

Monday

- West Chester Planet Fitness and Bowling
 - The group begins the day exercising at West Chester Planet Fitness on Foster Lane, eats lunch at the Liberty Mall food court and finishes the day knocking down pins at Mason Bowl. Once a month, the group swaps out bowling for an afternoon at Liberty Mall.
- Fairfield Planet Fitness and Bowling
 - The group begins the day exercising at the Fairfield Planet Fitness on Michael Lane, eats a packed lunch at the park and finishes the day with bowling at Rollhouse.
- Hamilton Planet Fitness and Outing
 - The group begins the day with workouts at Hamilton Planet Fitness on NW Washington Blvd and finishes the day with a scheduled field trip. Depending on the outing, a packed lunch may be required. Please refer to the monthly calendar for group details.
- Life Skills and Cooking
 - The group spends the day at Routson House, begins with a morning workout, has a group discussion, cooks a meal or snack, writes in daily journals and learns about the assigned life skill of the day. Depending on the meal, an individual may still require a packed lunch. Please refer to the monthly calendar for group details.

Tuesday

- Fairfield Planet Fitness and Field Trip
 - The group begins the day with workouts at Fairfield Planet Fitness on Michael Lane and finishes the day with a scheduled field trip. Depending on the outing, a packed lunch may be required. Please refer to the monthly calendar for group details.
- Hamilton Planet Fitness and Field Trip
 - The group begins the day with workouts at Hamilton Planet Fitness on NW Washington Blvd and finishes the day with a scheduled field trip. Depending on the outing, a packed lunch may be required. Please refer to the monthly calendar for group details.
- Movie & Game Group
 - The group spends the day at Routson House, begins with a morning workout, has a group discussion, eats a packed lunch, plays games such

as Hangman and Bingo, and watches a family-friendly movie. On the last Tuesday of the month, the group orders food or eats out at one of the surrounding restaurants. Please refer to the monthly calendar for group details.

- All Day Community Outing
 - The group meets at Routson House and spends the day on a scheduled outing. Depending on the outing, a packed lunch may be required. Please refer to the monthly calendar for group details.

Wednesday

- Fairfield Planet Fitness and Bowling
 - The group begins the day exercising at the Fairfield Planet Fitness on Michael Lane, eats at Subway and finishes the day with bowling at Rollhouse.
- Hamilton Planet Fitness and Bowling
 - The group begins the day with workouts at Hamilton Planet Fitness on NW Washington Blvd, eats out at one of the surrounding restaurants and finishes the day finishes the day with bowling at Pohlman Lanes.
- Arts and Activities Group
 - The group spends the day at Routson House, begins with a morning workout, has a group discussion, eats a packed lunch and works on crafts throughout the day. Please refer to the monthly calendar for group details.
- All Day Community Outing
 - The group meets at Routson House and spends the day on a scheduled outing. Depending on the outing, a packed lunch may be required. Please refer to the monthly calendar for group details.

Thursday

- Fairfield Planet Fitness and Bowling
 - The group begins the day exercising at the Fairfield Planet Fitness on Michael Lane, eats at Subway and finishes the day with bowling at Rollhouse.
- Hamilton Planet Fitness and Bowling

- The group begins the day with workouts at Hamilton Planet Fitness, eats out at one of the surrounding restaurants and finishes the day finishes the day with bowling at Rollhouse.
- Arts and Activities
 - The group spends the day at Routson House, begins with a morning workout, has a group discussion, eats a packed lunch and works on crafts throughout the day. Please refer to the monthly calendar for group details.
- Educational Community Outing
 - The group meets at Routson House and spends the day on an outing that is educational in nature, such as a museum or a tour at a historical location. Examples include the American Sign Museum and Boonshoft Museum of Discovery. Depending on the outing, a packed lunch may be required. Please refer to the monthly calendar for group details.

Friday

- Fairfield Planet Fitness and Bowling
 - The group begins the day exercising at the Fairfield Planet Fitness on Michael Lane, eats a packed lunch at the park and finishes the day with bowling at Rollhouse.
- Hamilton Planet Fitness and Bowling
 - The group begins the day with workouts at Hamilton Planet Fitness on NW Washington Blvd, eats at one of the surrounding restaurants and finishes the day bowling at Pohlman Lanes.
- Life Skills and Cooking
 - The group spends the day at Routson House, begins with a morning workout, has a group discussion, cooks a meal or snack, writes in daily journals and learns about the assigned life skill of the day. Depending on the meal, a packed lunch may be required. Please refer to the monthly calendar for group details.
- Morning Gym Activities and Swimming
 - The group begins with athletic activities at Hamilton Church of God's gymnasium, eats lunch at one of the surrounding restaurants, and finishes the day swimming at Fitton Family YMCA.