



HUNDRED ACRE HOMESTEAD

DAILY SCHEDULE

Winter

8:00 am	Wake up call
8:30 am	Breakfast
9:00 am (or when appropriate)	Medication Distribution
9:15 am	Community gathering Community events for the day are discussed & community information can be shared
9:30 am	Meditation – Staff led The community will sit together quietly during this time
10:00 am	Barn Chores/ House Chores The house will be divided into groups; one group will do barn chores another will do house chores. This schedule is to rotate daily
10:30 am	Structured Exercise/ Yoga/ Walking
11:45 am	Personal Hygiene Showers are available for residents before lunch
Noon	Lunch Preparation & Medication Distribution
12:30 pm	Lunch Individuals clean up their own place setting, scrape food into the compost, and rinse plates before placing them in the dish rack
1:00 – 4:00 pm	Homestead Activities Varies depending upon day of the week. This is time planned for homestead projects, off site trips, volunteering in the greater community, or art in the studio
4:00 pm	Evening Barn Chores Residents on Barn Chores will let the animals in for the night
5:00 pm	Dinner Preparation & Medication Distribution
5:30 pm	Dinner Served Individuals clean up their own place setting as at lunch
6:30 – 9:30 pm	Personal Time Residents may use this time for personal projects, games, music, a movie or time on a personal computer, if appropriate. This is also the ideal time for phone calls.
9:00 pm (or when appropriate)	Medication Distribution
9:30 pm	Personal Journaling
10:00 pm	Quiet Time Residents shall be in their rooms quietly for the night