

WEEKLY SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 – 7:30	HYGEINE	HYGIENE	HYGIENE	HYGIENE	HYGIENE
7:30 – 8:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
8:00 – 8:45	GOALS GROUP	GOALS GROUP	GOALS GROUP	GOALS GROUP	GOALS GROUP
8:45 – 9:00	Medications	Medications	Medications	Medications	Medications
9:00 – 9:45	ORIENTATION GROUP	EDUCATION GROUP	NUTRITION GROUP	PROCESS GROUP	ORIENTATION GROUP
10:00 – 10:45	YOGA/RELAX	EXERCISE	YOGA/RELAX	EXERCISE	YOGA/RELAX
10:45 – 11:00	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK
11:00 – 11:45	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP
12:30 – 1:00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 – 1:10	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS
1:15 – 1:55	RECREATIONAL THERAPY	RECREATIONAL THERAPY	RECREATIONAL THERAPY	RECREATIONAL THERAPY	RECREATIONAL THERAPY
2:00 – 3:00	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy	Psychotherapy
3:00 – 3:15	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK
3:15 – 4:00	EDUCATION GROUP	RELAPSE PREVENTION	NURSE ED	RELAPSE PREVENTION	EDUCATION GROUP
4:30 – 8:00	PHONE TIME	PHONE TIME	PHONE TIME	PHONE TIME	PHONE TIME
4:00 – 5:00	JOURNAL	JOURNAL	JOURNAL	JOURNAL	JOURNAL
5:00 – 5:30	DINNER	DINNER	DINNER	DINNER	DINNER
5:45 – 6:45	Community	A.A.	Community	A.A.	Community
7:00 – 8:00	GROUP	VISITATION	GROUP	VISITATION	GROUP
8:00 – 8:10	SNACK	SNACK	SNACK	SNACK	SNACK
8:10 – 8:50	GYM	GYM	GYM	GYM	GYM
8:50 – 9:00	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS
9:00 – 9:45	WRAP-UP GROUP	WRAP-UP GROUP	WRAP-UP GROUP	WRAP-UP GROUP	WRAP-UP GROUP
9:45 – 10:15	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK	HYGIENE BREAK
10:30	BEDTIME	BEDTIME	BEDTIME	BEDTIME	BEDTIME

WEEKEND SCHEDULE	SATURDAY	SUNDAY
6:45 - 7:30	HYGIENE	HYGIENE
7:30 - 8:00	BREAKFAST	BREAKFAST
8:00 – 8:45	GOALS GROUP	GOALS GROUP
8:45 - 9:00	Medications	Medications
9:00 - 9:45	EXERCISE	EXERCISE
10:00 - 10:45	PROCESS GROUP	PROCESS GROUP
10:45 - 11:00	HYGIENE BREAK	HYGIENE BREAK
11:00 - 11:45	EDUCATION GROUP	EDUCATION GROUP
12:30 - 1:00	LUNCH	LUNCH
1:00 – 1:10	MEDICATIONS	MEDICATIONS
1:15 – 1:55	RECREATIONAL THERAPY	RECREATIONAL THERAPY
2:00 – 2:15	HYGIENE BREAK	HYGIENE BREAK
2:15 – 3:00	Psychotherapy	Psychotherapy
3:00 – 4:00	NURSE ED	RELAPSE PREVENTION
4:30 – 8:00	PHONE TIME	PHONE TIME
4:00 – 5:00	JOURNAL	JOURNAL
5:00 – 5:30	DINNER	DINNER
5:40 – 6:30	Community	Community
7:00 – 8:00	VISITATION	VISITATION
6:30 – 8:30	MOVIE/REVIEW	MOVIE/REVIEW
8:45 – 9:00	MEDICATIONS	MEDICATIONS
8:45 – 9:00	SNACK	SNACK
9:15 – 9:45	WRAP-UP GROUP	WRAP-UP GROUP
9:45 – 10:15	HYGIENE BREAK	HYGIENE BREAK
10:30	BEDTIME	BEDTIME