

- * **Walking Path Hours: From sunrise to dusk**
- * **All groups are in the group room unless otherwise noted**
- * **AA meetings in the women's lounge/all videos in lecture room**
- * **Lectures are in the lecture room (men will be escorted by staff to that area)**
- * **Outpatients will participate in groups as scheduled**
- * **Client Orientation scheduled for every Monday**

Monday:

7:15 AM Lights on - wake up - get up
 7:30 AM Clean-up/chore time
 7:55 - 8:15 AM Breakfast

Morning Groups: (Outpatients attend AM Groups)
 8:30 - 9:45 AM Group w/15 min open group time
 10:00 - 11:15 AM Group- Counselors meet only with their own clients

11:45 AM Lunch
 12:45 - 1:30 PM Reading group w/LADC process

Afternoon Groups:

1:45 - 3:00 PM Group w/15 min open group time
 3:15 - 4:30 PM Group w/15 min open group time
 4:30 - 5:30 PM Gym time
 5:30 PM Supper
 8:00 PM In-House AA - in the lounge

9:00 - 10:30 PM Gym time
 11:00 PM Quiet time
 12:00 AM Midnight - lights out and quiet

Saturday:

7:15 AM Lights on - wakeup - get up
 7:30 AM Clean-up/chore time
 7:55 - 8:15 AM Breakfast

Morning Groups: (Outpatients attend AM Groups)

8:30 - 10:00 AM Reading Group
 10:00 - 11:15 AM Lecture w/15 min group process time

11:45 AM Lunch

12:45 - 1:30 PM Group w/15 min open group time
 2:00 - 3:00 PM Program Video
 3:00 - 5:00 PM Gym time

5:00 PM Catholic church, with escort
 (seasonal and alternating, upon request)
 5:30 PM Supper

8:00 PM AA at ARC Church (alternating)

9:00 - 10:30 PM Gym time
 11:30 PM Quiet Time
 12:00 Midnight Lights out and quiet

Sunday: All clients are required to attend the video or a church service on Sunday morning - even if the Catholic church was attended on Saturday evening

8:30 AM	Lights on - wake up - get up
7:45 - 8:45 AM	Continental breakfast - lounge
9:30 AM	Church with escort or Spiritual video
11:30 AM	Lunch
1:00 - 3:00 PM	In the unit and smoking area
3:00 - 4:30 PM	Visitation Time*
3:00 - 5:00 PM	Outdoor/track/green area
5:15 PM	Supper
6:30 PM	House Meeting
8 - 11 PM	Movie night - Lounge (optional) (TV available in the lecture room for clients who do not want to view the movie)
9:00 - 10:30 PM	Gym time
11:00 PM	Quiet Time
12:00 Midnight	Lights out and quiet

* A visitor may be asked to leave the facility for the welfare of our clients.

Detox and Inpatient clients may make or receive phone calls on the 5th day after they are admitted.
 Telephone hours are:

Monday – Friday	6:30 PM - 10:30 PM
Saturday	4:30 PM - 10:30 PM
Sunday	8:30 AM - 10:30 PM



*NEW LIFE
TREATMENT CENTER*

WOMEN'S
DAILY SCHEDULE

Friday:

7:15 AM Lights on - wake up - get up
7:30 AM Clean-up/chore time
7:55 - 8:15 AM Breakfast

Morning Groups:

8:30 - 9:45 AM Group w/15 min open group time
10:00 - 11:15 AM Group w/15 min open group time

11:30 AM Lunch

1:00 – 2:15 PM Spiritual Lecture w/LADC process

2:30 - 3:45 PM Video w/15 min group process time

4:30 - 5:30 PM Gym time
5:30 PM Supper

8:00 PM NA at ARC church (alternating)
9:00 - 10:30 PM Gym time

11:00 PM Quiet time
12:00 AM Midnight - lights out and quiet

Tuesday:

7:15 AM Lights on - wake up - get up
7:30 AM Clean-up/chore time
7:55 - 8:15 AM Breakfast

Morning Groups:

8:30 - 9:45 AM Group w/15 min open group time
10:00 - 11:15 AM Lecture w/15 min group process time

11:45 AM Lunch
12:45 - 1:30 PM Reading group w/LADC process

Afternoon Groups:

1:45 - 3:00 PM Group w/15 min open group time
3:15 - 4:30 PM Group w/15 min open group time

4:30 - 5:30 PM Gym time
5:30 PM Supper

8:00 PM In House meeting
9:00 - 10:30 PM Gym time
11:00 PM Quiet time
12:00 AM Midnight - lights out and quiet

Wednesday: *(Note: family members must be 12 years old to attend)*

7:15 AM Light on – wake up – get up
7:30 AM Clean-up/chore time

7:55 - 8:15 AM Breakfast
8:45 AM Families begin to arrive
9:00 -10:15 AM Lecture w/15 min group process time

10:25 -11:40 AM Group w/15 min open group time (lounge)
Family group – North group room
11:45 AM Lunch with families

12:45 – 1:30 PM Video w/LADC 15 min process time
2:00 – 3:00 PM Lecture w/15 min group process time

3:00 – 4:00 PM Family Visitation time
4:30 - 5:45 PM Spirituality Group 12 step
5:45 PM Supper

8:00 -11:00 PM Movie night - Lounge (optional)
(TV available in the lecture room for clients
who do not want to view the movie)

9:00 - 10:30 PM Gym time

11:00 PM Quiet time
12:00 AM Midnight – lights out and quiet

Thursday:

7:15 AM Lights on – wake up – get up
7:30 AM Clean-up/chore time
7:55 - 8:15 AM Breakfast

Morning Groups: (Outpatients attend AM Groups)

8:30 – 9:45 AM Group w/15 min open group time
10:00 -11:15 AM Lecture w/15 min open process time

11:45 AM Lunch
12:45 - 1:30 PM Reading Group w/LADC process

Afternoon Groups:

1:45 - 3:00 PM Group w/15 min open group time
3:15- 4:30 PM Group w/15 min open group time
4:30 - 5:30 PM Gym time
5:30 PM Supper

8:00 PM In House meeting
9:00 - 10:30 PM Gym time

11:00 PM Quiet time
12:00 AM Midnight – lights out and quiet