



Sample Weekly Schedule*

The following is LifeWorks core schedule. Each participant's schedule will be based on their individualized plan & work schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 – Morning Meeting	8:15 – Morning Meeting	8:15 – Morning Meeting	8:15 – Morning Meeting	8:15 – Morning Meeting
8:30 – Session 1	8:30 – Session 1	8:30 – Session 1	8:30 – Session 1	8:30 – Session 1
9:30 – Break	9:30 – Break	9:30 – Break	9:30 – Break	9:30 – Break
9:45 – Session 2	9:45 – Session 2	9:45 – Session 2	9:45 – Session 2	9:45 – <i>Speaker Series</i>
10:45 – Break	10:45 – Break	10:45 – Break	10:45 – Break	10:45 – Break
11:00 – Volunteering	11:00 – Fitness	11:00 - Volunteering	11:00 - Fitness	11:00 - Fitness
12:15 – Lunch on Own	12:15 – Lunch on Own	12:15 – Lunch on Own	12:15 – Lunch on Own	12:15 – Lunch on Own
1:15 – Session 3	1:15 – Session 3	1:15 – Session 3	1:15 – Session 3	1:15 – Session 3
2:00 – Fitness	2:00 – Volunteering	2:00 – Fitness	2:00 – Volunteering	2:00 - Grocery Trip
3:30 – Session 4	3:30 – Session 4 4:30 – Grocery Trip	3:30 – Session 4	3:30 – Session 4	3:15 – Session 4

Sessions – A variety of instructional time, including skills review, classroom activities, one-on-one support, etc.

Evenings – Participant and/or staff-led social activities occur throughout the week

Employment – Participants who are employed attend LifeWorks activities when their work schedule permits

Staff Support – All participants will have regular vocational, personal development, & apartment check meetings with staff

Weekends – Bi-monthly staff-led activities & events

*(Schedule subject to change)