

DAY	MONDAY		TUESDAY	WEDNESDAY	
7:00	Morning Magic (MB)		Morning Magic (MB)	Morning Magic (MB)	
7:30	Breakfast (MB)		Breakfast (MB)	Breakfast (MB)	
8:30	Connect (HUT)		Connect (HUT)	Connect (HUT)	
9:15	Independence Benchmarks (HUT)		Move Well Fitness (FR)	Private Therapy Sessions (COT)	Individual Legacy Project Time (MB)
10:15	Movement Snack (FR)		Daily Mobility (FR)		
10:30	Goals Accountability Circle Quest Cards (MB)		Therapeutic Class (MB)		
11:30	Independent Focus (MB)		Independent Focus (MB)		
12:00	Lunch (MB)	New Guest Orientation (COT)	Lunch (MB)	Lunch (MB)	
1:00	Mini Meditation (YY)		Mini Movement (FR)	Trail Walk on Property (FP)	
1:30	Therapeutic Class Self-Care (COT)		Independence Skills Class (MB)	Mindfulness Skills Class Mind-Body Connection (YY)	
2:30	Independent Focus (MB)		Independent Focus (MB)	Independent Focus (MB)	
3:00	30-Minute Inspirational Talk The 5 Fs (COT)		Fitness Education Strength and Mobility (HUT)	Culinary Skills Class Benchmark, Assessment, Meal Prep (MB)	
3:30	Trail Walk on Property (FP)				
4:00	Individual Planning Sessions (COT)		Mobility Fitness (FR)	Restorative Yoga (YY)	
5:30	Demo Dinner (MB)		Demo Dinner (MB)	Demo Dinner (MB)	
6:30	Mini Movement (FR)		Mini Meditation (YY)	Mini Movement (FR)	
7:00	Community Social Session (FP)		Community Social Session (FP)	Community Social Session (FP)	
8:00	Evening Routine (MB)		Evening Routine (MB)	Evening Routine (MB)	

DAY	THURSDAY	FRIDAY	SATURDAY	
7:00	Morning Magic (MB)	Morning Magic (MB)	Morning Magic (MB)	
7:30	Breakfast (MB)	Breakfast (MB)	Breakfast (MB)	
8:30	Connect (YY)	Hike and Recreation (FP)	Connect (YY)	
9:15	Fitness Class (HUT)		Fitness Challenge ! (FR)	
10:15	Daily Mobility (FR)		Daily Mobility (FR)	
10:30	Nutrition Workshop Freedom with Food (MB)		Community Engagement (MB)	
11:30	Independent Focus (MB)		Independent Focus (MB)	
12:00	Lunch (MB)	Lunch (MB)	Lunch (MB)	
1:00	Mini Meditation (YY)	Mini Movement (FR)	Mini Movement (FR)	Recreation Excursion 1 - 530pm (FP)
1:30	Nutrition Talk (HUT)	Therapeutic Class (HUT)	Independent Legacy Focus - Coach supported (HUT)	
2:30	Nutrition Excursion (FP)	Family Connections (COT)		
3:00		Goals Accountability Circle Reflection/Planning for Weekend (MB)		
3:30		Yoga (YY)	Creative Hobby Exploration (MB)	
4:15		Teaching Dinner (MB)	Gourmet Dinner (MB)	
5:00	Demo Dinner (MB)			
5:30		Mini Movement (FR)	Community Outing (FP)	Community Social Session Movie Night
7:00	Community Social Session	Community Social Session		
8:00	Evening Routine	Evening Routine	Evening Routine	

DAY	Sunday	Location Abbreviations	Color Coding Key
8:00	Morning Magic (MB)	<i>HUT</i> : Outdoor Hut (outdoor group meetings and activities)	ORANGE : Independence
8:30	Breakfast (MB)		
9:15	Morning Walk	<i>MB</i> : Main Building (residences, kitchen, and group meeting space)	BLUE : Self-Care & Stress Management
9:45	Independent Legacy Focus (MB)		
10:00			<i>SR</i> : Studio Room (indoor group meeting area)
11:30	Independent Leisure Time		
12:30	Lunch (MB)	<i>FR</i> : Fitness Room (cardio, strength, and workout room)	YELLOW : Culinary & Nutrition
1:30	Movement Snack (FR)		
2:00	Deep Clean & Laundry (MB)	<i>COT</i> : Cottage (administrative office and group meeting space)	GREEN : Recreation & Adventure
4:00	Independent Leisure Time		
5:30	Dinner (MB)	<i>YY</i> : Yoga Yurt (connect, meditation, dance, and yoga)	PURPLE : Yoga & Mindfulness
6:30	Planning and Setup for the Week (MB)		
7:00	<i>Community Social Session</i>		
8:00	Evening Routine (MB)		