

# Men's Daily Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 – 8 am	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast	Hot Breakfast	No Breakfast
8:30 – 11:30 am	In Group Therapy or Ind. Appts.	In Group Therapy or Ind. Appts.	In Group Therapy or Ind. Appts.	In Group Therapy or Ind. Appts.	In Group Therapy or Ind. Appts.	Hellos & Goodbyes <b>9:00 – 12 pm</b>	Spirituality <b>8:30 – 10 am</b>  Yoga <b>10:30 – 12 pm</b>
11:30 – 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch <b>@12 pm</b>	Lunch <b>@12 pm</b>
12:30 – 2:30	Meaning Workshop	Relationships Workshop <b>Community @ 2 pm</b>	Drugs & the Brain or Transitions Workshops	Medical Aspects Workshop	Coping Skills Workshop	Outing <b>2 / 3 pm</b>	Outing <b>2 / 3 pm</b>
2:30–4:20	Yoga @ <b>2:30</b> or Individual Appts.	Meditation* or Individual Appts.	Meditation* or Individual Appts.	Yoga @ <b>2:30</b> Meditation* or Individual Appts.	Yoga @ <b>2:30</b> or Individual Appts.		
4:30 or later	Outing	Outing	Outing	Outing	Outing		
5–6 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6–8 pm		Art Expressions	SMART Offsite <b>6 – 8 pm</b>	Art Expressions	SMART <b>6:30 – 8 pm</b>	NA Meeting Offsite <b>7 – 8:30</b>	

*\*See next page for meditation schedule.*      **Disclaimer:** Course offerings and staff are subject to change without prior notice.

**Check-in @ 8:30 for group with individual appointments day.**

**All clients attend workshops and community.**

**Transitions for specific clients only.**

**Outing times will vary depending on activity.**

**Outings will be displayed on notice board and signs each week.**

**Weekend schedule times vary from weekday.**