

CPAT DAY PROGRAM

SPECIALITY ACTIVITIES SCHEDULE - SAMPLE



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|----------|
| 7:30-9:00 a.m. | Pick up/Travel | Pick up/Travel | Pick up/Travel | Pick up/Travel | Pick up/Travel | |
| 9:00-12:00 Chose from any of the events for that day and from 9-12. | Enjoy onsite - Spanish Class Zumba Pre-vocational: restaurant linens | Enjoy onsite - Women's Group Arts/Crafts Healthy Boundaries | Enjoy onsite - Chair Yoga Meal Planning TBC | Enjoy onsite - Men's Group Design your own meal with shopping list | Enjoy onsite - Wood works Weekend Warriors | |
| | Off we go.... Somerset County Library | Off we go.... Therapeutic Riding | Off we go... Shopping trip to the Bridgewater Mall | Off we go.... Food shopping trip to Branchburg Shoprite | Off we go.... Somerset YMCA – Swimming | |
| 12-12:45 LUNCH | Lunch | Lunch | Lunch | Lunch | Lunch | |
| Chose any activity from any of the events for that day from 12:45-3:30 | Weather Zumba Pre-vocational | Women's Group Study Island/Computer Healthy Boundaries | Chair Yoga Pool Hall TBC | Men's Group Meal Planning Karaoke | CPAT Store Dessert Class Weekend Warriors | |
| 3:30-5:00 Drop Off | Spanish Class Zumba Drop Off/Travel | Women's Group Art - Painting Art- Sculpting Drop Off/Travel | Chair Yoga Gardening TBC Drop Off/Travel | Men's Group Karaoke Photography Drop Off/Travel | CPAT Store Scrap Booking Weekend Warriors Drop Off/Travel | |

Therapeutic Book Club is a club a book is read/read to individuals) with a lively discussion about topics.

Men's/Women's Group is a discussion group that focuses on today's issues related to I/DD men/women.

Spanish Class is a basic class learning introductory words in Spanish.

Healthy Boundaries is a discussion group about how to interact with others in a healthy/appropriate way.

NOTE: YOU CAN CHOOSE ACTIVITIES FROM THE SCHEDULE BASED ON YOUR PREFERENCES, GOALS, AND WHAT YOU WANT TO DO FOR THE DAY.