



The Life Enrichment Project

Sample Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Morning Check-in (group discussion) weekend 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	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	Morning Check-in (group discussion) last evening events/current mood/morning affirmations Review of today's events	Please Dress for the weather on Friday
Morning Yoga	Strength training	Cardiovascular exercise	Hiit exercise	Strength training	
Walk to R.Hill Library (Emphasis on pedestrian safety)	Group to research on phones/computer ingredients for Chicken alfredo	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	Do not bring lunch to program on Tuesday-Cooking class
Library book and online research (Trees/plants that are native to the Aurora area for Wednesday's Nature walk/Garbage clean-up)	Walk to Grocery Store (Emphasis on pedestrian safety)	Walk to Crosby bus stop (Review road safety)	Watch a drama production from Education Series	“Coffee House” at Cover notes Main Street Topic: Our favourite things....	Please bring in one items for the foodbank from Tuesday's list

Lunch	Group to independently pick and purchase items needed for lunch	Bus Ride to Newmarket	Lunch	Walk to Tom Thompson Trail	
Visit to Wave Pool (Group discussion on basic swimming and safety)	Walk back to program	Volunteer work at The Mission Thrift Store	Money management (How to budget and determine want/need)	Volunteer work (Litter clean-up for Town of Newmarket) and nature walk	
Walk back to program	Cooking (Educational insight into safe and hygienic food handling techniques)	Lunch out option at Tim Horton's	Relationship Workshop - Healthy boundaries, Effective Communication	Lunch at Community Centre Drive to program	
Building a coping toolbox (5-4-3-2-1 technique)	Creative writing-poetry	Transit training back to Richmond Hill	Goal setting (3mnths, 6mnths, 12mnths)	Group discussion regarding hygiene and appearance	
Mindfulness Meditation	Act of Kindness (group to create a list of items needed by foodbank)	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