

FRIDAY	SATURDAY	SUNDAY
Wake up	Wake up	Wake up
Exercise Available	Exercise Available	Exercise Available
Breakfast	Breakfast	Breakfast
AA/NA Al Anon Meditation Readings Announcements	AA/NA Al Anon Meditation Readings Announcements	Outside AA Meeting
Acupuncture	Flexi Time	
Didactic Medication & Addiction	Didactic Addiction & Personality	RTN Nursing Lecture Stages of Change
Flexi Time	Free Time	
Lunch	Lunch	Lunch
Group	Group	Group/Life Story
Change for Yoga	Beach	Family Client Education
Yoga		Visiting with Family
Physical Fitness		Chores Meeting
Dinner	Dinner	Dinner (Clients Only)
Step Group Life Story/Reflections	Client Led AA/NA Reflections	Debrief Family Reflections
	Movie Entertainment	Movie Entertainment
Self-Directed Time		
Lights Out	Lights Out	Lights Out



CROSSROADS
CENTRE ANTIGUA