

Sample* Program Schedule for The Commons

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday**
7:00 AM	Wake up	Wake up	Wake up	Wake up	Wake up	Personal Time	Personal Time
7:30 AM	Breakfast/ADL/Meds	Breakfast/ADL/Meds	Breakfast/ADL/Meds	Breakfast/ADL/Meds	Breakfast/ADL/Meds		
8:00 AM							
8:30 AM	Goals Group Weekly Goals	Goals Group	Goals Group	Goals Group	Goals Group	Wake up/ADL/ Breakfast/Meds	Wake up/ADL/Meds
9:00 AM	Suite Checks/Chores	YMCA	Suite Checks/Chores	YMCA	Suite Checks/Chores	Break	Break
9:30 AM	Wellness Activity Sports Academy	Break	Break	Break	Break	Goals Group	Goals Group
9:45 AM		Helping Men Recover	CBT	Helping Men Recover	Recovery 101	Break	Personal Time
10:00 AM						House Chores / Suite Cleanings	
10:30 AM						Break	
10:45 AM		Coping Skills (DBT-informed)	Nutrition/Culinary	WRAP			
11:00 AM		Break	Break	Break	Break	Break	
11:30 AM	Break	Break	Break	Break	Break	Break	
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	Community Outing
12:30 PM	Break	Break	*Individual Appt	Break	Break	Break	
1:00 PM	Vocational Group	IMR		Health 101	Expressive Arts	Community Outing	
1:30 PM	*Individual Appt	*Individual Appt	Martial Arts	*Individual Appt	*Individual Appt		
2:00 PM			Community Meeting				
2:30 PM	3:15-4:15pm Alternate Experience Group	Wellness Activities	Yoga Nidra - Meditative	"This Is How We Do It" Group / Healing Circle	Yoga	Wellness Activities	
3:00 PM	*Individual Appt	*Individual Appt	*Individual Appt	*Individual Appt	*Individual Appt / Visiting Therapy Dog	Personal Time	Personal Time
4:00 PM							Dinner
4:30 PM	Chores	Chores	Chores	Chores	Chores	Chores	Break
5:00 PM	Progress Group	Progress Group	Progress Group	Progress Group	Progress Group	Progress Group	Progress Group
5:30 PM	DDA Meeting / Recovery Activity	Break	Break	Break	Break	Personal Time	Personal Time
6:15 PM		Mutual Help Meeting or Recovery Activity	Mutual Help Meeting or Recovery Activity	Mutual Help Meeting or Recovery Activity	Mutual Help Meeting or Recovery Activity	Mutual Help Meeting or Recovery Activity	Mutual Help Meeting or Recovery Activity
6:30 PM							
7:00 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
7:30 PM							Personal Time
8:00 PM							Lights Out
9:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
10:00 PM	<i>*Individual appt., Team meeting, FES, Clinical Update, Provider appt., or 1:1</i>				Lights Out	Lights Out	**Family Visits
11:00 PM	<i>*Individual appt., Team meeting, FES, Clinical Update, Provider appt., or 1:1</i>				Lights Out	Lights Out	**Family Visits