

Hotel California Women's Program - Sandy's Place 2

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 /MED	7:15 MEDS	7:15 UA /MED	7:15 MEDS	7:15 UA /MED	7:30	8:00 - 8:30	7:30
7:45	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION	7:45	WAKE UP	WAKE UP
8:00	8:00-8:30	8:00-8:30	8:00-8:30	8:00-8:30	8:00-8:30	8:00	BREAKFAST/MED	BREAKFAST/MED
8:30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	8:30	8:45	8:45
9:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00	MEDITATION	JOHNNY O
9:30	GROUP PROCESS	RELAPSE PREVENTION	GROUP PROCESS	LECTURE / ADDICTION	GROUP PROCESS	9:30	9:30 - 12:00	SHOW
10:00	10:15-11:15	10:15-11:15	10:15-11:15	10:15-11:15	10:15-11:15	10:00		FREE TIME
10:30		10:15-11:15				10:15-11:15		
11:00	NUTRITION GROUP	SPIRITUALITY	COPING SKILLS	ENERGY HEALING	1:1'S	11:00		
11:30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	11:30		
NOON	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	NOON	LUNCH	LUNCH
1:00	1:00-2:15	1:00 - 3:30	1:00 - 2:45	1:00 - 2:45	1:00 - 3:00	1:00	MENU PLANNING	1:00 - 3:00
1:30	GYM					1:30	1:30 - 2:30	SUNDAY
2:00	2:30-3:30					HOUSE CLEANING	GYM	GYM
2:30		YOGA	3:00 - 4:00	3:00 - 4:00	3:00 - 4:00	2:30	3:00 - 4:30	3:00 - 5:00
3:00	3:30-5:00	LIFE SKILLS				LOVE ADDICTION		
3:30	FREE TIME	4:00-4:30	FREE	FREE	FREE	3:30	SPONSOR	FREE TIME
4:00	ASSIGNMENTS	ASSIGNMENTS	FREE TIME	FREE TIME	FREE TIME	4:00	VISITATIONS	ASSIGNMENTS
4:30						4:30		
5:00	DINNER	DINNER	DINNER	DINNER	DINNER	5:00	DINNER	DINNER/PIZZA NIGHT
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	6:00-7:00	6:30 - 7:30	6:30	7:00 - 8:30	6:00 - 7:00
7:00	IN HOUSE MEETING	DOVER MEETING	NA / BOOK STUDY	CANDLELIGHT MTG	FRI NIGHT MTG	7:00		IN HOUSE MTG
7:30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	7:30		SPEAKER MEETING
8:00	GRATITUDE GROUP	GRATITUDE GROUP	GRATITUDE GROUP	GRATITUDE GROUP	GRATITUDE GROUP	8:00		8:00
8:30						8:30		GRATITUDE GROUP
9:30	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION	9:30	MEDICATION	MEDICATION
10:00	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	10:00	JOURNAL TIME	JOURNAL TIME
11:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	FREE TIME	11:00	FREE TIME	LIGHTS OUT
12:00					LIGHTS OUT	12:00	LIGHTS OUT	

* Outside AA meeting times reflect their start time. Clients need to be ready to leave facility approx. 20 mins prior to meeting time.

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