

DAILY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7:15 a.m.	KitchenWakeup	KitchenWakeup	KitchenWakeup	KitchenWakeup	KitchenWakeup			
7:30 a.m.	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up			
8:15 a.m.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	8:00 a.m.		Kitchen Wakeup
						8:30 a.m.	Kitchen Wakeup	Wake Up
						9:00 a.m.		Breakfast
8:45 a.m.	Full House Clean Up	Full House Clean Up	Full House Clean Up	Full House Clean Up	Full House Clean Up	9:15 a.m.	Wake Up	
9:15 a.m.	Walk	Walk	Recreation And Leisure Outing	Walk	Walk	10:15 a.m.	Breakfast	Gym / Workout
						11:00 a.m.	Full House Clean Up	
10:00am-noon	Recovery 101	Drug Ed / Mental Health Ed		Open Discussion / Feedback Grp	Life Skills		Individual Counselling	
12:00 p.m	Lunch	Lunch		Lunch	Lunch	12:00 p.m.	Walk	Showers Shopping List
12:30 - 1:30 p.m.	Individual Counselling	Individual Counselling		Individual Counselling	Individual Counselling	12:30 p.m.	Video and Discussion Meeting	Individual Counselling
12:30 - 1:15 p.m.	Full house Clean Up	Full House Clean Up		Full House Clean Up	Full House Clean Up	1:00 p.m.		Lunch
1:15 - 3:00 p.m.	Goal Work / Modules / Program Videos / SRP/Discharge Planning	Structured Relapse Prevention / Anger Management		Gym / Workout	Nutrition / YMCA Gambling / TriCAS Gambling / Health Nurse	2:00	Lunch	Full House Cleanup
2:45 p.m.	Snack	Snack		Snack	Snack		Full House clean up	Chore Group
3:00 – 4:10 p.m.	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	3:00 p.m.	Family Visit 3:00-5:30 Personal Time	Family Visit 3:00-5:30 Personal Time

EVENING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 p.m.	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
6:00 p.m.	Supper	Supper	Supper	Supper	Supper	Supper	Supper
6:45 p.m.	Full House Clean Up	Full House Clean Up	Full House Clean Up	Full House Clean Up	Full House Clean Up	Full House Clean Up	Full House Clean Up
7:00 p.m.	Individual Counselling	Individual Counselling	Individual Counselling	Individual Counselling	Individual Counselling	Individual Counselling	Individual Counselling
8:00 p.m.	Alwood Speaker Meeting	Gender Group	A.A. Meeting and Fellowship	Large Group	Movie or Family Visits 7:00-10:00	Group Activity or Family Visits 7:00-10:00	12 Step Discussion Meeting
9:30 p.m.	Clean Up	Clean Up	Clean Up	Clean Up			Clean Up
10:00 p.m.	In Room	In Room	In Room	In Room	Clean Up	Clean Up	In Room
10:30 p.m.	Lights Out	Lights Out	Lights Out	Lights Out	In Room	In Room	Lights Out
11:30 p.m.					Lights Out	Lights Out	

