

**Erkki has fastened his weekly program to the refrigerator door with a magnet.  
It has helped him to structure time and to recall incidents when, for example, talking to his children.**

### **An example of the weekly program of Erkki, 66 years**

<b>WEEKLY PROGRAM</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>noon</b>	Shopping and stroll	Library		Physiotherapy exercise at home	Shopping and stroll	Coffee, market place	
<b>afternoon</b>	Physiotherapy at 2 p.m.		Memory Club, Association				Stroll + coffee with daughter Anna
<b>evening</b>		Choir rehearsal, Kauko will pick up at 5.45 p.m.	Valtteri visiting grandpa 6–8 p.m.		Neighbor to have coffee	Sauna 6–7 p.m.	