

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Wake-up 6:00-7:00am - Hygiene, Exercise, Optional Outside Break (6:30-6:45)</i>					<i>Wake-up 6:00-7:00</i>	
Breakfast in the Cafeteria- Must stay in Café for entire meal - 7:00-7:40					<i>Optional Outside Break - 6:30-6:45</i>	
Morning Medication Pass - 7:45-9:15					Breakfast - Must Stay in Café - 7:00-7:40	
<i>Sign Out of Tobacco Products for the day from Security Office - 8:15-8:30</i>					Morning Medication Pass - 7:45-9:15	
<i>Optional Outside Break - 8:30-8:45</i>					<i>Sign Out of Tobacco Products - 8:15-8:30</i>	
Morning Intentions with Recovery Aides - B & C Lounges 9:15-10:00					<i>Optional Outside Break - 8:30-8:45</i>	
Yoga w/ Marlene (Cafeteria) OR Clinical Peer w/Therapists 10:00-11:00					Morning Intentions with Recovery Aides - B + C Lounges 9:15-10:00	
The Art of Perspective with Tiffany in café 10:00-11:00					Harmfuls with Recovery Aides B + C Wing Lounges 10:00-11:00	
Anger Management w/Recovery Aide in café 10:00-11:00					Visitation 9:00-11:00 or Dear Addiction in Lounges 10:00-11:00	
Early Recovery Group with Kris in Café 10:00-11:00					Lunch - 11:15-11:55 - Must stay in Café for entire meal	
Healthy Relationships - B + C with Primary Therapists 10:00-11:00					<i>Optional Outside Break 11:55-12:15</i>	
Lunch - 11:15-11:55 - Must stay in Café for entire meal					OR Aftercare Group w/Chris + Jen for new admissions - B-Wing with Chris on Saturdays, C-Wing with Jen on Sundays	
<i>Optional Outside Break 11:55-12:15</i>					<i>Optional Outside Break 1:00-1:15</i>	
Clinical Recreation with Recovery Aides 12:15-1:15					Afternoon Medication Pass 1:15-2:00	
Clinical Recreation with Recovery Aides OR Orientation 12:15-1:15					Dear Addiction with Primary Therapists 2:00-3:00	
Clinical Recreation with Recovery Aides 12:15-1:15					Seeking Safety with Therapists B + C Wing Lounges 2:00-3:00	
Clinical Recreation with Recovery Aides OR Orientation 12:15-1:15					<i>Optional Outside Break 3:00-3:25</i>	
Clinical Recreation with Recovery Aides 12:15-1:15					Recovery Skills with Mike in Café 3:30 - 4:15	
<i>Optional Outside Break 1:00-1:15</i>					Mindfulness + Meditation w/ RAs in B + C Wing Lounges 3:30 - 4:15	
Afternoon Medication Pass - 1:15-2:00					Dinner- 4:15-4:50 - Must stay in Café for entire meal	
River of Life Presentations B + C Wing Lounges 2:00-3:00					<i>Optional Outside Break 4:50-5:00</i>	
Clinical Peer with Primary Therapists 2:00-3:00					Recreation, Task Work + Orientations 5:00-6:00	
What is Treatment? with Craig in Café 2:00-3:00					Step Meeting AA B-Wing/NA C-Wing 6:00-7:00	
The Art of Perspective with Tiffany in café 2:00-3:00					Step Meeting AA B-Wing/NA C-Wing 6:00-7:00	
River of Life Presentations B + C Wing Lounges 2:00-3:00					<i>Optional Outside Break 7:00-7:15</i>	
<i>Optional Outside Break 3:00-3:25</i>					Evening Reflections - Lounges 7:15-8:00	
Community Building with Recovery Aides 3:30-4:30					Evening Reflections - Lounges 7:15-8:00	
C-Wing: Helping Men Recover B-Wing: CBT 3:30-4:30					<i>Optional Outside Break 8:30 - 8:45</i>	
B-Wing: Helping Men Recover C-Wing: CBT 3:30-4:30					TV/Movie - 8:00 -11:00pm	
Mindfulness w/RA OR yoga with Nicole 3:30-4:30					<i>Last Optional Outside Break of the Day 10:00-10:15</i>	
Women's Health (starts 2/10) Cafe 4:30-4:45					Evening Medication Pass - 8:00-9:30	
Dear Addiction/Assignments (B-Wing) 4:30-4:45					<i>Optional Outside Break 8:30-8:45</i>	
Music Therapy (C Wing) 4:30-4:45					Evening Medication Pass - 8:00-9:30	
Get Active 4:30-4:45					<i>Optional Outside Break 8:30-8:45</i>	
Healthy Relationships (C-Wing) 4:30-4:45					Evening Medication Pass - 8:00-9:30	
Dinner- 4:45-5:20 - Must stay in Café for entire meal					<i>Optional Outside Break 8:30-8:45</i>	
<i>Optional Outside Break 5:20-5:30</i>					Evening Medication Pass - 8:00-9:30	
Harmfuls + Evening Reflections B + C Wing Lounges 5:30-6:30					<i>Optional Outside Break 8:30-8:45</i>	
Harmfuls + Evening Reflections B + C Wing Lounges 5:30-6:30					Evening Medication Pass - 8:00-9:30	
Harmfuls + Evening Reflections B + C Wing Lounges 5:30-6:30					<i>Optional Outside Break 8:30-8:45</i>	
Harmfuls + Evening Reflections B + C Wing Lounges 5:30-6:30					Evening Medication Pass - 8:00-9:30	
Harmfuls + Evening Reflections B + C Wing Lounges 5:30-6:30					<i>Optional Outside Break 8:30-8:45</i>	
12- Step Meeting AA B-Wing/NA C-Wing 7:00-8:00					Evening Medication Pass - 8:00-9:30	
Speaker Meeting in Café 7:00-8:00					<i>Optional Outside Break 8:30-8:45</i>	
Grab Bag Meeting in Café 7:00-8:00					Evening Medication Pass - 8:00-9:30	
Speaker Meeting in Café 7:00-8:00					<i>Optional Outside Break 8:30-8:45</i>	
Spiritus with Mike in Café 7:00-8:00					Evening Medication Pass - 8:00-9:30	
Evening Medication Pass - 8:00-9:30					<i>Optional Outside Break 8:30-8:45</i>	
<i>Optional Outside Break 8:30-8:45</i>					Evening Medication Pass - 8:00-9:30	
<i>Optional Outside Break 10:00-10:15 - (Last Optional Outside Break of the day) - All patients are asked to be in their rooms by 11:00pm</i>					Evening Medication Pass - 8:00-9:30	