

Sample Weekly Schedule

Monday

Time	Activity
8:30 am – 9:30 am	Group 1: Exercise Group 2: Share or Air the Day Group 3: Current Events
9:30 am – 10:00 am	Group- Anxiety Reducing Techniques
10:00-11:15 am	Group 1: Swimming Group 2: Art at Forest Beach Group 3: Library
11:15 am – 12:15 pm	Lunch and Structured Leisure
12:15 pm – 1:30 pm	All Groups: Team Sports (Tennis/Basketball/Softball)
1:30 pm – 2:00 pm	Group-Social Skills
2:00 pm – 2:30 pm	Taking Care of “My Place”

Tuesday

Time	Activity
8:30 am – 9:30 am	Group 1: Exercise Group 2: Share or Air the Day Group 3: Current Events
9:30 am – 10:00 am	Group- Advocacy
10:00-11:15 am	Group 1: Horseback Riding Group 2: Library Group 3: Plan/Shop/Cook
11:15 am – 12:15 pm	Lunch and Structured Leisure
12:15 pm – 1:30 pm	Group 1: Music Therapy Group 2: Hiking Group 3: Beach
1:30pm – 2:00 pm	Group-First Aid and Safety
2:00 pm – 2:30 pm	Taking Care of “My Place”

Wednesday

Time	Activity
8:30 am – 9:30 am	Group 1: Exercise Group 2: Share or Air the Day Group 3: Current Events
9:30 am – 10:00 am	Group- Sign Language
10:00-11:15 am	Group 1: Plan/Shop/Cook Group 2: Brewster Arts & Crafts Fair Group 3: Cape Cod Museum of Natural History
11:15 am – 12: 15 pm	Lunch and Structured Leisure
12:15 pm – 2:00 pm	All Groups: Yoga

2:00 pm – 2:30 pm	Taking Care of “My Place”
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Thursday

Time	Activity
8:30 am – 9:30 am	Group 1: Exercise Group 2: Share or Air the Day Group 3: Current Events
9:30 am – 10:00 am	Group- Budgeting
10:00am-11:15 am	Group 1: Fish Hatcheries Group 2: Community Center Group 3: Art Class
11:15 am – 12:15 pm	Lunch and Structured Leisure
12:15 pm – 1:30 pm	Groups 1 & 2: African Dance Group 3: Cape Cod Canal Walk
1:30 pm – 2:00 pm	Group-Cultural Diversity
2:00 pm – 2:30 pm	Taking Care of “My Place”

Friday

Time	Activity
8:30 am – 9:30 am	Group 1: Exercise Group 2: Share or Air the Day Group 3: Current Events
9:30 am – 10:00 am	Group- Abuse and Vulnerability
10:00 am – 11:15 am	All Groups: Provincetown Monument/Provincetown Art Association/Walking
11:15 am – 12:15 am	Lunch and Structured Leisure
12:15 pm – 1:30 pm	All Groups: Provincetown Monument/Provincetown Art Association/Walking
1:30 pm – 2:00 pm	Group-Time Management and Scheduling
2:00 pm – 2:30 pm	Taking Care of “My Place”