

## **SAM Program Sample Day:**

All SAM sites have the same structure to their day. Program delivery is unique within each site.

<b>8:30am</b>	Set Up Team Conference
<b>9:00am</b>	Meet And Greet One To One Interaction <b>INFORMAL ACTIVITIES</b> <ul style="list-style-type: none"><li>· Music, Computer, Magazines, Newsletter, Horoscopes, Table Top Games, Word Searches, Crossword Puzzles, Jigsaw Puzzles, Eye Glass Care, Nail Care, Newspaper, Medical Theme Information</li></ul>
<b>10:00am</b>	<b>SOCIAL TIME</b> <ul style="list-style-type: none"><li>· Refreshments, Discussions, Choice Of Planned Activities</li></ul>
<b>10:30am</b>	<b>EXERCISE PROGRAM</b> <ul style="list-style-type: none"><li>· A Tailored Exercise Program reflective of the Ontario Fitness Council Guidelines to improve the participants range of motion, strength and ability to perform activities of daily living</li></ul>
<b>11:20am</b>	<b>COGNITIVE ACTIVITIES</b> <ul style="list-style-type: none"><li>· Card Games, Dice Games, Table Games, Memory Games, Computer, Bingo Style Activities i.e. Musical Bingo, Pokeno</li></ul>
<b>12:15pm</b>	<b>LUNCH</b> <ul style="list-style-type: none"><li>· Catered in two sites and buffet style in the third site</li></ul>
<b>1:00pm</b>	<b>WALKING PROGRAM</b> (inside and outside) <b>SOCIAL/ INFORMAL ACTIVITIES</b> (shopping in one site)
<b>1:15pm</b>	<b>PHYSICAL ACTIVITIES</b> <ul style="list-style-type: none"><li>· Target And Toss Activities, Floor Activities, Bowling Games</li></ul>
<b>2:00pm</b>	<b>INTELLECTUAL/COGNITIVE ACTIVITIES</b> <ul style="list-style-type: none"><li>· Large Group Activities i.e. Crossword Puzzles, Name That Tune</li><li>· Quizzes, Team Quizzes i.e. Jeopardy, Hollywood Squares</li></ul>
<b>2:30pm - 4:00pm</b>	One To One Interaction <b>INFORMAL ACTIVITIES</b>
<b>3:00pm</b>	Team Meeting Daily Audit
<b>3:30pm</b>	Clean Up Set Up

**ADDITIONAL ACTIVITIES:** that are incorporated into the program, are Intergenerational Activities, Ceramics, Horticulture, Woodworking, Music Program, Pet Visitation, Art Program, Entertainment, Crafts, Special Theme Days (Valentine's Day, Picnic Days, Homemade Bread Day), Seasonal Activities and Guest Speakers.

### **Mondays at the SAM Program:**

- Monday's have the same structure as the rest of the week, but specialized therapeutic programming is used to meet the needs of the clients.
- Each SAM site caters to a smaller group who benefit from the specialized programming.
- **Supported Conversation Groups** for clients with aphasia are offered in each SAM site.
- A Tailored Exercise Program reflective of the Ontario Fitness Council Guidelines to improve the participants range of motion, strength and ability to perform activities of daily living to meet the needs of survivors of stroke.