

Daily Schedule

*(The schedule may vary. **Please check bulletin board for weekly schedule.**)*

Attendance is required at all scheduled activities. Students are to be seated 10 minutes before sessions begin.

7:00 a.m. Rising Time

7:30 a.m. Breakfast in Gratitude Hall

Students should not be in the dining room until 7:15 a.m., except those with kitchen jobs.

Everyone should get their beverage and be seated by 7:20 a.m.

Morning reading is done at 7:25 a.m.

8:00 a.m. Assigned residence and community chores

9:00 a.m. Orientation for new students; Buddies also attend. (Monday, Wednesday, Friday); nicotine film on Tuesday

10:15 a.m. Lecture.

12:15 p.m. Lunch in Gratitude Hall (Noon on Sunday)

2:00 p.m. Student session - for all

3:00 p.m. Free time

This time is used for doing assignments, counselor conferences, walking, the gym, reading and socializing with peers.

- 5:45 p.m. Dinner in Gratitude Hall - (6:15 p.m. Saturday)
- 7:30 p.m. Evening session for all (Monday, Tuesday, Wednesday, Friday, Sunday)
- 8:00 p.m. AA Meetings - Thursday & Saturday
- 10:00 p.m. All activities end. TV sets off. ping pong and billiards components collected. (11:00 p.m. on Thursday and Saturday)
- 11:15 p.m. Lights Out

Weekly Schedule (sample)

Sunday	9:30	Family Program Orientation
	9:00 - 9:50	Women's Aerobics
	10:10 - 11:00	Men's Aerobics
	11:00	Family Program Lecture
	2:00	Lecture
	7:30	Narcotics Anonymous
Monday	9:00	Orientation
	10:15	Lecture
	2:00	Small Groups
	7:30	Lecture
Tuesday	9:00 - 9:50	Women's Aerobics
	9:00 - 9:45	NA Basic Text - Men (Gratitude) - Facilitator
	10:05 - 11:00	Men's Aerobics
	10:10 - 11:00	NA Basic Text - Women (Chapel) - Facilitator
	2:00	Small Groups
	7:30	Lecture

Wednesday	9:00	Orientation
	10:15	Lecture
	2:00	AA Big Book
	7:30	Lecture
Thursday	9:00 - 9:50	Women: Step Meeting
	9:00 - 9:50	Men's Aerobics
	10:10 - 11:10	Men: Step Meeting
	10:05 - 10:55	Women's Aerobics
	2:00	Case Management Groups
	8:00	Speakers Meeting
Friday	9:00	Orientation
	10:15	Lecture
	2:00	Small Groups
	7:30	Video
Saturday	9:00 - 10:00	Men's Discussion Group
	9:00 - 10:00	Women's Discussion Group
	1:45	Music
	4:00	Art
	8:00	Anniversary