



TYPICAL DAY AT ABILITYFIRST CAMP PAIVIKA

Campers participate in age appropriate, well-balanced, carefully supervised activities on a rotating basis. Personal assistance is provided throughout the day and evening as needed, including medication dispensing, medical regimens, toileting and feeding.

- 8:00 a.m.: Dressing, bathing and preparing for the day
- 9:00 a.m.: Breakfast
- 9:45 a.m.: Cabin clean-up, teeth-brushing, sunscreen application
- 10:30 a.m.: Activities
- 11:30 a.m.: Early Eaters
- 12:30 p.m.: Lunch
- 1:30 p.m.: Rest Period (quiet activities and naps in cabins)
- 3:45 p.m.: Activities
- 4:45 p.m.: Activities
- 5:30 p.m.: "All Camp Activity"
- 6:00 p.m.: Dinner
- 6:45 p.m.: Evening Program preparation
- 7:15 p.m.: Evening Program
- 8:45 p.m.: Bedtime preparation
- 9:30 p.m.: Cabin quiet time and lights out