TURNING LEAF ACTIVITY SCHEDULE

GROUP FOCUS: Coping SKills

(other group focuses include Anger management, Healthy Living, Communication, Relationships, Depression/Self Esteem, Anxiety, and Values)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene
8am-9am	Breakfast - **Coffee & Conversation**	Breakfast - **Coffee & Conversation**	Breakfast - **Coffee & Conversation**	Breakfast - **Coffee & Conversation**	Breakfast - **Coffee & Conversation**	Breakfast - **Coffee & Conversation**	Breakfast - **Coffee & Conversation**
9am-10am	Meds	Meds	Meds	Meds	Meds	Meds	Meds
10am-11am	**10:30 Walking Club**	**10:30 Exercise in Rec Center**	**10:30 YOGA**	**10:30 Walking Club**	**10:30 Skill Building: Goal Setting**	**10:00-12:00 Community Outing (Museum, Art Fair, Festivals, Winter Carnivals, etc)**	**10:30am-Church starts @ 11:00am**
11am-12pm	**11:00 Skill Building : Goal Setting**	**11:00 Skill Building : Healthy and Unhealthy Coping Skills**	**11:00 Resident Meeting**	**11:00 Skill Building : Coping Skills and the importance of Positive self talk**	**11:30 Work Program Pay DAY!**		
12pm-1pm	**Lunch/***Meds* *(Campus store open)*	**Lunch/***Meds* *(Campus store open)*	**Lunch/***Meds* *(Campus store open)*	**Lunch/***Meds* *(Campus store open)*	**Lunch/***Meds* *(Campus store open)*	**Lunch/***Meds*	**Lunch/***Meds*
1pm-2pm	**1:00 GroupTherapy "How to assess your stress level and skills to reduce it"**	**1:00-3:00 Volunteer @ Food Bank**	**1:00 GroupTherapy "How to handle Stress in a safe and positive way"**	**1:00 Skill Building - "Importance of Healthy Sleeping habits"**	**1:00 pm Skill Building - "Money Management"**	**1:00-3:00 Shopping**	**1:00-3:00 Bowling or other outing (sporting events, concerts, etc)**
2pm-3pm	**2:00 Creative Expressions - Art Therapy**		**2:00 Skill Building - Taking care of your health**	**2:00 Creative Expressions - Art Therapy**			
3pm-4pm	*Snack / Meds*	*Snack / Meds*	*Snack / Meds*	*Snack / Meds*	**2:00-4:00 Social Activity** *3:00-4:00 Snack / Meds*	*Snack / Meds*	*Snack / Meds*
4pm-5pm	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
5pm-6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6pm-7pm	**6:00-8:00 YMCA**	**6:00-8:00 Mall Walk**	**6:00-9:00 Rec Center Open for Art, Movies, Games &**	**6:00-8:00 YMCA**	**6:00-8:00 Mall Walk**	**6:00-9:00 Other Shopping or outings to community events**	**6:00-8:00 Ice Cream**
7pm-8pm							
8pm-9pm	Games, Reading, Chat	Games, Reading, Chat	Games, Reading, Chat	Games, Reading, Chat	Games, Reading, Chat		Games, Reading, Chat
9pm-10pm	*Snack / Meds*	*Snack / Meds*	*Snack / Meds*	*Snack / Meds*	*Snack / Meds*	*Snack / Meds*	*Snack / Meds*
10pm-11pm	Evening hygiene	Evening hygiene	Evening hygiene	Evening hygiene	Evening hygiene	Evening hygiene	Evening hygiene
11pm	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out