

デイケア活動予定 (H28年 12月)

| 月 | 火 | 水 | 木 | 金 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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|  <p>※JR高松駅より無料の送迎バスが(月)~(金)に運行しています。 都合により、運休する場合がありますのでご了承ください。 <行き> 高松駅 → 高松病院 8:20 9:10 <帰り> デイケア → 高松駅 15:15 ★受付方法のお知らせ★ デイケアを利用される方は、「デイケア利用券」を外来窓口 提出してください。 ※リワークプログラム実施中(日付が濃色)です。 ※年末年始(12月29日~1月3日)はお休みです。新年は1月4日(水)から開始します。</p> | | | <table border="1"> <tr><th colspan="2">1</th></tr> <tr><td colspan="2">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td>作業療法 10:00</td><td>茶道 10:00</td></tr> <tr><td colspan="2">昼食 12:00~13:00</td></tr> <tr><td>SST 13:00</td><td>麻雀 13:00</td></tr> <tr><td colspan="2">帰りのつどい 14:45</td></tr> </table> | 1 | | 朝のつどい9:15モーニングエクササイズ 9:30 | | 作業療法 10:00 | 茶道 10:00 | 昼食 12:00~13:00 | | SST 13:00 | 麻雀 13:00 | 帰りのつどい 14:45 | | <table border="1"> <tr><th colspan="3">2</th></tr> <tr><td colspan="3">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td>作業療法 10:00</td><td>禁煙クラブ 10:00</td><td>勉強会 10:00</td></tr> <tr><td colspan="3">昼食 12:00~13:00</td></tr> <tr><td colspan="3">卓球・バドミントン・フラットテニス 13:00</td></tr> <tr><td colspan="3">帰りのつどい 14:45</td></tr> </table> | 2 | | | 朝のつどい9:15モーニングエクササイズ 9:30 | | | 作業療法 10:00 | 禁煙クラブ 10:00 | 勉強会 10:00 | 昼食 12:00~13:00 | | | 卓球・バドミントン・フラットテニス 13:00 | | | 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作業療法 10:00 | 書道 10:00 | 礼儀作法 11:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 健康チェック (エクササイズ評価) 13:00~13:45 | ダイエットクラブ 13:45~14:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 料理 10:00 | カラオケ 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お正月飾りを作ろう! (ミニ門松と水引細工) 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作業療法 10:00 | 茶道 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SST 13:00 | 麻雀 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作業療法 10:00 | 勉強会 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ソフトバレー 13:00 | ポッチャ 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th colspan="2">19</th></tr> <tr><td colspan="2">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td>作業療法 10:00</td><td>軽スポーツ 10:00</td></tr> <tr><td colspan="2">昼食 12:00~13:00</td></tr> <tr><td>墨絵 13:00</td><td>音楽鑑賞 13:00</td></tr> <tr><td colspan="2">帰りのつどい 14:45</td></tr> </table> | 19 | | 朝のつどい9:15モーニングエクササイズ 9:30 | | 作業療法 10:00 | 軽スポーツ 10:00 | 昼食 12:00~13:00 | | 墨絵 13:00 | 音楽鑑賞 13:00 | 帰りのつどい 14:45 | | <table border="1"> <tr><th colspan="2">20</th></tr> <tr><td colspan="2">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td>作業療法 10:00</td><td>書道 10:00</td></tr> <tr><td colspan="2">昼食 12:00~13:00</td></tr> <tr><td>ソフトバレー(講師) 13:00</td><td>ポッチャ 13:00</td></tr> <tr><td colspan="2">帰りのつどい 14:45</td></tr> </table> | 20 | | 朝のつどい9:15モーニングエクササイズ 9:30 | | 作業療法 10:00 | 書道 10:00 | 昼食 12:00~13:00 | | ソフトバレー(講師) 13:00 | ポッチャ 13:00 | 帰りのつどい 14:45 | | <table border="1"> <tr><th colspan="2">21</th></tr> <tr><td colspan="2">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td colspan="2">料理室・作業療法室の掃除 10:00</td></tr> <tr><td colspan="2">昼食 12:00~13:00</td></tr> <tr><td colspan="2">こころの健康教室 感染症について 講師:折戸 師長 13:00</td></tr> <tr><td colspan="2">帰りのつどい 14:45</td></tr> </table> | 21 | | 朝のつどい9:15モーニングエクササイズ 9:30 | | 料理室・作業療法室の掃除 10:00 | | 昼食 12:00~13:00 | | こころの健康教室 感染症について 講師:折戸 師長 13:00 | | 帰りのつどい 14:45 | | <table border="1"> <tr><th colspan="2">22</th></tr> <tr><td colspan="2">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td>作業療法 10:00</td><td>茶道 