



HUNDRED ACRE HOMESTEAD

## DAILY SCHEDULE

Winter

8:00 am	<b>Wake up call</b>
8:30 am	<b>Breakfast</b>
9:00 am (or when appropriate)	<b>Medication Distribution</b>
9:15 am	<b>Community gathering</b> Community events for the day are discussed & community information can be shared
9:30 am	<b>Meditation – Staff led</b> The community will sit together quietly during this time
10:00 am	<b>Barn Chores/ House Chores</b> 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	<b>Structured Exercise/ Yoga/ Walking</b>
11:45 am	<b>Personal Hygiene</b> Showers are available for residents before lunch
Noon	<b>Lunch Preparation &amp; Medication Distribution</b>
12:30 pm	<b>Lunch</b> 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	<b>Homestead Activities</b> 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	<b>Evening Barn Chores</b> Residents on Barn Chores will let the animals in for the night
5:00 pm	<b>Dinner Preparation &amp; Medication Distribution</b>
5:30 pm	<b>Dinner Served</b> Individuals clean up their own place setting as at lunch
6:30 – 9:30 pm	<b>Personal Time</b> 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)	<b>Medication Distribution</b>
9:30 pm	<b>Personal Journaling</b>
10:00 pm	<b>Quiet Time</b> Residents shall be in their rooms quietly for the night