**Typical day at Respite:**

 10:00am -10:15am – Arrival, coffee, socialization

 10:15am -11:15am Brain fitness (trivia, brainstorming, creative writing) followed by physical fitness

 11:15am-12noon – Music, Art, or hand-eye coordination activites

 12noon-12:45pm – Family style meal: lunch and dessert

 12:45pm- 1:15pm- Physical activities

 1:15pm- 2:00pm Brain stimulation followed by music

\*There is no medical or nursing care is provided by staff and volunteers at Respite. No medication administration is provided on site.

**Respite Programming:**

Innovative Programming

**Cultural Art-**

* periodic mini- concerts are given by the Montgomery Symphony
* city leaders make guests appearances to update the group on city history and landmarks
* bi-annual excursions to the Montgomery Fine Arts Museum led by dementia trained docent
* local artist bring and lead art discussions for participants

**Pets**- we enjoy weekly visits from trained therapy dogs

**Music**- Weekly guest appearances by pianists, bands, children’s choirs, local actors and bluegrass musicians

**Cognitive Stimulation**- Respite provides a wide variety of group programming that enhances:

* speed of processing
* comprehension
* reasoning
* HUMOR

**Fitness**- taught by Paul Sweatt four days a week. His exercise combinations increase participant balance, strength and endurance.

* Hand held dumbells
* Weights
* Resistance bands