



MICHAEL'S PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	8:30 - 9:00 Wake Up/ Breakfast	8:30 - 9:00 Wake Up/ Breakfast	
9:00 - 9:30	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	
9:30 - 10:30	ADL's/House Chores	ADL's/ House Chores	9:45- 10:30 Creative Spirituality	ADL's/ House Chores	ADL's/ House Chores	9:30 - 12:00 Patient Workshop	ADL's/ House Chores	
	10:15 Menu Planning						10:00 Baking Group (VOL)	
10:30 - 11:30	Recreational Therapy	Menu Planning	Recreational Therapy	Recreational Therapy	Open Gym			11:00 Horticulture Therapy
11:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30 - 12:45		Recovery Support						
1:00 - 1:45	Spirituality	Art Therapy	Building Relationships	Steps to Wellness	Coping Ahead or Therapeutic Rythm & Mindfulness	1:00 - 2:30 Gym	1:00 - 2:00 Gym	1:30 - 2:30 Interfaith Chapel Service
2:00 - 2:45	Managing Emotions	Self Esteem	Communication Skills	Heath & Medication Education	Cognitive Behavioral Therapy	2:30 - 3:15 Recovery Discussion (every other week)		
3:00 - 3:45	Cognitive Remediation	Cognitive Remediation	Cognitive Remediation	Cognitive Remediation	Cognitive Remediation		2:00 - 3:45 Art Therapy	
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
4:00 - 4:45	Smoking Cessation	Horticulture Therapy	Horticulture Therapy	4:00 - 6:30 Gym	4:00 - 5:00 Grocery Shopping or Gym	4:00 - 8:30 Socialization and Reintergration (Community Outing)	4:00 - 4:45 Stress Reduction	
5:00 - 6:30	5:00 - 6:30 Gym	5:00 - 6:30 Gym	5:00 - 6:30 Gym		5:00 Dinner Prep		5:00 Dinner Prep	
5:45	Check-In @ House	Check-In @ House	Check-In @ House		Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:00 - 8:00	Music, Movement, and Meditation	TED Talk	Game Night	Guided Imagery	Cinema Therapy	7:30 - 9:00 Movie Night	7:30 - 9:00 Movie Night	
8:00	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	AA Meeting	AA Meeting	
8:30 - 9:30	NA Meeting or Recovery Writing	AA Meeting or Who Am I?	AA Meeting or Coping Strategies	AA Meeting or Game Night	AA Meeting or Healthy Eating	9:00 - 9:30 Goals/Wrap Up	9:00 - 9:30 Goals/Wrap Up	
9:30 - 10:00	Last Snack & Chores	Last Snack & Chores	Last Snack & Chores	Last Snack & Chores	Goals/Wrap Up			
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room	
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

Visiting Hours

Monday - Friday 4:45 - 6:30

Saturday & Sunday 12:00 - 3:30

EFFECTIVE 11-11-18