



Men's Program Daily / Weekly Schedule:

Mon-Tue-Thurs-Fri		Wednesday	
<i>Time</i>	<i>Activity</i>	<i>Time</i>	<i>Activity</i>
6:30 a.m.	Wake-up	6:30 a.m.	Wake-up
7:00 - 7:15 a.m.	Prayer / Meditation	7:00 - 7:15 a.m.	Prayer / Meditation
7:30 - 8:15 a.m.	Work Ethic	7:30 - 8:15 a.m.	Work Ethic
9:00 - 9:30 a.m.	Breakfast	9:00 - 9:30 a.m.	Breakfast
10:15 -11:00 a.m.	Circle	10:15 -11:00 a.m.	Circle
11:15 - 12:00 p.m.	Big Book	11:15 - 12:00 p.m.	Big Book
12:15 - 12:45 p.m.	Lunch	12:15 - 12:45 p.m.	Lunch
1:00 - 1:45 p.m.	Various Talks	1:00 - 1:45 p.m.	Various Talks
2:00 - 5:00 p.m.	Gym / Study Hall / Free time	2:00 - 5:00 p.m.	Gym / Study Hall / Free time
5:30 - 6:00 p.m.	Dinner	5:30 - 6:00 p.m.	Dinner
7:30 - 8:30 p.m.	12 Step Meeting*	7:00 - 8:00 p.m.	Alumni Meeting
10:30 p.m.	Lights Out	8:45 - 8:55 p.m.	Evening Review
Friday		10:30 p.m.	Lights Out
12:00 a.m.	Lights Out		

*Friday Evening meeting is optional

Medication Times:

M-T-Th-F: 6:30am, 12:30pm, 6:05pm, 9:00pm

Sa-Su: 8:20am, 12:30pm, 6:05pm, 9:00pm

Citywide Saturday: Dinner meds at 4:00pm

Saturday		Sunday	
<i>Time</i>	<i>Activity</i>	<i>Time</i>	<i>Activity</i>
7:30 a.m.	Wake-up	7:30 a.m.	Wake-up
8:00 - 8:15 a.m.	Prayer / Meditation	8:00 - 8:15 a.m.	Prayer / Meditation
9:00 a.m.	Breakfast	9:00 a.m.	Breakfast
10:00 - 11:00 a.m.	Clinical Center Group	10:00 - 11:00 a.m.	Clinical Center Group
11:00 - 1:00 p.m.	Process Groups / Lunch	11:00 - 1:00 p.m.	Process Groups / Lunch
1:00 - 5:00 p.m.	Phone Calls	1:00 - 5:00 p.m.	Social Time / Fifth Steps / Naps
1:00 - 5:00 p.m.	Social Time / Fifth Steps / Gym	1:00 - 7:30 p.m.	Phone Calls
5:30 - 6:00 p.m.	Dinner	5:30 - 6:00 p.m.	Dinner
8:45 - 8:55 p.m.	Evening Review	7:30 - 8:15 p.m.	Tell Your Story Mtg.
12:00 a.m.	Lights Out	8:15 -9:30 p.m.	Personal Time
		8:45- 8:55 p.m.	Evening Review
		10:30 p.m.	Lights Out



2 nd Saturday (Family Weekend)		2 nd Sunday (Family Day)	
<i>Time</i>	<i>Activity</i>	<i>Time</i>	<i>Activity</i>
7:30 a.m.	Wake-up	7:00 a.m.	Wake-up
8:00 - 8:15 a.m.	Prayer / Meditation	7:15 - 7:30 a.m.	Prayer / Meditation
9:00 a.m.	Breakfast	8:00 - 8:45 a.m.	Breakfast
10:00 - 11:00 a.m.	Clinical Center Group	9:00 - 10:00 a.m.	Clinical Center Group
11:00 - 1:00 p.m.	Process Groups / Lunch	10:00 - 11:00 a.m.	Process Group / Deep Clean
1:00 - 3:00 p.m.	Social Time / Fifth Steps / Gym	11:30 - 12:30 p.m.	Gratitude / Prep for visit group
3:00 - 4:00 p.m.	Deep clean common areas	1:00 - 4:00 p.m.	Visitation
4:00 - 5:30 p.m.	Free Time	1:00 - 5:45 p.m.	Phone Calls
5:30 p.m.	Report for work assignments	3:00 - 4:00 p.m.	Process Group
6:00 - 8:00 p.m.	Saturday Night Dinner & Fellowship	4:15 - 5:00 p.m.	Visitation De-Brief Group
8:00 - 9:00 p.m.	Speaker Meeting	5:30 - 6:00 p.m.	Dinner
12:00 a.m.	Lights Out	7:30 - 8:45 p.m.	Tell Your Story Mtg.
		8:45 - 9:30 p.m.	Personal Time
		8:45- 8:55 p.m.	Evening Review
		10:30 p.m.	Lights Out

3 rd Saturday (City Wide)	
<i>Time</i>	<i>Activity</i>
7:30 a.m.	Wake-up
8:00 - 8:15 a.m.	Prayer / Meditation
9:00 a.m.	Breakfast
10:00 - 11:00 a.m.	Clinical Center Group
11:00 - 1:00 p.m.	Process Groups / Lunch
1:00 - 4:30 p.m.	Social Time / Fifth Steps
1:00 - 4:30 p.m.	Phone Calls
4:00 p.m.	Evening Meds
4:30 - 9:30 p.m.	City Wide Meeting
Upon return	Evening Review
12:00 a.m.	Lights Out