




Perfect Week

	Mornings 	Afternoons 	Evenings 
Mon	Photography on the moors (with John and Terry) (All day, once a week)	Photography on the moors (with John and Terry) (All day, once a week)	Evening in with Lizzy (watching TV and downloading photos)
Tues	Shopping at Sainsbury's (with Jackie)	Check job adverts (paper/internet/job centre) (with Jackie)	Go to the pub with Lizzy (every two weeks with Lloyd)
Wed	Creating/building photography web-site (with John)	Meet Lizzy for lunch in town (every week) Teach photography at the day centre, and see friends	Book club (Every week with Nicky, David and Finley)
Thurs	Volunteering with RSPCA (with Jackie)	Volunteering with RSPCA (with Jackie)	Evening in with Lizzy - TV, DVD, listen to music
Fri	Morning in. Update music collection. Physiotherapy (every week)	Volunteering at the Zoo (with Phillip)	Night out with Lizzy and friends. Meal or the pub (every other week)
Sat	Time with Lizzy. Whatever we decide to do.	Meet with mum and dad (every week)	See live music (once a month) With uncle Pete or Lloyd)
Sun	Go to church (Lizzy is a practicing catholic) (with Lizzy's mum)	Go to the gym with Lizzy (with John)	Night in with Lizzy