

A Typical Week at St. Louis LIFE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
800am		Wake-Up & Morning Hygiene	Wake-Up & Morning Hygiene	Wake-Up & Morning Hygiene	Wake-Up & Morning Hygiene	Wake-Up & Morning Hygiene	
830am		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
900am		Employ/Volunteer	Employ/Volunteer	Employ/Volunteer	Employ/Volunteer	Employ/Volunteer	
930am	Wake-Up & Morning Hygiene						Wake-Up & Morning Hygiene
1000am	BREAKFAST						BREAKFAST
1030am	Worship (Optional)						
1100am							Planned Activity
1130am							
1200pm	LUNCH ON OWN IN APARTMENT OR OUT IN THE COMMUNITY; FOOD AVAILABLE IN THE COMMUNITY KITCHEN, STAFF SUPPORT PROVIDED IF NEEDED						
1230pm							
100pm	Laundry and						
130pm	Weekly Planning						
200pm			Skills Building Class*	Computer Club	Skills Building Class*		Possible Activities:
230pm							Trips to the Zoo,
300pm							Museums, Six Flags,
330pm							Botanical Gardens,
400pm		Exercise	Exercise	Exercise	Exercise	Exercise	Science Center
430pm							
500pm	BBQ	DINNER	DINNER	DINNER	DINNER	PIZZA NIGHT	DINNER OUT
530pm							
600pm							
630pm		Daily Chores	Daily Chores	Daily Chores	Daily Chores		
700pm	House Meeting	Skills Building Class*	Evening Activity**	Job Club	Mens/Womens	Social Activity	Social Activity
730pm					Health Discussion		
800pm						Possible Activities:	
830pm						Movies, Shopping at the Mall, Bowling,	
900pm						On-site dance, Swimming at the YWCA	
930pm						Cardinals Baseball or Blues Hockey Games,	
1000pm						Concerts, Cultural Events	

This is a general description of weekly activities. Modifications will be made for each individual resident based on work schedule.

*Possible Topics: Reading, Banking/Money Management, Art, Drama/Acting, Cooking, Computers, Music Appreciation

**Possible Activities: Household shopping, Classes, Socializing in the Recreation Room, Watching TV or movies in Theater