

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30a-7a	Wake Up/Hygiene	Wake Up/Hygiene	Wake Up/Hygiene	Wake Up/Hygiene	Wake Up/Hygiene	Wake Up/Hygiene	Wake Up/Hygiene
7a-8a	Breakfast/Meds 7:30a	Breakfast/Meds 7:30a	Breakfast/Meds 7:30a	Breakfast/Meds 7:30a	Breakfast/Meds 7:30a	Breakfast/Meds 7:30a	Breakfast/Meds 7:30a
8a-8:20a	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break
8:30a-8:50a	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
9a-10a	Living In Balance Group	Living In Balance Group Orientation to program	Living In Balance Group	Living In Balance Group	Living In Balance Group	Living In Balance Group	Living In Balance Group
10a-10:15a	Break / Snack	Break / Snack	Break / Snack	Break / Snack	Break / Snack	Break / Snack	Break / Snack
10:15a-11a	Living In Balance Group	Living In Balance Group	Living In Balance Group	Living In Balance Group	Living In Balance Group	Living In Balance Group	Living In Balance Group
11a-11:30a	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
11:30a-11:50a	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break
12p-1p	Celebrate Recovery or Self Reflections	AA guest speaker	Celebrate Recovery or Self Reflections	Smoking Cessation or AA speaker	Celebrate Recovery or Self Reflections	Self Reflections orYoga	Self Reflections orYoga
1:15p-2:30p	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
2:30p-2:50p	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break
2:30p-3p	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room
3:15p-4p	Arts & Crafts/New Pt. orientation	Free Time	Free Time	Free Time	Arts & Crafts	Free Time	Free Time
4:15p-5p	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
5p-5:30p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30p-5:50p	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break
6p-7p	Oxford House discussion/2nd Monday NA	NA meeting	In house AA guest	AA meeting	In House/Peer led Meeting	AA meeting	Movie Night/Mandatory
7p-8p	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
8p-8:20p	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break
8p-8:30p	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room	Snack - Dining Room
8:30-9:45p	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass
10p	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break
10:30p	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out @11:30p	Lights Out @11:30p	Lights Out