

WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00:00 AM	WAKEUP/BREAKFAST/ADL	WAKEUP/BREAKFAST/ADL	WAKEUP/BREAKFAST/ADL	WAKEUP/BREAKFAST/ADL	WAKEUP/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	Walk	Walk	Walk	Walk	Walk	Wakeup/ADL	Wakeup/ADL
9:30 AM						Goals Group	Goals Group
10:10 AM	Change Group	Anger Management	Recovery Group	Dual Disorders	Weekly check-in	House Clean Up	Brunch
11:00 AM	BREAK	BREAK	BREAK	BREAK	BREAK		
11:10 AM	Reasons to Recover	Men's Group	WRAP	Relapse Prevention	IMR Group		
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
12:30 PM							
1:00 PM	YOGA	Wellness Group	Menu Group	YOGA	Art Group		
2:00 PM	Free Time	Free Time	Free Time	Free Time	Free Time		
3:00 PM	YMCA		YMCA	YMCA	YMCA		
3:30 PM		YMCA					
4:00 PM						DRA Meeting	Dinner
4:15 PM	Community Meeting						
4:30 PM							
5:00 PM	Dinner	Dinner	Dinner	Dinner	Recovery Group/AA		
5:30 PM	Recovery Group/AA						
6:00 PM							
6:30 PM			In House Meeting				
7:00 PM		Recovery Group/AA					
7:30 PM				Recovery Group/AA			Recovery Grp/AA
8:00 PM							
8:30 PM							
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