

**DAILY ACTIVITY TIMES**

**NOTE: This is a sample schedule and may vary slightly by facility**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:30-7:00am	Wake –up	Wake -up	Wake -up	Wake -up	Wake -up	Wake-Up	Wake-Up
7:00-7:30am	Breakfast	Breakfast	Breakfast	Breakfast/	Breakfast	Breakfast	Breakfast
8:00-9:00am	Details	Details	Details	Details	Details	Details	Details
9:15-9:30am	Community Mtg.	Community Mtg.	Community Mtg.	Community Mtg.	Community Mtg.	Details	Details
9:30-10:00am	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting
10:00-11:00am	Franklin Model or Breaking Barriers or Commitment to Change <i>Monday thru Friday</i>					11:00-11:45am BRUNCH	10:00-11:00am Spirituality
11:00-1130am	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 -1:00pm Substance Ed	BRUNCH 11:00-11:45am
12:00-12:30pm	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	1:00-2:00pm Step Mtg	12:00-1:00pm AA/NA
12:30-11:30pm	Track Groups	Track Groups	Track Groups	Track Groups	Track Groups	2:00-4:30pm Activity	Family Lecture 12:00-12:45pm
1:45-3:00pm	Process Group	Process Group	Process Group	Process Group	Process Group	Activity Time	Visitation/ Free Time
3:00-4:00pm	Group Activities	Group Activities	Group Activities	Group Activities	Group Activities	Activity Time	Visitation/ Free Time
4:00-4:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:15-6:15pm	Life Skills	Life Skills	Life Skills	Life Skills	Group Activities	Relaxation (In rooms)	Relaxation (In rooms)
6:30-7:30pm	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting
7:45-8:15pm	Daily Inventory	Daily Inventory	Daily Inventory	Daily Inventory	Daily Inventory	Positive Aff	Positive Aff
8:15-8:30pm	Positive Affirmation	Positive Affirmation	Positive Affirmation	Positive Affirmation	Positive Aff.	Social Time	Social Time
8:45-9:30pm	Tx Time(Quiet)	Tx Time(Quiet)	Tx Time(Quiet)	Tx Time(Quiet)	Tx Time(Quiet)	Social Time.	Social Time
9:30-10:45pm	Social /Outside Time	Social /Outside Time	Social /Outside Time	Social /Outside Time	Social /Outside Time	Social /Outside Time	Social /Outside Time
10:45-11:00pm	Headcount	Headcount	Headcount	Headcount	Headcount	Headcount	Headcount
11:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

**Family Lecture 12:00-12:45 pm**

**The only free time is on Sunday from 1:00 to 4:00 pm.**

**TV Times are as follows: Daily 6:30 to 7:00 AM**

**Monday to Friday after 5:00pm not during task functions**

**Saturdays 2:00-4:30pm during activity time and 8:15-10:45pm**

**Sundays 1:00-4:00pm and 8:15-10:45pm**

**There will be certain special events on TV that may be offered to the community and everyone will be informed.**