



“What is the meaning of life?  
To be happy and useful.”  
~The Dalai Lama



We believe people want to be involved in meaningful, productive activities that create purpose and optimism about the future.



## A Day in the Life

Our residents enjoy an active daily schedule, personalized to suit each individual’s interests and needs. Below is an example of a typical weekday routine: \_\_\_\_\_

- 7 a.m.–8 a.m.
  - Wake
  - **Run or walk**
- 8 a.m.–9 a.m.
  - Clean room
  - **Feed/groom barn animals**
  - Shower/clean up
  - Breakfast
- 9 a.m.–10 a.m.
  - **Morning chores:**  
Straightening house; outdoor responsibilities such as watering the garden, sweeping, etc.
  - Daily planning meeting
- 10 a.m.–12 p.m.
  - **Vocational and volunteer activities:**  
A Plant Sale nursery, Goodwill, SPCA, and hospital/library
- 12 p.m.–1:30 p.m.
  - Lunch
  - Clean up
- 1:30 p.m.–3 p.m.
  - Program projects:  
**Gardening and woodshop**
- 3 p.m.–5 p.m.
  - Fitness at San Marcos Athletic Center
- 5 p.m.–6 p.m.
  - Clean up
  - Dinner or dinner outing
- 6 p.m.–9:30 p.m.
  - **Recreation:**  
Shopping, bowling, movies/TV, games
- 9:30 p.m.
  - **Leisure time**
- 10 p.m.
  - Lights out

### Weekends

Weekends are active and full of recreational activities or special events in the surrounding Central Texas areas.