



## Adult Care Facilities Table Top Exercise DRAFT Agenda

**Total Exercise- 2 1/2 Hours**

### **Suggested Timeframes:**

Introduction 30 Minutes  
Exercise Play 150 Minutes  
Hot Wash 60 Minutes

### **Suggested Schedule:**

08:00-08:30 Introduction  
08:30-11:00 Exercise Play  
11:00-12:00 Hot Wash

