

Hotel California Women's Program - Sandy's Place 1

WEEKLY SCHEDULE

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
7:00	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	7:00		
7:30	7:15 UA /MEDS	7:15 MEDS	7:15 UA /MEDS	7:15 MEDS	7:15 UA /MEDS	7:30	WAKE UP	WAKE UP
7:45	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION	7:45	BREAKFAST	BREAKFAST
8:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00	MEDICATION	MEDICATION
8:30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	8:30	8:30-10:00	8:30-9:15
9:00	9:00 - 10:15	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00	MANICURE/ PEDICURE	JOHNNY O
9:30	WOMEN'S AA	HYPNOTHERAPY	GROUP PROCESS	AFFIRMATIONS	DBT THERAPY	9:30		10:00 - 4:00
10:00	MEETING	10:15-11:15	10:15-11:15	10:15-11:15	10:15-11:15	10:00	10:15-11:15	
10:30	10:30-11:30	RELAPSE PREVENTION	*ROTATING SCHEDULE	GENOGRAMS	REFLECTIONS	10:30	MUSIC THERAPY	SUNDAY FUN DAY
11:00	GROUP					11:00		
11:30	PROCESS	FREE TIME	FREE TIME	FREE TIME	FREE TIME	11:30	FREE TIME	
NOON	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	NOON	LUNCH	LUNCH
1:00	12:45-2:30	1:00 - 2:00	12:30-2:30	1:00 - 2:00	12:30-2:30	1:00	1:00 - 3:00	OFFSITE
1:30	GYM	TRAUMA GROUP		TRAUMA GROUP		1:30	TARGET	
2:00		2:00-4:00	GYM	2:00-4:00	GYM	2:00	CVS	OFFSITE ACTIVITIES
2:30	2:30-3:30	INDIVIDUALS		INDIVIDUALS		2:30		
3:00	YOGA @ S2	W/CASE MNGRS	3:00 - 4:00	COUNSELING	3:00 - 4:00	3:00	3:00 - 5:00	
3:30	3:30-5:00		DR. BROWN LECTURE		STEP STUDY	3:30	FREE TIME	
4:00	FREE TIME	FREE TIME	FREE TIME	FREE TIME	4:00-5:00	4:00	ASSIGNMENTS	4:00 -5:00
4:30	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	ASSIGNMENTS	HOUSEKEEPING	4:30		FREE TIME/ASSGNMNTS
5:00	DINNER	DINNER	DINNER	DINNER	DINNER	5:00	DINNER	DINNER
5:30	CLEAN UP	CLEAN UP	CLEAN UP	CLEAN UP	CLEAN UP	5:30	CLEAN UP	CLEAN UP
6:30	6:00-7:00	6:00-7:00		6:00-7:00	6:30-7:30	6:30	6:00 - 7:30	6:00 - 7:00
7:00	IN HOUSE MEETING	12 STEP MEETING	7:00-8:30	BOOK STUDY	12 STEP MEETING	7:00	TURTLE ROCK	IN HOUSE MTG
7:30	FREE TIME	FREE TIME	NA MEETING	FREE TIME		7:30	SPEAKER MEETING	
8:00	GRATITUDE	GRATITUDE		GRATITUDE	GRATITUDE	8:00	GRATITUDE	GRATITUDE
8:30	GROUP	GROUP	GRATITUDE GROUP	GROUP	GROUP	8:30	GROUP	GROUP
9:30	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION	9:00	MEDICATION	MEDICATION
10:00	JOURNAL GROUP	JOURNAL GROUP	JOURNAL GROUP	JOURNAL GROUP	JOURNAL GROUP	9:30	JOURNAL TIME	JOURNAL TIME
11:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	FREE TIME	10:00		LIGHTS OUT
12:00					LIGHTS OUT	11:00	FREE TIME	
						12:00	LIGHTS OUT	

* ROTATING SCHEDULE : *1st Wednesday Essential Oils

 *2nd Wednesday Music Therapy

 *3rd Wednesday Anger Management

 *4th Wednesday Spirituality

CLIENTS MUST BE DOWNSTAIRS AND READY TO BEGIN GROUP ON TIME.

COLOR CODE: RED: GROUPS / MEETINGS - GREEN: MEALS / CLEAN UP - PURPLE: MEDITATION / GRATITUDE GROUPS - BLUE: STUDY / FREE TIME