/ Atrium
Wednesday Seniors' Day Program	9:35-10:35	Falls prevention exercises (by Lifemark)	2 nd floor TV area
	10:35-11:35	"Chair Yoga" (by Lifemark)	
	11:15-11:45	Book-readings/ Art Making class*	Dining room on 3 rd floor, A wing
	11:30-12:00	Store - "Mini Pharmacy"	Off Winter Garden/ Atrium
	1:00-2:00	Spa (for SDP participants)	Relaxation room in the basement
	2:00-3:00	"Group Sing Along"/ Event	Winter Garden/ Atrium
	3:00	"Coffee Time Social"	Winter Garden and Dining rooms
3:30-4:30	Spa (for Residents)	Relaxation room in the basement	
Thursday	9:00 -	Manicure & Pedicure Studio	2 nd floor in Hairdressing Salon
	9:45-10:00	Morning exercise (except for days when we have Liturgy)	2 nd floor TV area
	10:00	Divine Liturgy (twice a month)	In the Chapel on 3 rd floor
	10:00-12:00	Onsite visit of Buduchnist Credit Union	2 nd floor near Sunroom
	10:30-11:45	Special Program for Assisted Living residents Book-readings and entertainment	Dining room on 3 rd floor, A wing
	1:00-2:00	Osteoporosis prevention (by Lifemark)	2 nd floor TV area
	2:00-3:00	Bowling	Winter Garden/ Atrium
	3:00	"Coffee Time Social"	Winter Garden and Dining rooms
5:00-6:00	Evening Social (Readings)	Winter Garden/ Atrium	
Friday	9:45-10:00	Morning exercise	2 nd floor TV area
	10:30-11:45	Special Program for Assisted Living residents Book-readings and entertainment	Dining room on 3 rd floor, A wing
	10:30-11:30	Computer help for seniors	Internet Cafe on 1 st fl. & privately
	11:30-12:00	Store - "Mini Pharmacy"	Off Winter Garden/ Atrium
	2:00-3:00	Bingo	In the Library (basement)
	3:00	"Coffee Time Social"	Dining rooms on 2 nd and 3 rd floors
Saturday SeniorsDay Program	9:35-10:30	Yoga for Seniors	2 nd floor TV area
	10:00-11:45	Art Making Class	Gym room in the basement
	10:30-12:00	Spa	Relaxation room in the basement
	2:00-3:00	Bingo	In the Library (basement)
	3:00	"Coffee Time Social"	In the Library and Dining rooms
	5:00-6:00	Evening Social (Readings)	Winter Garden/ Atrium
Sun day	11:00-12:00	Divine Liturgy	In the Chapel on 3 rd floor
	3:00	"Coffee Time Social"	Dining rooms on 2 nd and 3 rd floors

ADDITIONAL SERVICES AND ACTIVITIES

Internet Cafe: Daily, 9:00 am - 8:00 pm, in the Lys Mykyta Lounge near the Office

Podiatrist: bi-monthly in Hair Salon, 2nd floor by appointment only

Apple-peeling: by invitation in Main Dining room, 1st floor

In addition to these activities, from time to time the Ivan Franko Home's Administration invites prominent musical groups and singers for **performances and concerts**. The dates and times of such events are provided separately on bulletin boards