



LIFESKILLS ACTIVITIES SCHEDULE

Twice a month we have Fun Friday at CVII from 2:30-3:30 dancing, ice cream, popcorn, etc.

Monday	Tuesday	Wednesday	Thursday	Friday
Vans arrive 8:00-8:30 Social time 8-9	Vans arrive 8:00-8:30 Social time 8-9	Vans arrive 8:00-8:30 Social time 8-9	Vans arrive 8:00-8:30 Social time 8-9	Vans arrive 8:00-8:30 Social time 8-9
Exercise 9-9:15	Exercise 9-9:15	Exercise 9-9:15	Exercise 9-9:15	Exercise 9-9:15
Group time	Group time	Group time	Group time	Group time
AM break 9:30	AM break 9:30	AM break 9:30	AM break 9:30	AM break 9:30
AM activities Individual 10-11	AM activities Nutrition 10-11	AM activities DLS cleaning 10-11	AM activities BINGO 10-11	AM activity Crafts 10-11
Price is Right	Price is Right	Price is Right	Price is Right	Price is Right
Lunch	Lunch	Lunch	Lunch	Lunch
Clean up	Clean up	Clean up	Clean up	Clean up
Social time	Social time	Social time	Social time	Social time
PM activity Language arts 1-2	PM activity Math 1-2	PM activities Personal Hygiene 1-2 Manicures	PM activity Crafts 1-2	Movie Participants choice 1-2
PM break	PM break	PM break	PM break	PM break
Music Relaxation 2:30-3:00	Music 50's & 60's 2:30-3:00	Music Songs & Praise 2:30-3:00	Music Instruments 2:30 – 3:00	Movie -continued- 2:30-3:00
Clean Up	Clean up	Clean up	Clean up	Clean up
3:30 Vans arrive to go home	3:30 Vans arrive to go home	3:30 Vans arrive to go home	3:30Vans arrive to go home	3:30Vans arrive to go home
3:30 – 4:00 After school participants will have afternoon snack at this time	3:30 - 4:00 After school participants will have afternoon snack at this time	3:30-4:00 After school participants will have afternoon snack at this time	3:30-4:00 After school participants will have afternoon snack at this time	3:30-4:00 After school Participants will have afternoon snack at this time
4-4:30 Home work	4- 4:30 Home work	4-4:30 Home work	4-4:30 Home work	4-4:30 Home work
4:30 – 5:30 Games in Learning Ctr.	4:30 – 5:30 Games in Learning Ctr.	4:30-5:30 Games in Learning Ctr.	4:30 – 5:30 Games in Learning Ctr.	4:30-5:30 Games in Learning Ctr.

**** VAN DEPARTURES AND ARRIVALS ARE FOR CVII TRAINING ASSOCIATES ONLY****

**** SCHEDULE SUBJECT TO CHANGE****

**CONTACT RUTH GREEN – LIFESKILLS, AT (704) 487-7777 EXT 14,
WITH QUESTIONS OR COMMENTS**