Santa Cruz Training Programs, Inc.

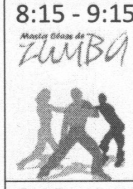
La Española Day Program

Monthly Activity Schedule Monday's

December 2nd thru December 23rd 2019

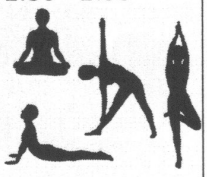
Time	Activities
8:00 – 8:15	*Arrival:* Greeting each other. Stow away lunches and backpack.
8:15 - 9:15 23rd Pajama Day	Cardiovascular/ weight **1** group. Therapy balls room **1** group. **DTTA** gym and therapy room: the rest of the groups
9:15 – 9:45	*SKILL BUILDING @* ***Coffee Break****: we take advantage of this time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (sitting and drinking appropriately, etc.).*
9:45 – 10:00	*Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).*
10:00-12:00 We also teach our consumers the use of proper manners such as using salutations (hello, good morning, how are you, excuse me, thanks, good bye).	*Consumers will visit the following local establishments to complete volunteer work and alternatives are offered to those who prefer not to participate in those activities.* • *D.D.D. and Post Office: to collect and/or deliver mail* • *Local malls: to complete errands for the program, to buy birthday gifts.* • *St. Andrews Episcopal Church: to organize missal books, vacuum the altar, fill the fountain and water the prayer garden.* • *Santa Fe Ranch (to visit the butterfly sanctuary and/or pet animals).* • *Public library (when applicable), if weather conditions do not permit to perform volunteer work in designated places.* • *Local parks: to walk or play ball, or any sport of the member's preference.* •
12:00-12:30	*Lunch:* those consumers who need full assistance
12:30 -1:15	*Lunch:* The rest of the group. **SKILL BUILDING**: we take advantage of Lunch time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (Sitting and eating appropriately, etc.).
1:15 - 1:30	Time to clean up, put lunchboxes away. Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).
1:30 – 2:30	• Completion of ISP Outcomes and/or exercising outdoors • *Computer Lab: group rotation* • *WII games (dancing, bowling, golfing): group rotation* • *Prepare food bank bags with groups. Rotation.* • *Home Based: activities such as: arts and crafts, baking cakes for birthday celebrations, or playing their favorite game: Bingo, Chinese checkers.* • *Hilltop Gallery*
2:30 – 3:00	Snack time. Time to share about the activities. (staff daily activities)
3: 00 – 3:30	EACH TEAM WILL CLEAN UP AND PUT AWAY MATERIAL USED.
3:30 – 3:40	Reflection of the day
340-:3:50	Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).
3:50-4:00	Winding down and preparing to depart.

Monthly Activity Schedule. Tuesday's
December 2nd thru December 23rd 2019

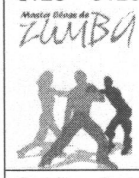
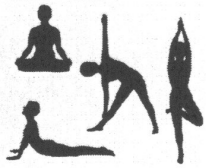
Time	Activities
8:00 – 8:15	*Arrival:* Greeting each other. Stow away lunches and backpack.
8:15 - 9:15 	ZUMBA CLASSES @ DTTA WITH LETICIA PARTIDA (8:30 Winter, 10:30 Summer) STARTING AUGUST 16 2016 THERAPY ROUTINE FOR THOSE WHO HAVE P.T. OR O.T. EVALUATION. Completion of ISP Outcomes and/or exercising outdoors
9:15 – 9:45	*SKILL BUILDING @* ***Coffee Break****: we take advantage of this time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (sitting and drinking appropriately, etc.).*
9:45 – 10:00	*Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities)*
10:00 - 12:00 We also teach our consumers the use of proper manners such as issuing salutations (hello, good morning, how are you, excuse me, thanks, good bye).	*Consumers will visit the following local establishments to complete volunteer work and alternatives are offered to those who prefer not to participate in those activities.* • *Food Bank to pick up vegetables* • *Kel-pack -Mariposa Recycling : to collect aluminum cans and sell them.* • *Local Malls: to complete errands for the program, to buy birthday gifts.* • *St. Andrews Episcopal Church: to organize missal books, vacuum the altar, fill the fountain and water the prayer garden.* • *Santa Fe Ranch (to visit the butterfly sanctuary and/or pet animals).* • *Public library (when applicable), if weather conditions do not permit to perform outdoor activities.* **Tuesday the 10th Christmas Party /Posada Mexicana**
	• *Local parks: to walk or play ball. or any sport of the members preference*
12:00 – 12:30	*Lunch:* those consumers who need full assistance
12:30 – 1:15	*Lunch:* The rest of the group. **SKILL BUILDING**: we take advantage of Lunch time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (Sitting and eating appropriately, etc.).
1:15 – 1:30	Time to clean up, put lunchboxes away. Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).
1:30 – 2:30	• Completion of Outcomes and/or exercising outdoors • *Computer Lab: group rotation* • *WII games (dancing, bowling, golfing): group rotation* • *Prepare food bank bags with groups. Rotation.* • *Hilltop Gallery* *Home Based: activities such as: arts and crafts, baking cakes for birthday celebrations, or playing their favorite game: Bingo, Chinese checkers,*
2:30 – 3:00	Snack time. Time to share about the daily activity

