Crossroads Centre - SAMPLE Daily Schedule								
Time	**Monday 13**	**Tuesday 14**	**Wednesday 15**	**Thursday 16**	**Friday 17**	**Saturday 18**	**Sunday 19**	**Time**
6:30 AM	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	**6:30 AM**
6:30 AM -7:30 AM	Exercise Available	Exercise Available	Exercise Available	Exercise Available	Exercise Available	Exercise Available	Exercise Available	**6:30 AM -7:30 AM**
7:15 AM -7:45 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	**7:15 AM -7:45 AM**
7:45 AM -8:00 AM	Medication	Medication	Medication	Medication	Medication	Medication	Medication	**7:45 AM -8:00 AM**
8:15 AM-8:45 AM	AA/NA Al Anon	AA/NA Al Anon	Mindfulness Meditation	AA/NA Al Anon	Mindfulness Meditation	AA/NA Al Anon	Flex Time	**8:15 AM-8:45 AM**
	Meditation Readings (GZ/LH)	Meditation Readings (GZ/LH)	Therapist led	Meditation Readings (GZ/LH)	Therapist led	Meditation Readings (GZ/LH)		
9:00 AM -9:30 AM	Acupuncture (LH)		Acupuncture (LH)		Acupuncture (LH)	Flex Time	AA Meeting (LH) **9:00 AM - 10:00 AM**	**9:00 AM -9:30 AM**
9:15 AM -9:45 AM		Community Meeting (LH)		Peer Evaluation (LH)				**9:15 AM-9:45 AM**
9:30AM -9:50 AM	Medication	Medication/Flex Time 9:45 AM	Medication	Medication/Flex Time 9:45 AM	Medication	Medication		**9:30AM -9:50 AM**
10:00 AM -11:15 AM	Didactic (LH)	Didactic (LH)	Didactic (LH)	Didactic (LH)	Didactic (LH)	Didactic (LH)	Nurses' Lecture 10:30 AM- - 11:15 AM	**10:00 AM -11:15 AM**
	Mindfulness	Emotional Intelligence	Step 1	Anger Management	Intimacy & Relationships	Sponsorship		
	Therapist led	Therapist led	Therapist led	Therapist led	Therapist led	Therapist led		
11:15 AM -11:50 AM	Pool/Flex Time	**Doctor's Office Visit**	Pool/Flex Time	Pool/Flex Time	Pool/Flex Time	Pool/Flex Time	Pool/Flex Time	**11:15 AM -11:50 AM**
12:00 NOON -1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	**12:00 NOON -1:00 PM**
1:00 PM - 2:00 PM	Group: Therapist (FR)	Men's Group: Therapist (FR) Women's Group: Therapist	Group: Therapist (FR)	Group: Therapist (FR)	Group: Therapist (FR)	Group: Therapist	Group : Therapist 1:00 PM - 2:00 PM	**1:00 PM - 2:00 PM**
2:30 PM		Experiential Activities(LH) **2:30 PM**	**2:30 PM**	Study Hall/ Video Learning (CM) **2:30 PM**	**2:30 PM**			
2:15 PM - 2:45 PM	Change for PF		Change for PF		Change for Yoga	YOGA (LH) 2:15 PM -3:15 PM	POOL AND REC TIME 2:00 PM - 5:30 PM	**2:15 PM - 2:45 PM**
2:45 PM - 3:45 PM	Step Group		Beach Physical Fitness 2:45 PM - 5:00 PM		YOGA (LH) 2:45 PM -3:45 PM	POOL AND REC TIME 3:15 PM- 4:00 PM		**2:45 PM - 3:45 PM**
4:00 PM - 5:30 PM	Physical Fitness Meet in the (GZ) 4:00 PM - 5:30 PM	YOGA (LH) 4:00 PM - 5:30 PM	Relaxation and Free Time 5:00 PM -6:00 PM	Physical Fitness Meet in the (GZ) 4:00 PM - 5:30 PM	Physical Fitness Meet in the (GZ) 4:00 PM - 5:30 PM	Chore Meeting **5:30 PM - 6:00 PM**		**4:00 PM - 5:30 PM**
6:00 PM - 6:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	**6:00 PM - 6:30 PM**
7:00 PM - 8:00 PM	Life Story	AA Meeting (LH)	NA Meeting (LH)	AA Meeting (LH)	Step Group (LH)	Life Story	Life Story	**7:00 PM - 8:00 PM**
8:00 PM - 8:30 PM	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	**8:00 PM - 8:30 PM**
	Self Directed Time	Recovery Movie/SDT	Self Directed Time	Self Directed Time	Recovery Movie/SDT	Entertainment Movie 8:00 PM -10:00 PM	Entertainment Movie 8:00 PM -10:00 PM	
11:00:00 PM+22:36H1:36	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	**11:00 PM**