10:00</td></tr> <tr><td colspan="2">昼食 12:00~13:00</td></tr> <tr><td>ヨガ 13:00</td><td>麻雀 13:00</td></tr> <tr><td colspan="2">帰りのつどい 14:45</td></tr> </table> | 22 | | 朝のつどい9:15モーニングエクササイズ 9:30 | | 作業療法 10:00 | 茶道 10:00 | 昼食 12:00~13:00 | | ヨガ 13:00 | 麻雀 13:00 | 帰りのつどい 14:45 | | <table border="1"> <tr><th colspan="2">23</th></tr> <tr><td colspan="2">天皇誕生日</td></tr> </table> | 23 | | 天皇誕生日 | | | | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作業療法 10:00 | 軽スポーツ 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 墨絵 13:00 | 音楽鑑賞 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作業療法 10:00 | 書道 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ソフトバレー(講師) 13:00 | ポッチャ 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 料理室・作業療法室の掃除 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こころの健康教室 感染症について 講師:折戸 師長 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作業療法 10:00 | 茶道 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ヨガ 13:00 | 麻雀 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 天皇誕生日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><th colspan="2">26</th></tr> <tr><td colspan="2">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td colspan="2">大掃除 10:00</td></tr> <tr><td colspan="2">昼食 12:00~13:00</td></tr> <tr><td>音楽鑑賞 13:00</td><td>ぶどうの会 13:00</td></tr> <tr><td colspan="2">帰りのつどい 14:45</td></tr> </table> | 26 | | 朝のつどい9:15モーニングエクササイズ 9:30 | | 大掃除 10:00 | | 昼食 12:00~13:00 | | 音楽鑑賞 13:00 | ぶどうの会 13:00 | 帰りのつどい 14:45 | | <table border="1"> <tr><th colspan="3">27</th></tr> <tr><td colspan="3">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td>作業療法 10:00</td><td>書道 10:00</td><td>礼儀作法 11:00</td></tr> <tr><td colspan="3">昼食 12:00~13:00</td></tr> <tr><td colspan="3">卓球・バドミントン・フラットテニス 13:00</td></tr> <tr><td colspan="3">帰りのつどい 14:45</td></tr> </table> | 27 | | | 朝のつどい9:15モーニングエクササイズ 9:30 | | | 作業療法 10:00 | 書道 10:00 | 礼儀作法 11:00 | 昼食 12:00~13:00 | | | 卓球・バドミントン・フラットテニス 13:00 | | | 帰りのつどい 14:45 | | | <table border="1"> <tr><th colspan="2">28</th></tr> <tr><td colspan="2">朝のつどい9:15モーニングエクササイズ 9:30</td></tr> <tr><td colspan="2">グループテーマトーク テーマは当日までに発表します 10:00</td></tr> <tr><td colspan="2">昼食 12:00~13:00</td></tr> <tr><td colspan="2">お楽しみ 年忘れゲーム大会 13:00</td></tr> <tr><td colspan="2">帰りのつどい 14:45</td></tr> </table> | 28 | | 朝のつどい9:15モーニングエクササイズ 9:30 | | グループテーマトーク テーマは当日までに発表します 10:00 | | 昼食 12:00~13:00 | | お楽しみ 年忘れゲーム大会 13:00 | | 帰りのつどい 14:45 | | <table border="1"> <tr><th colspan="2">29</th></tr> <tr><td colspan="2">休み</td></tr> </table> | 29 | | 休み | | <table border="1"> <tr><th colspan="2">30</th></tr> <tr><td colspan="2">休み</td></tr> </table> | 30 | | 休み | | | | | | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大掃除 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 音楽鑑賞 13:00 | ぶどうの会 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 作業療法 10:00 | 書道 10:00 | 礼儀作法 11:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 卓球・バドミントン・フラットテニス 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝のつどい9:15モーニングエクササイズ 9:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| グループテーマトーク テーマは当日までに発表します 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 12:00~13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| お楽しみ 年忘れゲーム大会 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 帰りのつどい 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 休み | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 休み | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |