

The Gate House for Men: Daily Schedule

	Monday – Friday	Saturday	Sunday
By 7:00am	Up & Out of bed	Up & Out of bed	By 10:00am Up & Out of bed
7:00am – 8:00am	Breakfast Time	Breakfast Time	x
7:00am – 8:00am	Medication Time/Gym Passes	Medication Time	Medication Time
By 8:00am	Bed Made Room Clean AM Chores Done	Bed Made Room Clean G.I. Weekly House Cleaning	x
8:45am – 9:15am	Walk-in Office Hours	x	x
9:30am – 11:30am	Peer Group Tues Group Thurs Group	x	x
11:30am	Medication Time Report to main office	Medication Time	Medication Time
11:30am – 12:30pm	Lunch Time	Lunch Time	Lunch Time
12:30pm – 2:30pm	Free Time	Free Time	Free Time
2:30pm – 4:00pm	Treatment Time	Free Time	Free Time
3:00pm – 4:00pm	Tues & Thurs Life Skills Groups	Free Time	Free Time
4:00pm – 4:30pm	Walk-in Office Hours	x	x
4:30pm – 5:00pm	Medication Time	Medication Time	Medication Time
5:00pm	Dinner Time Fellowship Letters	Dinner Time Fellowship Letters	Dinner Time Fellowship Letters
6:00pm	Chore Check	x	Chore Check
6:30pm	Wed Group	x	x
7:00pm or 8:00pm	AA or NA Meeting	AA or NA Meeting	In-House AA Meeting
8:30pm	x	x	Chore Meeting/Coin Out
By 10:00pm	Curfew	x	Curfew
9:45pm – 10:15pm	Medication Time/Bus Passes	Medication Time	Medication Time
10:00pm – 11:00pm	Snack Time	Snack Time	Snack Time
By 11:00pm	x	Curfew	x
11:30pm	TV & Cellphones Off Lights Out (Mon-Thurs)	x	TV & Cellphones Off Lights Out
12:00am	TV & Cellphones Off Lights Out (Friday)	TV & Cellphones Off Lights Out	x