



ABILITY INCLUSION SERVICES

Day Program

SAMPLE DAILY SCHEDULE

A supportive and engaging day filled with meaningful activities, community involvement, and connection!

9:00 AM – 11:00 AM

ARRIVAL & MORNING ACTIVITIES



Drop Off & Acclimation Time

- Clients arrive and get settled
- Time to acclimate, socialize, and transition into the day
- Work on personal projects like art, puzzles, physical fitness, collages, and more
- Gather for a river walk (when scheduled)



11:00 AM – 12:00 PM

LUNCH TIME



Lunch Time

- Warm up lunches
- Help feed clients (as needed)
- Enjoy a meal together
- Socialize and connect with friends



12:00 PM – 2:00 PM

AFTERNOON ACTIVITIES



Group Activities

- Art starts with group projects
- Puzzles, card games, or Sensory Room
- Basketball, volleyball, or weight room (when available)
- Other activities based on interests, staffing, and scheduled events



2:00 PM – 4:00 PM

PREPARING FOR DEPARTURE



Wrap Up & Departure

- Gather for busses
- Socialize with others
- Often times playing UNO or other games while waiting



This is a sample of an average day.

Activities are seasonal and can vary based on volunteer availability, special activities, staffing needs, and the interests and support needs of participants.