

Alberta Aphasia Camp

EXAMPLE SCHEDULE



Time	Activity
FRIDAY	
7:00 – 7:45 PM	Arrival, Camper Registration & Snack
7:45 – 8:00	Welcome & Information
8:00 – 8:45	Introductions / Icebreaker activity
9:00 – 10:00	Campfire
10:00	Bedtime

SATURDAY	
7:00 AM	Coffee and Tea available
8:30 – 9:15	Breakfast
9:30 – 10:45	<u>Recreation</u> : Guided hike, Archery, Canoe/Kayak, Games <u>Therapeutic</u> : Apps & Technology <u>Self-care</u> : Massage, Mini-manicure / pedicure
11:00 – 12:15	<u>Recreation</u> : Low ropes, Archery, Canoe/Kayak, Painting <u>Therapeutic</u> : Conversation group <u>Self-care</u> : Massage, Mindfulness Meditation
12:30 – 1:15	Lunch

1:30 – 2:45	<u>Recreation</u> : Orienteering, Frisbee golf, Canoe/Kayak, Aphasia Choir <u>Therapeutic</u> : Stretching <u>Self-care</u> : Stress management and relaxation
3:00 – 4:30	Conversation Groups for Person with Aphasia (various groups to choose from)
3:00 – 5:15	Family/Friends support session
4:30 – 5:15	Free time
5:30 – 6:30	Supper
6:30 – 8:00	Games / Free time
8:00 – 9:00	Concert & Snack
9:00	Bedtime

SUNDAY	
7:00 am	Coffee and Tea available
8:30 – 9:15	Breakfast
9:30 – 10:45	<u>Recreation</u> : Guided hike, low ropes Canoe/Kayak, Painting <u>Therapeutic</u> : Getting back to exercise, Gardening <u>Self-care</u> : Yoga
11:00 – 12:30	<u>All camp activity</u> : Drum Circle
12:30 – 1:15	Lunch
1:15 – 1:45	Pack and move bags to cars
1:45 – 2:00	Closing remarks
2:00 – 2:15	Group photo and Departure