



MONDAY

Fairfield Planet Fitness and Bowling Clients begin the day with workouts at Fairfield Planet Fitness, enjoy a lunch outing, and finish the afternoon bowling at Rollhouse Entertainment — a chance to stay active, build friendships, and celebrate each other's successes.

Hamilton Planet Fitness and Bowling Mornings start with exercise at Hamilton Planet Fitness on NW Washington Blvd. After a lunch outing, the afternoon is spent at Pohlman Lanes, where clients practice teamwork, sportsmanship, and enjoy time together.

Hamilton Planet Fitness and Swimming This group spends the morning exercising at Hamilton Planet Fitness, followed by lunch at a local restaurant. The afternoon is reserved for swimming at the YMCA — combining fitness, fun, and relaxation in a safe environment.

Routson House Life Skills At Routson House, clients begin the day with a morning workout and circle time for group discussion. After a packed lunch, the afternoon focuses on daily living skills such as cooking, cleaning, and group projects that encourage independence and responsibility.

TUESDAY

Fairfield Planet Fitness and Afternoon Outing Days start with workouts at Fairfield Planet Fitness, followed by lunch out. The afternoon is spent on a scheduled community outing, such as a park, nature center, or other local attraction where clients can learn and connect.

Hamilton Planet Fitness and Afternoon Outing Morning exercise takes place at Hamilton Planet Fitness, with lunch at a nearby restaurant. Afternoons feature a scheduled outing, offering opportunities to explore new places and practice real-world independence.

All-Day Field Trip Outing Clients spend the full day on a scheduled field trip — such as a zoo, aquarium, or local attraction — where they can explore, discover, and enjoy the community. A packed lunch may be required.

Routson House – Connection & Creativity Club Each Tuesday is dedicated to exploration and creativity. Clients take part in activities such as painting kindness rocks, writing peer appreciation notes, or exploring cultural traditions through flags, food, and music. Every project highlights individual strengths while showing how they can make a difference in the community.

WEDNESDAY

Hamilton Planet Fitness and Afternoon Outing Workouts begin the morning at Hamilton Planet Fitness, followed by lunch at a local restaurant. The afternoon is spent on a community outing that provides new experiences and opportunities for social growth.

All-Day Community Outing Wednesdays also feature a full-day outing. Clients may attend local events, visit parks, or engage in other activities that encourage connection with the community. A packed lunch may be required.

Routson House – Hands-On Wednesdays Midweek is all about creating and building. Projects may include bracelet making, group collages, seasonal crafts, or simple woodworking. Clients practice following steps, strengthen motor skills, and take pride in completing projects they can share or take home.

Fairfield Planet Fitness and Bowling Wednesdays begin with exercise at Fairfield Planet Fitness. After lunch, the afternoon is filled with bowling at Rollhouse Entertainment, where clients enjoy friendly competition,

practice patience, and encourage each other.

THURSDAY

Fairfield Planet Fitness and BowlingThursdays begin with exercise at Fairfield Planet Fitness. After lunch at a local restaurant, the afternoon is filled with bowling at Rollhouse Entertainment, where clients enjoy friendly competition, practice patience, and encourage each other.

Hamilton Planet Fitness and BowlingMornings are spent exercising at Hamilton Planet Fitness, followed by lunch at a nearby restaurant. The afternoon wraps up with bowling at Pohlman Lanes — a time for fun, laughter, and teamwork.

Educational OutingAnother Thursday option is an educational outing. Clients may visit museums, science centers, or historical sites where they learn through hands-on activities and real-world experiences. A packed lunch may be required.

Routson House – Community Connections ClubThursdays at Routson House focus on teamwork and giving back. Projects often include assembling care packages for veterans, making dog toys for the animal shelter, or preparing thank-you posters for first responders. These activities build responsibility and show clients how they can contribute meaningfully to their community.

FRIDAY

Fairfield Planet Fitness and BowlingFridays kick off with workouts at Fairfield Planet Fitness, followed by lunch at a local restaurant. The day ends with bowling at Rollhouse Entertainment, giving clients the chance to stay active and enjoy time with friends.

Hamilton Planet Fitness and BowlingClients begin with workouts at Hamilton Planet Fitness, have lunch at a local restaurant, and finish the afternoon bowling at Pohlman Lanes, building both skills and social connections.

Hamilton Church of God and SwimmingFridays also feature guided workouts at Hamilton Church of God, a packed lunch, and an afternoon of swimming at the YMCA — blending fitness with fun and relaxation.

Routson House Life SkillsFridays at Routson House begin with a workout and circle time, followed by a packed lunch. Afternoons are dedicated to life skills such as meal preparation, cleaning tasks, and group projects. Clients practice independence while building confidence in everyday responsibilities.