

# Stables Program Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
7:30am - 8:00am	Wake Up & ADLs										
8:00am - 8:45am	Breakfast										
8:45am - 9:00am	Bathroom – Prepare for Stables										
9:00am - 9:30am	Daily Goal Group										
10:00am - 11:00am	Barn Work with Tom and Tech	Navigating the Community	Stables Groups with Lodge Guests	Wilderness & Adventure Experiential	Stables Groups with Lodge Guests	Wilderness & Adventure Experiential	Stables Groups with Lodge Guests	Stables Groups with Lodge Guests	Wilderness & Adventure Experiential	Stables Groups with Lodge Guests	Wilderness & Adventure Experiential
11:00am - 12:00pm											
12:00p - 1:15pm	Lunch Prep, Meal & Structured Leisure Time										
1:15pm - 3:00pm	Self-Regulation Group	Mindfulness Group	T- Step Skills	T- Step Skill	Live Well	T- Step Skills	T- Step Skills	Horseback Riding	T- Step Skills & Adventure Experiential		
3:00pm - 4:00pm	Sensory Needs Group	Sensory Needs Group	Sensory Needs Group	Sensory Needs Group		Sensory Needs Group	Sensory Needs Group		Sensory Needs Group & Adventure Experiential		
4:00pm - 4:45pm	Current Events Group	Art and Creative Expression Group	Horticulture Group / Farm to Table	Horticulture Group / Farm to Table		Horticulture Group / Farm to Table	Horticulture Group / Farm to Table		Horticulture Group / Farm to Table		
4:45pm - 5:15pm	ADLs, Prep for Dinner										
5:15pm - 6:15pm	Dinner Prep, Serve Alternating										
6:30pm - 8:00pm	House Social Activity	House Social Activity	House Social Activity	House Social Activity	House Social Activity	House Social Activity	Community Social Activity				
8:00 pm - 9:00pm	Hygiene / ADLs										
9:00pm - 10:00pm	Quiet Time and Sleep Hygiene										
10:00pm	Lights Out										