

WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Wake up/Breakfast/ADL	Wake up/Breakfast/ADL	Wake up/ Breakfast/ADL	Wake up/Breakfast/ADL	Wake up/Breakfast/ADL		Visiting Day
8:00 AM	Meds	Meds	Meds	Meds	Meds		
8:30 AM	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group		
9:00 AM	Suite checks	Suite checks	Suite checks	Suite checks	Suite checks	Wakeup/ADL	Wakeup/ADL
9:15 AM	Walk to group building	Walk to group building	Walk to group bldng	Walk to group bldng	Walk to group building		Goals Group
9:30 AM	Meditation	Meditation	Meditation	Meditation	Meditation	Goals Group	Brunch
9:45 AM	Reasons to Recover	Vocational Group	Drumming Group	Art Group	Skill Building Group		
10:00 AM						House Chores	
10:30 AM	BREAK	BREAK	BREAK	BREAK	BREAK		
10:45 AM	Change Group	Anger Management	Men's Group	WRAP Group	Dual Disorders Group		
11:00 AM						Library	
11:30 AM	Closing Ritual	Closing Ritual	Closing Ritual	Closing Ritual	Closing Ritual		
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
12:30 PM							
1:00 PM	YOGA	Relapse Prevention	IMR Group	Culinary Wellness	Group w/ Dr. Cimpean		
2:00 PM	Free Time	Free Time	Free Time	Free Time	Free Time		
3:00 PM	YMCA	YMCA	YMCA	YMCA	YMCA		
3:30 PM							
4:00 PM							Dinner
4:15 PM							
4:30 PM	Dinner				Dinner		
5:00 PM		Dinner	Dinner	Dinner		Dinner	
5:30 PM	Recovery Group/AA				Recovery Group/AA		
6:00 PM		Community Meeting				Recovery Grp/AA	
6:30 PM							
7:00 PM		Recovery Group/AA	Recovery Group/AA	Recovery Group/AA	Success Group		
7:30 PM	Progress Group					Progress Group	Recovery Grp/AA
8:00 PM							
8:30 PM		Progress Group	Progress Group	Progress Group	Progress Group		Progress Group
9:00 PM							
10:00 PM	Lights Out	Lights Out	Lights Out	Lights Out			Lights Out
11:00 PM					Lights Out	Lights Out	

** Times of Recovery Group/AA are subject to change due to desire to attend different meetings

** Walks/YMCA can be changed due to weather conditions