



CROSSROADS CENTRE - CLIENT WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
6:30-7:30am	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
7:15-7:45am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:45-8:00am	Medication	Medication	Medication	Medication	Medication	Medication	Medication
8:15-8:45am	AA / NA / Al Anon / Meditation Readings	AA / NA / Al Anon / Meditation Readings	Mindfulness	AA / NA / Al Anon / Meditation Readings	Mindfulness	AA / NA / Al Anon / Meditation Readings	Flex Time
9:00-9:30am			Acupuncture		Acupuncture	Living Sober	Reflections and Beach Outing
9:15-9:45am		Community Meeting		Peer Evaluation			
9:30-9:50am	Medication	Medication/Flex Time	Medication	Medication/Flex Time	Medication	Medication	
10:00-11:15am	Didactic	Didactic	Didactic	Didactic	Didactic	Didactic	
	Family Disease	CoDependency	Boundaries	12 Steps	Communication	Sponsorship	
11:15-11:50am	Pool/Flex Time	Medical Consult Drop-in	Pool/Flex Time	Pool/Flex Time	Pool/Flex Time	Pool/Flex Time	Pool/Flex Time
12:00-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00pm	Facilitated Group	Mens Facilitated Group Womens Facilitated Group	Facilitated Group	Facilitated Group	Facilitated Group	Facilitated Group	Facilitated Group
2:30-2:45pm	Change for PF	Life Story	Change for PF	Experiential Activities	Change for Yoga	Yoga	Pool and Recreational time
2:45-3:45pm	Step Group		Beach and Physical Fitness		Yoga	Pool and Recreational time	
4:00-5:30pm	Physical Fitness	Yoga	Relaxation and Free Time	Physical Fitness	Physical Fitness	Chore Meeting	
6:00-6:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-8:00pm	Life Story	AA Meeting	NA Meeting	AA Meeting	Step Group	Life Story	AA Meeting
8:00-8:30pm	Reflections/Self Directed Time	Reflections/Recovery Movie/SDT	Reflections/Self Directed Time	Reflections/Self Directed Time	Reflections/Recovery Movie/SDT	Reflections/Entertain- ment Movie/	Reflections/Entertain- ment Movie/