3: 00 –3:30	EACH TEAM WILL CLEAN UP AND PUT AWAY MATERIAL USED.
3:30 – 3:40	Reflection of the day
3:40 – 3:50	Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).
3: 50 – 4:00	Winding down and preparing to depart.

Monthly Activity Schedule.
Wednesday's December 2nd thru December 23rd 2019

Time	Activities
8:00 – 8:15	*Arrival:* Greeting each other. Stow away lunches and backpack.
8:15 -8:30 TRANSPORTATION TO WESTERN AVENUE 8:30-9:30 class	- Cardiovascular/ weight room **1** group. Therapy balls room **1** group. **DTTA** gym and therapy room: the rest of the groups
9:30 – 9:45 TRANSPORTATION TO: 9:45 12:00 We also teach our consumers the use of proper manners such as issuing salutations (hello, good morning, how are you, excuse me, thanks, good bye).	<u>Coffee Break at:</u> *Castellana Café *McDonald's *Jack in the Box *Carl's Jr. *Burger King *Denny's * La Gran Michoacana *Wendy's Great opportunity for our consumers to practice proper table manners and techniques, which have been taught to them. If time allows, they could browse around parks or stores near the selected restaurant. During our coffee outings, consumers who have special devices to intake liquids will go window shopping or to visit parks
12:00-12:30	<u>Lunch</u>: those consumers who need full assistance.
12:30-1:15	*<u>Lunch:</u>* The rest of the group. **SKILL BUILDING**: we take advantage of Lunch time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (Sitting and eating appropriately, etc.).
1:15-1:30	Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities)
1:30 - 2:30 	• <u>Yoga class with Carlos Lineiro</u> • *<u>Computer Lab:</u>* group rotation • *<u>WII games (dancing, bowling, golfing):</u> group rotation* • *<u>Working on Outcomes</u>*: the rest of the groups. Home Based: activities such as: arts and crafts, baking cakes for birthday celebrations, or playing their favorite game: Bingo, Chinese checkers, etc.
2:30 – 3:00	Snack time. Time to share about the daily activities, changes, suggestions, etc
3:00 – 3:30	EACH TEAM WILL CLEAN UP AND PUT AWAY MATERIAL USED.
3:30 – 3:40	Reflection of the day.
3: 40 – 3:50	Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).
3: 50 – 4:00	Winding down and preparing to depart.

