

MY WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast
	Musical Connections	Read the newspaper	Grocery Shopping	Read the newspaper	Put Garbage out	Meet friends for coffee	Art Group
		Crossword		MACTAB call	Do Laundry		
Afternoon	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Go for a walk / other exercise	Go for a walk / other exercise	Go for a walk / other exercise	Go for a walk / other exercise	Go for a walk / other exercise	Go for a walk / other exercise	Go for a walk / other exercise
	Trivia questions	Family phone call	Spark! Art Gallery visit	Gardening	Look at photo album	Puzzles	Painting / Water Drawing Board
Evening	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Family dinner and visit
	Virtual chat with family	PSW visit	Listen to music	Read	PSW visit	Listen to music	