# C.A.L.M. HOUSE DAILY SCHEDULE

7:00 AM Wake up. Get dressed for the day and make up beds, tidy my room.

8:00 AM Out of my room

7:00 to 9:00 Breakfast. Residents will clean up all dishes used by their family and wipe the table and counter tops off and put everything away.

9:15 to 9:45 Morning devotional. Location and days – to be announced

11:00 to 12:30 PM Lunch. Residents will clean up afterwards

1:00 to 3:00 Quiet time, every day. This is nap time and quiet time in residents’ assigned rooms

3:15 to 4:15 Group time, Monday, Wednesday, Friday: life skills classes

5:00 to 5:30 Evening devotional time. Location and days – to be announced

5:30 to 6:30 Dinner, with full clean up by all residents afterwards

7:00 to 9:00 TV time, baths, clean up toy area before bedtime each evening

8:00 House curfew time. You must be in the house on time. The alarm will be set.

10:00 Close of the day, with everyone in their assigned rooms for the night

10:30 Lights out and quiet

Additional Notes:

* Residents will be in day clothes when they come out for breakfast every morning.
* Residents understand that all beds will be made up in the morning, either before or right after breakfast
* Residents understand that ALL soiled diapers will be double tied in a plastic grocery bag and taken immediately to the outside garbage.
* NO cell phone conversations are allowed after 10:00 PM.
* Be respectful and quiet between 10:00 PM and 7:00 AM. This is sleeping and resting time.