Monthly Activity Schedule
Thursday's December 2nd thru December 23rd 2019

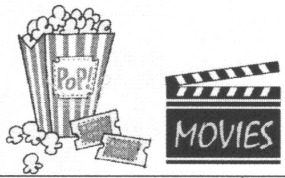
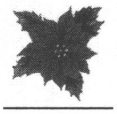
Time	Activities
8:00 – 8:15	*Arrival:* Greeting each other. Stow away lunches and backpack.
8:15 - 9:15 	ZUMBA CLASSES @ DTTA WITH LETICIA PARTIDA (8:30 Winter, 10:30 Summer) STARTING AUGUST 16 2016 THERAPY ROUTINE FOR THOSE WHO HAVE P.T. OR O.T. EVALUATION. Completion of ISP Outcomes and/or exercising outdoors
9:15 – 9:45	*SKILL BUILDING @* ***Coffee Break****: we take advantage of this time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (sitting and drinking appropriately, etc.).*
9:45 – 10:00	*Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities)*
10:00 - 12:00 We also teach our consumers the use of proper manners such as issuing salutations (hello, good morning, how are you, excuse me, thanks, good bye).	*Consumers will visit the following local establishments to complete volunteer work and alternatives are offered to those who prefer not to participate in those activities.* • *Food Bank to pick up vegetables* • *Kel-pack - Bowling alley and Mariposa Recycling : to collect aluminum cans and sell them.* • *Local Malls: to complete errands for the program, to buy birthday gifts.* • *St. Andrews Episcopal Church: to organize missal books, vacuum the altar, fill the fountain and water the prayer garden.* • *Santa Fe Ranch (to visit the butterfly sanctuary and/or pet animals).* • *Public library (when applicable), if weather conditions do not permit to perform volunteer work.*
	• *Local parks: to walk or play ball or any sport of the members preference*
12:00 – 12:30	*Lunch:* those consumers who need full assistance
12:30 – 1:15	*Lunch:* The rest of the group. **SKILL BUILDING**: we take advantage of Lunch time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (Sitting and eating appropriately, etc.).
1:15 – 1:30	Time to clean up, put lunchboxes away. Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).
1:30 – 2:30 	• Yoga class with Carlos Lineiro • Completion of ISP Outcomes and/or exercising outdoors • *Computer Lab: group rotation* • *WII games (dancing, bowling, golfing): group rotation* • *Hilltop Gallery* *Home Based: activities such as: arts and crafts, baking cakes for birthday celebrations, or playing their favorite game: Bingo, Chinese checkers,*
2:30 – 3:00	Snack time. Time to share about the daily activity

3: 00 – 3:30	EACH TEAM WILL CLEAN UP AND PUT AWAY MATERIAL USED.
3: 30 – 3:40	Reflection of the day
3:40 – 3:50	Hygiene (Only female supervisors are present to assist female consumers in the restroom facilities).
3: 50 – 4:00	Winding down and preparing to depart.

Monthly Activity Schedule
Friday's December 2nd thru December 23rd 2019

Time	Activities
8:00 – 8:15	*Arrival:* Greeting each other. Stow away backpack and lunches. 8:10-9:00 AM EXERCISE PROGRAM WITH MUSIC FOR EACH INDIVIDUAL CONSUMER (when applies). Completion of ISP Outcomes and/or exercising outdoors (when applies).
8:15 - 9:00	*Departing Program*:
	SKILL BUILDING @ **Coffee Break**: we take advantage of this time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on the proper techniques of acting at the table, (sitting and drinking appropriately, etc.).

We also teach our consumers the use of proper manners such as issuing salutations (hello, good morning, how are you, excuse me, thanks, good bye). During our luncheon outings, the consumers who have special diet or are fed thru G-tube will go window shopping or to visit parks, before being fed.

Date	Outing *Lunch at appropriate site / All Groups*
December 6th 	Birthday celebration for Iram (26 years old)
December 13th 	Movie Day at Oasis cinema From 9:00 AM to 11:30PM
December 20th 	Shopping day Luncheon at Peter Piper Pizza Gift Exchange
	Winter Break From December 24th thru December 31st.

Alternatives for those members with medical, health, physical and/or frame of mind (emotional state) conditions

In the circumstance that somebody preferred not to participate in the celebration, has the option to go for a walk or play games.

WII games
Music
Computer games
Lunch at the front porch

Serving 33members
By 20 full time employees, 2 part timers
1 substitute

SKILL BUILDING: we take advantage of this time to teach our consumers proper table manners and etiquette by modeling for them (the supervisors) on proper techniques of acting at the table, (sitting and eating appropriately, etc.). *This is also another great opportunity for our consumers to practice their table manners and techniques which have been taught to them.*

Hygiene (Only female supervisors assist female consumers in restrooms facilities)

3:45-4:00 PM	*Transportation:* All Consumers get ready to go home.

Irma López-Babnew
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