

Extended Care Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30	Daily Readings	Daily Readings	Daily Readings	Daily Readings	Daily Readings				
7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast				
7:30	7:10-7:40	7:10-7:40	7:10-7:40	7:10-7:40	7:10-7:40				
8:00	Process Group (Missy)	CD Group (Missy)	Relapse Prevention Group (Missy)	CD Group (Missy)	Healthy Relationships Group (Missy)	Breakfast	Breakfast		
8:15									
8:30						Daily Readings			
8:45									
9:00	Community meeting (Missy)	Meditation (Missy)	CD Group (Angie)	Meditation (Melissa)	Group Melissa	Recreation with Tx Tech e/o with Jessica	Daily Readings		
9:15									
9:30									
9:45									
10:00	Topic Group (Melissa)	Meditation (Missy)	Therapeutic Recreation (Melissa)	Meditation (Melissa)	Recovery & Wellness Skills (Angie)		Free Time		
10:15									
10:30									
10:45									
11:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch			
11:15									
11:30	Tx Work/Free Time	Tx Work/Free Time	Library (11:45-12:45)	Tx Work/Free Time	Tx Work/Free Time		Lunch		
11:45									
12:00	CD Group (Missy)	Nutrition Education/Recovery Skills (E/O week)		Group Melissa		Mental Health Therapy Group w/ Leslie	Deep Cleaning	Free Time	
12:15									
12:30									
12:45									
1:00	Education (Angie)	Outside Meeting	Free Time	Social Support Group (Angie)	Leave for HR	Walmart e/o week 1:00 – 2:00 With Tech.			
1:15									
1:30									
1:45									
2:00	Health Reach	TR/FAMILY GROUP (ANGIE)	Health Reach	YMCA with Melissa	Health Reach				
2:15									
2:30									
2:45									
3:00	Free Time	Life Skills Group Shopping w/Melissa	Free time	Free time	Free Time	Free Time	Visiting		
3:15	Therapeutic Recreation (Melissa)		Group with Missy					Cooking Life Skill/M meal Planning	
3:30									
3:45									
4:00									
4:15									
4:30									
4:45									
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
5:30	Chores	Chores	Chores	Chores	Chores	Chores	Chores		
6:00		Visiting		Visiting 5:45-6:45	Friday Night Party and/or Outside Meeting				
6:30									
7:00	Speaker/ Outside Meeting		Free Time/ Sponsor Pass			Outside Meeting	Outside Meeting	Outside Meeting	Outside Meeting
7:30									
8:00									
8:30									
9:00	10 th Step	10 th Step	10 th Step	10 th Step	10 th Step	10 th Step	10 th Step		
9:30									
10:00									
10:30									
11:00	Lights Out	Lights Out	Lights Out	Lights Out			Lights Out		
11:30					Lights Out	Lights Out			