

Adult Residential Daily Schedule

MONDAY		TUESDAY	
6:30 a.m.	Wake Up	6:30 a.m.	Wake Up
7:10 – 7:30 a.m.	Morning Meditation	7:10 – 7:30 a.m.	Morning Meditation
7:30 – 8:00 a.m.	Breakfast	7:30 – 8:00 a.m.	Breakfast
8:00 – 9:00 a.m.	Individual Study/Meditation/Exercise	8:00 – 9:00 a.m.	Individual Study/Meditation/Exercise/Yoga
9:00 – 10:30 a.m.	Education Group	9:00 – 10:30 a.m.	Education Group
10:30 – 10:45 a.m.	Morning Break	10:30 – 10:45 a.m.	Morning Break
10:45 a.m. – 12:15 p.m.	Primary Group Therapy	10:45 a.m. – 12:15 p.m.	Primary Group Therapy
12:30 – 1:00 p.m.	Lunch	12:30 – 1:00 p.m.	Lunch
1:00 – 2:00 p.m.	Individual Therapeutic Assignment Work Step/Book Study	1:00 – 2:00 p.m.	Individual Therapeutic Assignment Work Step/Book Study
2:00 – 2:30 p.m.	Outside Recreational Time	2:00 – 2:30 p.m.	Outside Recreational Time
2:30 – 3:30 p.m.	Daily Reflection Group	2:30 – 3:30 p.m.	Gender Group
3:45 – 4:45 p.m.	Phone Time/Free Time	3:45 – 4:45 p.m.	Phone Time/Free Time
4:45 – 5:30 p.m.	Community Meeting	4:45 – 5:30 p.m.	Daily Reflection Group
5:30 – 6:00 p.m.	Dinner	5:30 – 6:00 p.m.	Dinner
6:00 – 7:00 p.m.	Free Time/TV	6:00 – 7:00 p.m.	Free Time/TV
7:00 – 8:00 p.m.	Virtual Meeting	7:00 – 8:00 p.m.	In House AA/NA Meeting
8:00 – 8:15 p.m.	Snack Time	8:00 – 8:15 p.m.	Snack Time
8:15 – 11:00 p.m.	Free Time	8:15 – 11:00 p.m.	Free Time
11:00 p.m.	Off Floor	11:00 p.m.	Off Floor
11:30 p.m.	Lights Off	11:30 p.m.	Lights Off

WEDNESDAY		THURSDAY	
6:30 a.m.	Wake Up	6:30 a.m.	Wake Up
7:10 – 7:30 a.m.	Morning Meditation	7:10 – 7:30 a.m.	Morning Meditation
7:30 – 8:00 a.m.	Breakfast	7:30 – 8:00 a.m.	Breakfast
8:00 – 9:00 a.m.	Individual Study/Meditation/Exercise	8:00 – 9:00 a.m.	Individual Study/Meditation/Exercise
9:00 – 10:30 a.m.	Education Group	9:00 – 10:30 a.m.	Education Group
10:30 – 10:45 a.m.	Morning Break	10:30 – 10:45 a.m.	Morning Break
10:45 a.m. –	Primary Group Therapy	10:45 a.m. –	Primary Group Therapy
12:30 – 1:00 p.m.	Lunch	12:30 – 1:00 p.m.	Lunch
1:00 – 2:00 p.m.	Individual Therapeutic Assignment Work	1:00 – 2:00 p.m.	Individual Therapeutic Assignment Work
2:00 – 2:30 p.m.	Outside Recreational Time	2:00 – 2:30 p.m.	Outside Recreational Time
2:30 – 3:00 p.m.	Major Clean-Up	2:00 – 3:00 p.m.	Yoga
3:00 – 4:15 p.m.	Therapeutic Movie	3:45 – 4:45 p.m.	Phone Time/Free Time
		4:45 – 5:30 p.m.	Daily Reflection Group
4:15 – 5:00 p.m.	Phone Time/Free Time	5:30 – 6:00 p.m.	Dinner
5:00 – 5:30 p.m.	Daily Reflection Group	6:00 – 7:00 p.m.	Free Time/TV
5:30 – 6:00 p.m.	Dinner		
6:00 – 7:00 p.m.	Free Time/TV	7:00 – 8:00 p.m.	Virtual Meeting
7:00 – 8:00 p.m.	Virtual Meeting	8:00 – 9:00 p.m.	Free Time
		9:00 – 9:15 p.m.	Snack Time
8:00-9:00 p.m.	Free Time	9:15 – 11:00 p.m.	Free Time
9:00 – 9:15 p.m.	Snack Time	11:00 p.m.	Off Floor
9:15 – 11:00 pm	Free Time	11:30 p.m.	Lights Off
11:00 p.m.	Off Floor		
11:30 p.m.	Lights Off		

