

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 to 7:50	Spiritual Reading /Breakfast	Spiritual Reading /Breakfast	Spiritual Reading /Breakfast	Spiritual Reading /Breakfast	Spiritual Reading /Breakfast		
7:00 to 7:30 7:50- 8:15	Medication	Medication	Medication	Medication	Medication	Medication 7:30-8	Medication 8-8:30
8:00 to 9:00	TV - NEWS ONLY	TV - NEWS ONLY	TV - NEWS ONLY	TV-NEWS ONLY	TV - NEWS ONLY	Spiritual Reading /Breakfast 8:00-8:20	
8:45- 9:15	Office Hours	Office Hours	Office Hours	Office Hours	Office Hours	G.I. 8:30 - 10:30	Spiritual Reading /Breakfast 10:00 - 10:20am
9:15 to 11:00	Morning Group	Small Group 9:30 - 11:30	Small Group 9:30 - 11:30	Morning Group	Morning Group		(Closed weekend) YMCA 12-1pm
11:00 to 11:30	Lunch	Lunch	Lunch	Lunch	Lunch		
11:30	Medication	Medication	Medication	Medication	Medication		
11:30 -1:30	Personal Time	Personal Time/Personal Shopping	Personal Time	Personal Time	Personal Time /Personal Shopping		Personal Time
1:00 - 1:30	Office Hours	Office Hours	Office Hours	Office Hours	Office Hours		
				Due by 11am Pass Request Work Schedules Job Search	Read Guidelines & Chore Description as a group 2:00		
1:30 to 4:30	Treatment Work /Individual Sessions/ YMCA	Health & Wellness (YMCA or Group)	Treatment Work /Individual Sessions /Lectures	Treatment Work /Individual Session /Lectures	Treatment Work /Individual Sessions /Lectures		
4:00 to 4:30	Office Hours	Office Hours	Office Hours	Office Hours	Office Hours 3:30 - 4:00		
4:30 to 5:00	Medication/Mail	Medication/Mail	Medication/Mail	Medication/Mail	Medication/Mail		
5:00 to 5:20	Spiritual Reading /Dinner	Spiritual Reading /Dinner	Spiritual Reading /Dinner	Spiritual Reading /Dinner	Spiritual Reading /Dinner		
After dinner	Chores and chore check	Chores and chore check	Chores and chore check	Chores and chore check			Chores and chore check
6:00	Small Group 6:00-8:00pm	Aftercare Group		Community Meeting			
7:00	Attend meeting	Attend meeting	Attend meeting	Attend meeting	Attend meeting	Attend Meeting	Alumni Meeting
9:00							
After meeting	10th Step group	10th Step group	10th Step group	10th Step group	10th Step group	10th Step group	10th Step group
10:00 to 10:30	Medication	Medication	Medication	Medication	Medication		Medication
10:00 to 10:30	Snack	Snack	Snack	Snack	Snack		Snack
11:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		Lights Out
12:30 AM					Lights Out	Lights Out	Revised 1/4/16