

# Addiction Recovery Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 7:00am	Wake up, dress, vitals, meds, clean rooms	Wake up, dress, vitals, meds, clean rooms	Wake up, dress, vitals, meds, clean rooms	Wake up, dress, vitals, meds, clean rooms	Wake up, dress, vitals, meds, clean rooms	Sleep late	
7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Wake up, dress, vitals, meds, clean rooms, breakfast	Wake up, dress, vitals, meds, clean rooms, breakfast
7:30-8:15	PRP for HCP/ Personal Time	PRP for HCP/ Personal Time	PRP for HCP/ Personal Time	PRP for HCP/ Personal Time	Personal Time	Personal Time	Personal Time
8:30-9:30	Community/ Education	Community/ Education	Community/ Education	Community/ Education	Community/ Education	8:30 Group 10:00 Big Book Mtg 11:00 Yoga	10:30 AA Speaker Mtg
9:45-12:00	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group		
12:00pm - 1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:30	Goas for Change	Mindfulness Recovery Topics and Step Workshop	Relapse Prevention and Manging Triggers	Experiential	Speaker	1:00 -3:00 Visitation	Visitation 2:00-5:00/Dinner
2:30-3:30	Yoga		Yoga		Step Study		
					Goals for Change		
4:00	Recreation Therapy	Recreation Therapy	Recreation Therapy	Recreation Therapy	Recreation Therapy		
5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Work on Assignments/Outing	
5:30-7:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		
7:15-9:15	Community 12 Step	Community 12 Step	Community 12 Step	7:00 Young Timers AA	Community 12 Step	Dinner/Personal Time	5:00-6:00 Work on Assignmnets 6:00 Dinner
9:30-10:00	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Community 12 Step	Free Time/Wrap up
11:00	Lights out	Lights out	Lights out	Lights out	Lights out	Wrap Up	Lights out
12:00					Lights out	Lights out	