FRIDAY		SATURDAY	
6:30 a.m.	Wake Up	6:30 a.m.	Wake Up
7:10 – 7:30 a.m.	Morning Meditation	8:00 – 8:30 a.m.	Breakfast
7:30 – 8:00 a.m.	Breakfast	8:30 – 9:00 a.m.	Morning Meditation
8:00 – 9:00 a.m.	Individual Study/Meditation/Exercise		
9:00 – 10:30 a.m.	Education Group	9:00 a.m. – 12:00 p.m.	Family Group
10:30-10:45 a.m.	Morning Break	12:00 – 12:30 p.m.	Lunch
10:45 a.m. – 12:15 p.m.	Primary Group Therapy	12:30 – 1:00 p.m.	Morning Break
		1:00 – 3:30 p.m.	Cognitive Based Interventions Group
12:30 – 1:00 p.m.	Lunch	3:45 – 5:30 p.m.	Individual Therapeutic Assignment Work
1:00 – 2:30 p.m.	Individual Therapeutic Assignment Work Step/Book Study		Outside Recreational Time
2:30 – 4:00 p.m.	Therapeutic Movie	5:30 – 6:00 p.m.	Dinner
		6:00 – 7:00 p.m.	Free Time/TV
4:00 – 5:00 p.m.	Phone Time/Free Time	7:00 – 8:00 p.m.	In House AA/NA Meeting
5:00 – 5:30 p.m.	Daily Reflection		
5:30 – 6:00 p.m.	Dinner	8:00 – 8:15 p.m.	Snack Time
		8:15 – 11:30 p.m.	Free Time
		11:30 p.m.	Off Floor
6:00 – 7:00 p.m.	Free Time/TV	12:00 a.m.	Lights Off
7:00 – 8:00 p.m.	Virtual Meeting		
8:00 – 8:15 p.m.	Snack Time		
8:15 – 11:00 p.m.	Free Time		
11:00 p.m.	Off Floor		
11:30 p.m.	Lights Off		

SUNDAY

7:30 a.m.	Wake Up	4:30 – 5:30 p.m.	Outside Recreational Time
8:30 – 9:00 a.m.	Breakfast	5:30 – 6:00 p.m.	Dinner
9:00 – 10:15 a.m.	Major Clean-Up	6:00 – 7:15 p.m.	Individual Therapeutic Assignment Work Step/Book Study
10:15 – 10:45 a.m.	Free Time		
11:00 a.m. – 12:15 p.m.	Serenity Church/Meeting	7:00 – 8:00 p.m.	Virtual Meeting
12:15 – 12:45 p.m.	Lunch		
12:45 – 2:30 p.m.	Therapeutic Movie & Discussion	8:00 – 8:15 p.m.	Snack Time
		8:15 – 11:00 p.m.	Free Time
		11:00 p.m.	Off Floor
2:30 – 4:30 p.m.	Virtual Visitations	11:30 p.m.	Lights Off

Our schedules are merely a mold of what your day will look like. Due to many unforeseen circumstances schedules changes may occur at any time. Please be patient and flexible with staff as we show you patience and flexibility throughout your stay with us.

Laundry Room Schedule

DAY	OPEN	1 ST	2 ND	3 RD
MONDAY	2:15 p.m. – 10:45 p.m.	402	403	404
TUESDAY	2:15 p.m. – 10:45 p.m.	405	406	407
WEDNESDAY	2:15 p.m. – 10:45 p.m.	411	413	415
THURSDAY	2:15 p.m.– 10:45 p.m.	417	419	428
FRIDAY	2:15 p.m. – 10:45 p.m.	429	430	431
SATURDAY	7:00 a.m. – 11:00 p.m.	432	433	434
SUNDAY	7:00 a.m. – 11:00 p.m.	435	Open with Staff Approval	Open with Staff Approval

Residential TV Schedule

****One TV in the dorm common area will be reserved for TV & movies. One TV in the dorm common area will be reserved for news, sports, & weather.**

MONDAY – FRIDAY	6:30 a.m. – 7:10 a.m.	After chores are completed; News & Sports News Only
	6:00 p.m. – 7:00 p.m.	TV Time
	9:15 p.m. – 11:00 p.m.	Or when returning from Meeting
SATURDAY	6:30 a.m. – 8:00 a.m.	After chores are completed; News & Sports News Only
	6:00 p.m. – 7:00 p.m.	Or when returning from Meeting
	9:00 p.m. – 11:30 p.m.	Or when returning from Meeting
SUNDAY	7:30 a.m. – 8:30 a.m.	News & Sports News Only
	10:15 a.m. – 10:45 a.m.	Or after Major Clean-Up
	2:30 p.m. – 5:30 p.m.	
	8:00 p.m. – 11:00 p.m.	Or when returning from Meeting