

### Munda Mia Resident Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	WAKE UP/CHORES	WAKE UP/CHORES	WAKE UP/CHORES	WAKE UP/CHORES	WAKE UP/CHORES	DAY OUT (stage 2 & above) LEAVE 8.30am RETURN BY 4.30pm	DAY OUT (stage 2 & above) LEAVE 8.30am RETURN BY 4.30pm
6.15am	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION		
6.40am-7.00am	TUNE-IN/JFT	TUNE-IN/JFT	TUNE-IN/JFT	TUNE-IN/JFT	TUNE-IN/JFT		
7.00am-7.45am	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK	MORNING WALK		
7.15am-8.00am	PLAYGROUP			PLAYGROUP			
7.45am - 8.15am	DAYCARE DROP-OFF 8am	DAYCARE DROP-OFF	DAYCARE DROP-OFF	DAYCARE DROP-OFF 8am	DAYCARE DROP-OFF		
8.00am-9.30am	WORK THERAPY	WORK THERAPY	WORK THERAPY 8am - 8.45am	WORK THERAPY	WORK THERAPY	TUNE-IN/JFT 8am	TUNE-IN/JFT 8am
9.45 am	MORNING TEA	MORNING TEA	MORNING TEA 8.45am	MORNING TEA	MORNING TEA	MEDICATION 8.30am	MEDICATION 8.30am
10.15-11.15am	COMMUNITY CULTURE GROUP	PEER SUPPORT GROUP	TA & AT GROUP (FORTNIGHTLY)9.00am - 10.00am	PEER SUPPORT GROUP	GROUNDS WORK THERAPY/COOKING WITH MARIA		VISITORS or PERSONAL PROGRAM (9am-4pm) RESIDENTS OUT BACK BY 4PM
	WANDJOO GROUP	WANDJOO GROUP	WANDJOO GROUP				
11.30am-12.30pm	AT GROUP	REFLECTIONS GROUP	APPLICATIONS GROUP 10.15am - 11.00am	BUDDY GROUP 11.30am	EXPRESSIVE THERAPY		
			NA MEETING T(Bus leaves at 11.15am)	ANNOUNCEMENTS 12.00pm			
12.30pm-1.30pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1.30 - 2.30pm	CIRCLE OF SECURITY 1.30pm - 3.00pm (10min break)	EDUCATION GROUP	NA MEETING	EDUCATION GROUP	SPORT & REC	PARENT CHECK-IN GROUP 1.30pm - 2.00pm	WANDJOO CHECK-IN GROUP 1.30pm - 2.00pm
2.30 - 3.00pm		MOBILE PHONE USE	WEEKEND PLANS GROUP 2.15pm				
3.00 - 4.00pm	MOBILE PHONE 3.15pm-3.45pm	PERSONAL PROGRAM (monthly deep clean,1st Tuesday of month)	SENIORS MEETING 3.00PM	RELATING BOOTH 3.00pm	MEDITATION		
	GUEST SPEAKER/ESH		RESIDENT MEETING (1st Wednesday of month)	URINES 3.30pm	PERSONAL PROGRAM		
4.00 - 4.30pm	DAYCARE PICK-UP	DAYCARE PICK-UP	DAYCARE PICK-UP	DAYCARE PICK-UP	DAYCARE PICK-UP		
4.30pm - 5.00pm	PERSONAL PROGRAM	PERSONAL PROGRAM	PERSONAL PROGRAM	PERSONAL PROGRAM	PERSONAL PROGRAM		
5.00pm - 5.30pm	TUNE-OUT/PRACS	TUNE-OUT	TUNE-OUT/PRACS	TUNE-OUT	TUNE-OUT/PRACS		
5.30pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6.30pm	GAMES / DOCO NIGHT	URINES 6.30pm	PERSONAL PROGRAM	NA MEETING ONLINE 6.30pm - 7.30pm	MOVIES (TV start time 6.30pm)	MOVIES	URINES 6.30pm
		PERSONAL PROGRAM					FLOOR MEETING 7pm