



# Sample Schedule

Time	Monday	Wednesday	Friday
8:45-9:00	<b>Arrival</b>	<b>Arrival</b>	<b>Arrival</b>
9:00-9:30	<b>Breakfast &amp; Social</b> Set goals for the week and plan daily activities.	<b>Breakfast &amp; Social</b> Review previous day and plan daily activities.	<b>Breakfast &amp; Social</b> Review previous day and plan daily activities.
9:30-10:00	<b>Executive Function</b> Meal plan & budget for the week's lunches, using recipes.	<b>Executive Function</b> Plan the day's social outing. Make calls/reservations.	<b>Executive Function</b> Prepare to do laundry, sort loads, make a schedule.
10:00-11:00	<b>Independence Skills</b> Community mobility, grocery shopping, money management *COMMUNITY OUTING*	<b>Independence Skills</b> Study independent living skill of the month, preview outing.	<b>Independence Skills</b> Practice independent living skill of the month. Start laundry. *COMMUNITY OUTING*
11:00-11:15	<b>Break</b>	<b>Break</b>	<b>Break</b>
11:15-12:00	<b>Wellness &amp; Self-Care</b> Learn about and participate in structured exercise and hygiene routines.	<b>Wellness &amp; Self-Care</b> Learn about and participate in structured exercise and hygiene routines.	<b>Wellness &amp; Self-Care</b> Plan and implement own exercise and hygiene routines. Teach peers.
12:00-12:30	<b>Vocational Skills</b> Learn about and assign weekly lunch prep and cleaning jobs. Prepare lunch.	<b>Vocational Skills</b> Study the employment readiness skill of the month. Prepare lunch.	<b>Vocational Skills</b> Practice the employment readiness skill of the month. Prepare lunch.
12:30-1:00	<b>Lunch &amp; Social</b> Enjoy self-prepared meals while discussing topics of interest	<b>Lunch &amp; Social</b> Enjoy self-prepared meals while discussing topics of interest	<b>Lunch &amp; Social</b> Enjoy self-prepared meals while discussing topics of interest
1:00-1:45	<b>Recreation &amp; Relaxation</b> Engage in social recreation activities and process the day. Explore friendship skills.	<b>Recreation &amp; Relaxation</b> Engage in community recreation and process the day. *COMMUNITY OUTING*	<b>Weekly Wrap-Up</b> Evaluate progress towards weekly goals. Give and receive feedback. Finish laundry.
1:45-2:00	<b>Personal Responsibility</b> Complete chores to prepare the space for the next day. Departure.	<b>Personal Responsibility</b> Complete chores to prepare the space for the next day. Departure.	<b>Personal Responsibility</b> Complete chores to prepare the space for the next week. Departure.

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