

ENETT COMMUNITY ENGAGEMENT SERVICES

Mon

Morning:

- 🎵 **Music & Movement** (dance, instruments, sing-along)
- 🧩 **Group Games & Team Building**

Afternoon:

- 🛒 **Grocery Shopping & Money Skills**
- 🧘 **Relaxation & Mindfulness Group**

Thu

Morning:

- 💰 **Banking & Budgeting Skills** (local bank trip)
- 👤 **Life Skills Workshop - Planning a Shopping List**

Afternoon:

- 🎬 **Afternoon Movie** (local theater or community room)
- 🥗 **Dining Out - Healthy Food Choice Activity** (salad bar, Subway, etc.)

Tue

Morning:

- 📖 **Library Visit & Reading Club**
- 🖋️ **Creative Writing / Journaling**

Afternoon:

- 🚶 **Walking Group & Outdoor Games**
- 🖼️ **Community Art Exhibit Visit**

Fri

Morning:

- 🚌 **Community Outing** (Mall, Zoo, Bowling Alley, Historical Site)
- 📷 **Photography & Scrapbooking Around Town**

Afternoon:

- ☀️ **Reflection Circle & Weekly Goal Celebration** (community park pavilion)
- 🍦 **Ice Cream or Dessert Outing** (local shop)

Wed

Morning:

- 🧑 **Volunteer Work** (Food Bank / Thrift Store)

- 🌿 **Gardening / Nature Exploration at Community Garden**

Afternoon:

- 🎨 **Community Art Class** (rec center or local art shop)
- 🍔 **Eating Out**

Important Note About Our Program

At Enett Community Engagement Services, we provide supports in a 1:3 ratio — meaning one Direct Support Professional (DSP) supports up to three individuals at a time.

This model is designed to encourage:

- **Collaboration:** Activities are discussed and chosen together by the group.
- **Flexibility:** Outings and experiences may shift daily or weekly depending on interests, weather, and opportunities in the community.
- **Choice & Independence:** Each person has a voice in planning — whether it's deciding where to shop, what park to visit, or which restaurant to try.
- **Friendship & Companionship:** Sharing experiences with peers helps build lasting friendships, reduce loneliness, and create meaningful bonds.

☀️ By working together, individuals practice decision-making, compromise, social skills, and teamwork — all while building friendship and companionship through shared community experiences. Every week looks a little different — because our schedule is built around you. **WE SERVE ALL PARTS OF NORTHERN VIRGINIA**