

OPTIONS RECOVERY CENTRE - DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:00	WAKE UP						
7:00 - 7:30	BREAKFAST						
7:30 - 8:15	MORNING CHORES					8:30	WAKE UP
8:15 - 9:00	MORNING MEDITATIONS					9:00	MEDITATIONS
9:30 - 10:00	1st GROUP					9:30-10:00	CHORES
10:30 - 10:45	BREAK					10:00	BRUNCH BRUNCH
10:45 - 12:00	2nd GROUP						LEISURE TIME - VISITS
12:00 - 1:00	LUNCH						
1:00 - 2:00	WRITTEN ASSIGNMENTS						
2:00 - 5:00	LEISURE TIME - APPOINTMENTS						
5:00 - 5:30	DINNER					5:00	DINNER
7:00 - 9:30	AA or NA MEETINGS					7:00	AA / NA IN HOUSE Mtg.
9:30 - 11:00	LEISURE TIME						MEETING LEISURE
11:00	BED TIME				LEISURE		LEISURE BEDTIME
1:00 AM					BED TIME	1:00 AM	BED TIME