



DAY HABILITATION SCHEDULE

(Subject to Change)

MONDAY

TIME	GROUP
9:00a - 10:00a	Check-In/Current Events/Social Hour
10:00a - 11:00a	Gardening
	Weekly Book Club Meeting
11:00a - 12:00p	Topic of the Week
	Technology Experience/Social Media Awareness
12:00p - 1:00p	LUNCH
1:00p - 2:00p	Movie Review
	Arts and Crafts Project of the Week
2:00p - 3:00p	Self-Expression Through Music
	Journaling

TUESDAY

TIME	GROUP
9:00a - 10:00a	Check-In/Current Events/Social Hour
10:00a - 11:00a	Relax with Stretching, Meditation, and Yoga
10:00a - 12:00p	Working Women's Support Network
11:00a - 12:00p	The Year Was...
	Hobby Hour
	Cooking Group
12:00p - 1:00p	LUNCH
1:00 - 3:00p	Glass Roots (1 st & 3 rd week)
1:00p - 2:00p	Guinness World Records
	Imagine That!
2:00p - 3:00p	Trivia/Critical Thinking
	Poetry



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WEDNESDAY

2nd and 4th Wednesday Breakfast Buffet 8:30am - 9:00am

TIME	GROUP
9:00a – 10:00a	Check-In/Current Events/Social Hour
10:00a - 11:00a	Getting to Know You
	Healthy Living
11:00 – 12:00p	Game of Life (Twice a Month) Classic TV (Twice a Month)
	Languages (Twice a Month) Biographies (Twice a Month)
11:00 – 12:00p	Cooking Group
12:00p - 1:00p	LUNCH
1:00p - 3:00p	Library Group
1:00p - 2:00p	Pop Culture/Sports Debate
	Coping Skills
2:00p - 3:00p	Creative Writing
	Life Skills Topic of the Day (Twice a Month) Men's/Women's Group (Twice a Month)

THURSDAY

TIME	GROUP
9:00a - 10:00a	Check-In/Current Events/Social Hour
10:00a - 11:00a	Advocacy & Awareness (Monthly)
	I Can Work!
	Money Matters
11:00a - 12:00p	Fitness Fun
	Cooking Group
12:00 - 1:00p	LUNCH
1:00p - 2:00p	Edu-tainment Experience
	Hobby Hour
2:00p - 3:00p	Game Hour
	Culinary Arts
	Photography Club



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FRIDAY

TIME	GROUP
9:00a - 10:00a	Check-In/Current Events/Social Hour
10:00a - 11:00a	Yoga
9:00a - 11:00a	Toni's Kitchen (Twice a Month)
11:00a - 12:00pm	Top Ten
	Hobby Hour
12:00pm - 1:00pm	LUNCH
1:00pm - 3:00pm	Afternoon Movie or Outing