



Ardmore Tele-Supports Activity Schedule

Effective July 13, 2020

There are 2-3 activities offered each hour. Once you log into the Zoom Room, Ardmore staff will direct you towards the break our room with your chosen activity. For assistance with Tele-Supports, email telesupports@ardmoreenterprises.org or call 240.521.2422.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Exercise	Games	Story Time	Sing-Along	Exercise
	Current Events	Cooking	Dance Party	Cooking	Current Events
	Conversation	Conversation	Conversation	Conversation	Conversation
10:00 AM	Story Time	Sing-Along	Exercise	Games	Story Time
	Dance Party	COVID-19 Discussion	Current Events	COVID-19 Discussion	Dance Party
	Conversation	Conversation	Conversation	Conversation	Conversation
11:00 AM	Exercise	Games	Story Time	Sing-Along	Exercise
	Current Events	Cooking	Dance Party	Cooking	Current Events
	Conversation	Conversation	Conversation	Conversation	Conversation
12:00 PM	Story Time	Sing-Along	Exercise	Sing-Along	Story Time
	Dance Party	Movie	Current Events	Movie	Dance Party
	Conversation	Conversation	Conversation	Conversation	Conversation
1:00 PM	Exercise	Games	Story Time	Sing-Along	Exercise
	Current Events	Movie	Dance Party	Movie	Current Events
	Conversation	Conversation	Conversation	Conversation	Conversation
2:00 PM	Story Time	Sing-Along	Exercise	Games	Story Time
	Dance Party	Movie/Discussion	Current Events	Movie/Discussion	Dance Party
	Conversation	Conversation	Conversation	Conversation	Conversation
5:00 PM	Exercise	Games	Dance Party	Sing-Along	Movie
	Conversation	Conversation	Conversation	Conversation	Conversation
6:00 PM	Exercise	Games	Dance Party	Sing-Along	Movie
	Conversation	Conversation	Conversation	Conversation	Conversation

Activity Descriptions:

Exercise - Each one-hour session will be led by 3 professionals to account for differing ability levels.

Story Time - Listen to stories told by staff, celebrities, and others.

Current Events - Discuss today's news with your peers and staff. Staff will pre-read articles, present them to the group and facilitate a conversation

Dance Party - Listen to music and dance along with your peers.

Games - Play virtual games with your peers like bingo, charades, I-spy and more

Sing-Along - Sing along to a variety of songs.

Cooking - Learn how to cook a meal or dessert. Lessons led by Ardmore staff and professionals

COVID-19 Discussion – Discuss COVID-19, what it is and how to stay safe with your peers and Ardmore staff.

Movie - Watch a movie with your peers.