

MONTHLY SCHEDULE

UP N OUT SOCIAL CLUB

Sunday

Activities

- Church Service

- Restaurant Dining

- Family Visit

- Yard Bonding with Housemates


Monday

Activities

UP N OUT MEET UP

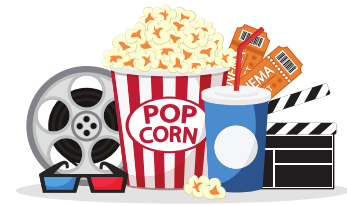
- Zumba for All Levels

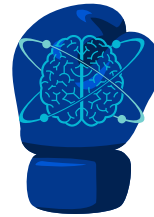

- Group Lunch


- Bingo


Tuesday

Activities

- Movie Day


- Neuro Boxing with Ryan


Wednesday

Activities

UP N OUT MEET UP

- Zumba for All Levels


- Group Lunch


- Bingo


Thursday

Activities

- High Hopes and/or Jodi House

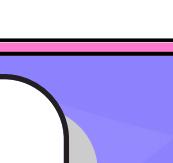
- Grocery Shopping Day and/or Any Store Shopping Day

- Remember to Bring Your Shopping List

- Calisthenics

- Group Lunch

- Faith Journaling

- Furry Friends Day at the Up N Out Clubhouse


Friday

Activities

UP N OUT MEET UP

- Zumba for All Levels


- Group Lunch


- Bingo


Saturday

Activities

- Time to Connect with Family and Friends


- Clean and Organize Your Room


- Saturday Prayer


- Reflection Meet Up


Reminder

DON'T FORGET

- Physical Exercise Everyday
- Daily Cognitive Activities
- Daily Journals
- Daily Hygiene Routine
- Getting Your Daily Dose of Sunshine
- Daily Chores
- Daily Calls/Communication to Family & Friends

APRIL - SEPTEMBER

UP N OUT MEET UP

- Paddle and Picnic at Newport Beach