



# Schedule for Adults 18+

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 WAKE UP & ADL	6:00 WAKE UP & ADL	6:00 WAKE UP & ADL	6:00 WAKE UP & ADL	6:00 WAKE UP & ADL	6:00 WAKE UP & ADL	6:00 WAKE UP & ADL
8:00 – 8:30 BREAKFAST/GOAL SETTING GROUP	8:00 – 8:30 BREAKFAST/GOAL SETTING GROUP	8:00 – 8:30 BREAKFAST/GOAL SETTING GROUP	8:00 – 8:30 BREAKFAST/GOAL SETTING GROUP	8:00 – 8:30 BREAKFAST/GOAL SETTING GROUP	8:00 – 8:30 BREAKFAST/GOAL SETTING GROUP	8:00 – 8:30 BREAKFAST/GOAL SETTING GROUP
8:30-9:30 MEDS/ WALK/ BREAK	8:30-9:30 MEDS/ WALK/ BREAK	8:30-9:30 MEDS/ WALK/ BREAK	8:30-9:30 MEDS/ WALK/ BREAK	8:30-9:30 MEDS/ WALK/ BREAK	8:30-9:30 MEDS/WALK/ BREAK	8:30-9:30 MEDS/WALK/ BREAK
10:00-10:55 PSYCHOTHERAPY	10:00-10:55 INTERPERSONAL EFFECTIVENESS	10:00-10:55 EMOTIONAL REGULATION/MINDF ULLNESS	10:00-10:55 BUILDING SELF ESTEEM BODY IMAGE	10:00-10:55 WEEKEND PLANNING	10:15-11:00 TEAM BUILDING/COMMUN ICATION	11:00-12:00 SUPPORT SERVICES RECOVERY GROUP
11:05 – 11:25 SNACK	11:05 – 11:25 SNACK	11:05 – 11:25 SNACK	11:05 – 11:25 SNACK	11:05 – 11:25 SNACK	10:30-10:50 SNACK	11:00-11:20 SNACK
11:30 – 12:25 CBT	11:30 – 12:25 RESTORATIVE YOGA	11:30 – 12:25 PSYCHOTHERAPY	11:30 – 12:25 GRIEF, MEANING, RECOVERY	11:30 – 12:25 RECOVERY GROUP	2:00-5:00 VISITING HOURS	11:45 – 12:30 HEALTH PROMOTION
12:25-12:40 MEDS/BATHROOM	12:25-12:40 MEDS/BATHROOM	12:25-12:40 MEDS/BATHROOM	12:25-12:40 MEDS/BATHROOM	12:25-12:40 MEDS/BATHROOM	12:25-12:40 MEDS/BATHROOM	12:25-12:40 MEDS/BATHROOM
12:40-1:10 LUNCH	12:40-1:10 LUNCH	12:40-1:10 LUNCH	12:40-1:10 LUNCH	12:40-1:10 LUNCH	12:40-1:10 LUNCH	12:40-1:10 LUNCH
1:40-2:40 NUTRITION GROUP	1:40-2:40 DISTRESS TOLERANCE	1:40-2:40 ACT GROUP	1:50-2:40 FOOD & FEELINGS	1:40-2:40 RADICALLY OPEN DBT	1:15-2:45 BREAK	1:40-2:10 MAKING A DIFFERENCE
2:45-3:00 GROUP WALK	2:45-3:00 GROUP WALK	2:45-3:00 GROUP WALK	2:45-3:00 GROUP WALK	2:45-3:00 GROUP WALK	2:45-3:00 GROUP WALK	2:30-2:45 GROUP WALK
3:15-3:30 COMMUNITY PROCESSING	3:15-3:30 COMMUNITY PROCESSING	3:15 – 3:30 COMMUNITY PROCESSING	3:15 – 3:30 COMMUNITY PROCESSING	3:15 – 3:30 COMMUNITY PROCESSING	3:30-4:00 SNACK	2:30 – 3:30 RECREATION THERAPY/WALK
3:30 – 4:00 SNACK	3:30 – 4:00 SNACK	3:30 – 4:00 SNACK	3:30 – 4:00 SNACK	3:30 – 4:00 SNACK	4:00-4:45 HEALTH PROMOTION	3:30 – 4:00 SNACK
4:00 – 4:30 HEALTH PROMOTION	4:00 – 5:00 RELAXATION	4:00 – 4:30 PET THERAPY	4:00 – 5:00 JOURNALING/EXPRESSI VE WRITING	4:30 – 5:00 KARAOKE	5:00-5:30 RECREATIONAL THERAPY	4:00 – 4:45 COPING SKILLS
5:30 – 6:00 DINNER	5:30 – 6:00 DINNER	5:30 – 6:00 DINNER	5:30 – 6:00 DINNER	5:30 – 6:00 DINNER	5:30 – 6:00 DINNER	5:30 – 6:00 DINNER
6:00 – 7:00 BREAK/WALK	6:00 – 7:00 BREAK/WALK	6:00 – 7:00 BREAK/WALK	6:00 – 7:00 BREAK/WALK	6:00 – 7:00 BREAK/WALK	6:00 – 7:00 BREAK/WALK	6:00 – 7:00 BREAK/WALK
7:00 – 8:30 VISITING HRS.	7:00 – 8:30 VISITING HRS.	7:00 – 8:30 VISITING HRS.	7:00 – 8:30 VISITING HRS.	7:00 – 8:30 VISITING HRS.	7:00 – 8:30 VISITING HRS.	10:00-5:00 VISITING HRS.
9:00 – 9:30 SNACK	9:00 – 9:30 SNACK	9:00 – 9:30 SNACK	9:00 – 9:30 SNACK	9:00 – 9:30 SNACK	9:00 – 9:30 SNACK	9:00 – 9:30 SNACK
9:30 – 9:45 WRAP UP GROUP	9:30 – 9:45 WRAP UP GROUP	9:30 – 9:45 WRAP UP GROUP	9:30 – 9:45 WRAP UP GROUP	9:30 – 9:45 WRAP UP GROUP	9:30 – 9:45 WRAP UP GROUP	9:30 – 9:45 WRAP UP GROUP