

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00	Rooms must be cleaned prior to attending any outside groups or activities other than medical appointments.	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc. Room checks prior to meeting	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc. Room checks prior to meeting	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc. Room checks prior to meeting	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc. Room checks prior to meeting	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc. Room checks prior to meeting	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc. Room checks prior to meeting	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc.	Visiting hours are during times that do not interfere with groups between the hours of 11am and 9pm. Visits should be after room cleans are completed on the weekends. One guest is allowed for a meal per resident per month- please advise cooking staff in advance. Residents may receive visits from their physicians, religious advisors, or attorneys at any time.
6:30									
7:00									
7:30									
8:00									
8:30									
9:00	<b>Comm. Mtg with RCC Exercise/Stretching</b>	<b>Community Meeting - Exercise/Stretching 9:00am-9:50am</b>	<b>Community Meeting - Exercise/Stretching 9:00am-9:50am</b>	<b>Community Meeting - Healthy Living 9:00am-9:50am</b>	<b>Community Meeting - Exercise/Stretching 9:00am-9:50am</b>	<b>Community Meeting; Illness Management &amp; Recovery</b>	<b>Community Meeting - Exercise/Stretching 9:00am-9:50am</b>	6am-9am: Take meds, clean rooms, laundry, breakfast, showering, work on individual treatment plan goals, clean rooms, etc.	All appointments should be scheduled between the hours of 11am and 4pm whenever possible. Please be prepared for groups and bring appropriate information.
9:30									
10:00	<b>AM Group with MHP - AM</b>	<b>Independent Living Skills/Outdoors/Nature</b>	<b>Discharge Planning</b>	<b>IDDT Group</b>	<b>Illness Management &amp; Recovery</b>	<b>Therapeutic Art Group</b>	<b>Independent Living Skills - Household Management - Deep Room Cleans - Floor 2</b>		
10:30									
11:00	<b>Visitors and Appointments</b>	Vouchers/Social Security/ Appointments - CPS	Vouchers/Social Security/ Appointments - CPS	Housing Day- MHRW	Non-Structured Time to Work on Individual Goals	Vouchers/Social Security/ Appointments - CPS	<b>Voluntary Spirituality</b>		
11:30									
12:00	<b>Lunch</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30									
1:00	<b>Non-Structured Time to Work on Individual Goals</b>	Vouchers/Social Security/ Appointments - CPS	Vouchers/Social Security/ Appointments - CPS	Non-Structured Time to Work on Individual Goals	Vouchers/Social Security/ Appointments - CPS	Vouchers/Social Security/ Appointments - CPS	<b>Independent Living Skills - Household Management - Deep Room Cleans - Floor 2</b>	<b>Independent Living Skills - Household Management - Deep Room Cleans - Floor 3</b>	Individual Rooms must be kept neat and clean - non-compliance will mean no outside privileges, including meetings outside of the house. Medical and Therapy appointments are the exception. If you need assistance, please make arrangements with staff.
1:30									
2:00				<b>Clinical Meeting - Staff</b>					
2:30									
3:00									
3:30									
4:00	<b>Afternoon Group with MHP - PM</b>	<b>Illness Management &amp; Recovery</b>	<b>IDDT Group</b>	Non-Structured Time to Work on Individual Goals	<b>Anger Management</b>	<b>Peer Led Group</b>			
4:30									
5:00	<b>Dinner</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
5:30									
6:00	<b>Muscle Relaxation; Independent Living Skills - with MHRW</b>	<b>Healthy Living</b>	<b>Wellness Strategies</b>	<b>Illness Management &amp; Recovery</b>	<b>Social Skills</b>	Al-Anon St. Paul's Episcopal 6pm-7pm	<b>Room Inspections</b>	<b>Muscle Relaxation - followed by Independent Living Skills</b>	Family and support services are available - please consult with the Clinical Supervisor if interested.
6:30									
7:00	Outside Meetings: Residents are strongly encouraged to attend to outside meetings - there may be additional outside meetings not listed here	Celebrate Recovery River Church 6:15pm (meal) 7:00pm - 9:30pm (gathering) or NAMI meeting at Peace Lutheran Church 6:00pm-7:30pm or N/A "Hugs not Drugs" at Miller Dwan 7:00pm-8:00pm	N/A "New Horizons" Trinity Lutheran 7:00pm - 8:30pm or AA "Peace Group" Peace Lutheran Church 7:00pm - 8:00pm or NAMI Speaker Meeting (last Tuesday of each month) 7:00pm at Miller Dwan	Health Realization at Damiano Center 7:00pm - 8:00pm or AA "Mission Group" 7:00pm - 8:00pm at 219 E. 1st St.	N/A "Hope Not Dope" Mt. Olive Church 7:00pm - 8:00pm	N/A "T.G.I.F" - Mt. Olive Church 7:00pm - 8:00pm or N/A "Living Clean" - St. Mary's Star of the Sea Church 7:00pm - 8:30pm or "Chester Creek AA" 8:00pm - 9:00pm Trinity Lutheran	<b>Peer Led Activities or Non-Structured Time toWork on Individual Goals</b>	<b>Peer Led Activities or Non-Structured Time toWork on Individual Goals</b>	
7:30									
8:00									
8:30									
9:00									
9:30									
10:00		Non-Structured Time to Work on Individual Goals	Non-Structured Time to Work on Individual Goals	Non-Structured Time to Work on Individual Goals	Non-Structured Time to Work on Individual Goals	Non-Structured Time to Work on Individual Goals			
10:30									
11:00	<b>Retire to Rooms - Quiet Hours observed 11:00pm - 6:00am - Maintaining healthy sleep hygiene is an important part of mental health- thank you in advance for observing Quiet Hours. Electronics will not be allowed in common areas after 11pm. If you are having trouble sleeping, please consult with Staff and/or Registered Nurse.</b>								
<b>Television Hours are M-F: 6am-9am &amp; 7pm-11pm; Educational videos are available to watch at any time. Weekend TV Hours are 6am-11pm, except during group times and providing rooms are deep cleaned</b>									