

MY WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Set the table for breakfast	Set the table for breakfast	Set the table for breakfast	Set the table for breakfast	Set the table for breakfast	Set the table for breakfast	Set the table for breakfast
	Fold laundry	Wash dishes	Sweep the kitchen floor	Put the garbage out	Empty the dishwasher	Fold laundry (towels)	Virtual church service
	Word search	Bean bag game	Go out for coffee	Do a craft	MACTAB call	Activity Package	
	Set the table for lunch	Set the table for lunch	Set the table for lunch	Set the table for lunch	Set the table for lunch	Set the table for lunch	Set the table for lunch
Afternoon	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	Virtual chat with family	Gardening	Make floral centerpiece	Look at photo album	Puzzles	Play board game
	Set table for dinner	Set table for dinner	Set table for dinner	Set table for dinner	Set table for dinner	Set table for dinner	Set table for dinner
Evening	Phone call with family	Bath night	Play cards	Read	Bath night	Games on tablet	Listen to music, watch TV