

Sierra Day Program Sample Daily Schedule

Monday			Tuesday			Wednesday			Thursday			Friday		
Start	End	Activity	Start	End	Activity	Start	End	Activity	Start	End	Activity	Start	End	Activity
8:00	8:45	Member Meeting	8:00	8:45	Member Meeting	8:00	8:45	Member Meeting	8:00	8:45	Member Meeting	8:00	8:45	Member Meeting
8:45	9:15	Mindful Movement	8:45	9:15	Mindful Movement	8:45	9:15	Mindful Movement	8:45	9:45	Vocational	8:45	9:15	Mindful Movement
9:15	9:30	Snack	9:15	9:30	Snack	9:15	9:30	Snack	9:45	10:15	Mindful Movement	9:15	9:30	Snack
9:30	10:00	Health / Hygiene	9:30	10:00	Health / Hygiene	9:30	10:00	Health / Hygiene	9:45	10:00	Snack	9:30	10:00	Health / Hygiene
10:00	10:45	Math You See	10:00	10:45	Social Lab	10:00	10:45	Community Knowledge	10:00	10:30	Health / Hygiene	10:00	10:45	Personal Goals
10:45	11:45	Community Exploration	10:45	11:15	Leisure	10:45	11:30	Art	10:30	11:30	Home Care Skills	10:45	11:45	Community Exploration
11:45	12:30	Lunch	11:15	11:45	Lunch	11:30	12:15	Lunch	10:30	12:00	Music Therapy	11:45	12:30	Lunch
12:30	1:15	Leisure	11:45	2:00	Movie	12:15	1:15	Leisure	12:00	1:00	Lunch out	12:30	1:15	Leisure
1:15	2:00	Science				1:15	2:00	Culinary Arts	1:00	2:00	Art	1:15	2:00	Tech Lab
2:00	2:30	Adaptive Recreation	2:00	2:30	Adaptive Recreation	2:00	2:30	Adaptive Recreation	2:00	2:30	Adaptive Recreation	2:00	2:30	Adaptive Recreation
2:30	3:00	Wrap up	2:30	3:00	Wrap up	2:30	3:00	Wrap up	2:30	3:00	Wrap up	2:30	3:00	Wrap up

	AFLS Book	Pages	AFLS Book	Pages
Time, money, phone	Community	Pages 29 - 40		
Social, manners, communication, self-management	Community	Pages 41 - 50	Basic	Pages 1 - 11
Health, safety, community knowledge, mobility	Basic	Pages 36 - 43	Community	Pages 9 - 14
Clothing, laundry, dishes, home skills	Vocational	Pages 32 - 41	Home	Pages 6 - 26, 33 - 40
Personal goals	See member's ISP			
Culinary Arts	Home	Pages 41 - 52		
Leisure	Home	Pages 27 - 32		