



# A Day's Schedule at...

## Catholic Social Services

A typical day inside of the center begins at 0500 hours (5 am). Each floor has scheduled 15 minute increments per hour to use the outside smoking area between 0500 and 2359 hours (5 am to 11:59 pm).

Meal times are scheduled as well. Residents can prepare breakfast between 0600 and 0900 hours (6 to 9 am). Lunch is between 1100 and 1300 hours (11 am to 1 pm) from the groceries provided by the center. During the week, Meals on Wheels provides the dinner options. If a resident does not want to eat one of the options provided, he or she can opt to prepare a cold meal instead, such as a salad or a deli sandwich. On the weekends, dinner may be prepared in house, or may be delivered to the facility from a restaurant. All deliveries must arrive by 2100 hours (9 pm). Dinner times throughout the week are from 1600 to 2100 hours (4 to 9 pm).

Prescription medications are held in the med room. Residents can report for med call at 0600, 1000, 1400, 1800, and 2200 hours (6 am, 10 am, 2 pm, 6 pm and 10 pm), depending on their individual needs.

Laundry is completed by each resident on his or her own time. They may use the appliances and supplies provided by the center. Residents are assigned chores, and must check the chart that states the date and chore that they were assigned.

Resident meetings take place at 2100 hours (9 pm) on Wednesdays. These meetings are mandatory for all residents who are not working at the time of the meeting.

Visiting times are available on the weekends, and include 1500-1700 hours (3 to 5 pm) and 1900-2100 hours (7 to 9 pm) on Fridays; 1100-1300 hours, (11 am to 1 pm), 1500-1700 hours (3 to 5 pm), and 1900-2100 hours (7 to 9 pm) on Saturdays; and 1100-1300 hours (11 am to 1 pm) and 1500-1700 hours (3 to 5 pm) on Sundays and holidays.

A typical day outside of the center begins at 0830 hours (8:30 am), unless a resident must leave earlier for work or an appointment. After 0830, he or she may sign out to search for employment, apply for identification or insurance, attend NA or AA meetings, or take care of other needs. If the resident chooses not to search for employment prior to 1100 hours (11 am), he or she will not be allowed to search in the afternoon.

Residents may also visit a local gym or the library between 0830 hours (8:30 am) and that resident's curfew. The normal length of a sign out is two hours; however, case managers can extend this period of time for certain circumstances. Residents must remain in the center for 15 minutes between sign outs.

Curfews depend on the length of employment. Residents who have been employed for two weeks or longer, have a curfew of 2100 hours (9 pm). Those who are not employed or have not yet reached two weeks of steady employment have a curfew of 1900 hours (7 pm). On the weekends, all residents receive a three-hour shopping pass on Saturdays, and a two-hour dinner pass on Sundays. They must remain in the Scranton area for these passes. If the resident has been employed for two weeks, they could choose to take a 10-hour pass to an approved residence instead. All employed residents receive two, 10-hour passes per week to use on their days off of work. If an individual is under restriction for any reason, they will lose this privilege.