



The Life Enrichment Project

Sample Schedule 2

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Morning Check-in (group discussion) weekend events/current mood/morning affirmations	Morning Check-in (group discussion) last evening events/current mood/morning affirmations	Morning Check-in (group discussion) last evening events/current mood/morning affirmations	Morning Check-in (group discussion) last evening events/current mood/morning affirmations Review of today's events	Morning Check-in (group discussion) last evening events/current mood/morning affirmations Review of today's events	
Review of today's events	Review of today's events	Review of today's events	Hiit exercise	Strength training	
Movement exercise (full body)	Goal setting at TLEP (Group discussion)	Transit training to Newmarket (group to research route)	Walk to The R.Hill Centre for the Performing Arts (Emphasis on Pedestrian Safety)	Drive to Newmarket	
Financial Literacy (paying with cash/card and case scenarios)	Drive to Kleingurg (approx. 35 min)	Walk to Crosby bus stop (Review road and pedestrian safety) Bus ride to Newmarket	Watch a drama production from Education Series	"Coffee House" at Cover notes Main Street Topic: Our favourite things....	

Early Lunch	Visit to the MicMichael Art Gallery (learn about group of 7 and native art)	Volunteer at The Mission Thrift Store (2 hours) Lunch in staff room	Lunch	Walk to Tom Thompson Trail	
Group discussion while traveling: "How do you cope with overwhelm and burnout?"	Lunch at Tim Horton's (bring your bagged lunch or option to buy)	"Coffee House" at Three Maids Cottage Main Street Topic: Wins and/or challenges of the week (Please see side note)	Money management (How to budget and determine want/need)	Volunteer work (Litter clean-up for Town of Newmarket) and nature walk	Regular Coffee and tea included with Coffee House. Please bring money if you wish to purchase a world class butter tart!
Dave and Buster's Vaughan (group to build connection with peers)	"Lunch and learn" (Gratitude Practice-What brings us joy)	Drive back to RHUC Group discussion about work ethics at TMTS and identify areas to of strength and goals	Relationship Workshop - Healthy boundaries, Effective Communication	Lunch at Community Centre Drive to program	
Group discussion while travelling (Brain teaser trivia)	Nature Walk at the Humber Trail (Please see side note)	Head to toe stretching	Goal setting (3mnths, 6mnths, 12mnths)	Group discussion regarding hygiene and appearance	Please dress warmly-layers and boots
Gratitude journaling (3 things)	Guided Meditation - "Ease into the evening" With signing bowl	Breathwork-square breathing	Gratitude Journalling	Music and Emotion exercise	
Prepare for home	Prepare for Home	Prepare for home	Prepare for home	Prepare for home	

Activities highlighted in:

BLUE are mental wellness activities

ORANGE are emotional wellness activities

RED spiritual wellness activities

Green are physical wellness activities

PURPLE are creative/art activities

