

# MEN'S DAILY SCHEDULE

**July 15 - 21      Grief Prep**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
7:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	<b>WAKE UP at 8:30</b>	<b>WAKE UP at 8:30</b>
7:45-8:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:15-8:30	Therapeutic Duties	<b>8:00 - 8:15 Linen Exchange</b> Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	Therapeutic Duties	8:45 Breakfast	<b>8:45 Breakfast</b>
8:30	Counselor	Counselor	Counselor	Counselor	Counselor	Therapeutic Duties	<b>DEEP CLEAN Rooms &amp; Common Spaces</b>
9:30	Group	Group	Group	Group	Group	<b>10:00 Morning Meditation and Discussion</b>	
9:45	Pipe Ceremony & Talking Circle	Pipe Ceremony	Pipe Ceremony	Pipe Ceremony	Nurse's Lecture		
10:45							
11:00-12:00	Walk or Study	Walk or Study	Walk or Study	Walk or Study	Walk or Study	Walk or Rec	Walk or Rec
<b>12:15 - 12:45</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Noon Lunch
1:00	<b>Change/Cigs/Mall</b>	Break	<b>Change/Cigs</b>	Break	<b>Change/Cigs/Mall</b>	Break	1:00
1:30	Anger&Resentments with Leann	Releasing Anger with Cambie	Full Group	Shame& Guilt with Brad	Forgiveness with Lisa	Group with Lisa or Vern OR Living Clean	Visiting Rules
2:30							Break
2:45	Honor Ceremony	<b>2:30 Crafts</b>	Culture Group	<b>2:30 Moccasin Games</b>	Group with Frank		Study Time
3:30	Walk Outside	Walk Outside	Walk Outside	Walk Outside	4:00 Community Meeting	Walk Outside	Walk Outside
4:30							
4:45 - 5:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30	GYM	GYM	GYM	GYM	GYM	GYM	GYM
6:30	or STUDY	or STUDY	or STUDY	or STUDY	or STUDY	or STUDY	or STUDY
6:45	In House Big Book OR Basket Case Meeting	Read and Discuss Red Road to Wellbriety	Tech Choice Group	In House AA/NA Meeting	Tech Choice Group	In House AA/NA Meeting	Tech Choice Group
7:30							
7:45	10th Step Inventory	10th Step Inventory	10th Step Inventory	10th Step Inventory	10th Step Inventory	10th Step Inventory	10th Step Inventory
8:30							
9:00 - 10:00	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
10:00 - 10:30	Bed Time	Bed Time	Bed Time	Bed Time			
10:30	Lights Out	Lights Out	Lights Out	Lights Out	12:30 Bed Time	12:30 Bed Time	Lights Out
	<b>7/15</b>	<b>7/16</b>	<b>7/17</b>	<b>7/18</b>	<b>7/19</b>	<b>7/20</b>	<b>7/21</b>

**SCHEDULE SUBJECT TO CHANGE**

**Co-occurring Week**

**Women's Schedule**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	<b>7/15</b>	<b>7/16</b>	<b>7/17</b>	<b>7/18</b>	<b>7/19</b>	<b>7/20</b>	<b>7/21</b>
7:00	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
7:15-7:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Sleep In	Sleep In
8:00-8:30	TD's	TD'S	TD'S	TD'S	TD'S	8:15 Breakfast	8:15 Breakfast
8:30-9:15	Pipe Ceremony	Pipe Ceremony	Honor Ceremony	Pipe Ceremony	Pipe Ceremony	<b>DEEP</b>  CLEANING	TD's
9:30-10:15	Counselor Group	Nurse Lecture	Counselor Group	Counselor Group	Counselor Group		Break
10:30-11:15	Sexuality with Jessica	Nurse Lecture	Anxiety with Tori	Depression with Misty	Full Group w/Steve	Check In	10:15 Check In
11:30-12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	11:15 Lunch
12:45-1:00	Change/Cigs/Mall	Break	Change/Cigs	Break	Change/Cigs/ Mall	Break	Break
1:15-2:15	Culture Group	Crafts	Culture Group	Guest Speaker	Group with Frank	Tech Choice  Group or Activity	Study
2:45-3:30	Expressions of Hope	PTSD with Julia	Grapevine	Ted Talks with Techs	Living Clean		12 Step Meeting
3:30-4:15	Games	Games	Games	Games	Games	Free Time	Free Time
4:15-4:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:00 - 6:30	Walk or Study	Walk or Study	Walk or Study	Walk or Study	Walk or Study	Walk or Study	Walk or Study
6:30 - 7:00	Break	Break	Break	Break	Break	Break	Break
7:00 - 8:00	Tech Choice Group	In-house AA meeting	Women's Group OR Red Road Reading	In-house NA meeting	Community Mtg	In house Meeting	Story Time
8:00 - 8:30	Break	Break	Break	Break	Break	Break	Break
8:30 - 9:00	Nightly Inventory	Nightly Inventory	Nightly Inventory	Nightly Inventory	Nightly Inventory	Nightly Inventory	Nightly Inventory
9:00-10:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
10:30	Bed Time	Bed Time	Bed Time	Bed Time	12:30 Bed Time	12:30 Bed Time	Bed Time
	<b>7/15</b>	<b>7/16</b>	<b>7/17</b>	<b>7/18</b>	<b>7/19</b>	<b>7/20</b>	<b>7/21</b>

\*\*\*\* Nightly Snack every night at 7:00-8:00 p.m.

**SCHEDULE SUBJECT TO CHANGE**