

# SAMPLE DAILY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	<b>9:00 am</b> Wake Up
7:00 - 7:45 am	Linen Exchange <i>West Wing 1st Floor, CTAP</i> Personal Time Therapeutic Duties	Linen Exchange <i>West Wing 2nd Floor Ferguson 1st Floor</i> Personal Time Therapeutic Duties	Linen Exchange <i>North Wing Ferguson 2nd Floor</i> Personal Time Therapeutic Duties	Linen Exchange <i>South Wing</i> Personal Time Therapeutic Duties	Personal Time Therapeutic Duties	Personal Time Therapeutic Duties	Personal Time Therapeutic Duties
7:30 - 8:30 am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	CONTINENTAL BREAKFAST
8:45-10:15 am	Mindfulness Daily Reflections Lecture	Mindfulness Daily Reflections Lecture	Mindfulness Daily Reflections Lecture	Mindfulness Daily Reflections Lecture	Mindfulness Daily Reflections Lecture	9:00-10:00 Video	<b>9:00</b> Mindfulness <b>9:30 - 10:30</b> 1 Hour Walk
10:30 am -12:00	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	10:15-12:00 Structured Group	10:45 - 11:45 (Cedars) <b>BRUNCH</b> 11:15 - 11:45 (Maples)
12:00 - 1:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	<b>12:00 - 12:50</b> Feelings Group
12:45-1:20 pm	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk	<b>1:00 - 4:30 pm</b> Visiting Hours, Recreation or Free Time
1:30 - 2:05 pm	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk	
2:15 pm	Skills Group	Therapeutic Community Meeting	Video	Skills Group	Skills Group	Therapeutic Community Meeting	
3:30 - 5:00 pm	Peer Interaction	<b>3:00 - 4:00</b> Therapeutic Duties  <b>4:00 - 5:00</b> Mini Groups	Peer Interaction	Peer Interaction	Peer Interaction	<b>3:00 - 4:00</b> Therapeutic Duties  <b>4:00 - 5:00</b> Peer Interaction	4:30 - 5:00 pm Peer Interac- tion
5:00-6:00 pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5:00-5:30 pm	<i>Cedar</i>	<i>Cedar</i>	<i>Cedar</i>	<i>Cedar</i>	<i>Cedar</i>	<i>Cedar</i>	<i>Cedar</i>
5:30-6:00 pm	<i>Maple</i>	<i>Maple</i>	<i>Maple</i>	<i>Maple</i>	<i>Maple</i>	<i>Maple</i>	<i>Maple</i>
5:45 - 6:20 pm	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk/Rec/Gym	Cedar Walk	Cedar Walk
6:30 - 7:05 pm	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk/Rec/Gym	Maple Walk	Maple Walk
7:15 - 8:15 pm	AA Agnostics Meeting	SMART RECOVERY or Speaker/Patient AA Meetings	NA Meeting	Structured Activity	Alumni AA Meeting	Speaker or Patient AA Meeting	
8:30 pm	SNACK TIME (Optional) SNACK TIME (Optional) SNACK TIME (Optional) SNACK TIME (Optional)						
9:00-11:00	Significant Events Sheets To Be Turned In Before Bedtime						
11:30 pm	Lights Out	Lights Out	Lights Out	Lights Out	<b>12:30 am</b> Lights Out	<b>12:30 am</b> Lights Out	Lights Out

\*Please note that this is a sample only and schedule may vary slightly to incorporate patient's needs.