Women’s Daily Schedule – MnTC Licensed Program. Revised 8/8//2017

*SUBJECT TO CHANGE DAILY! ALWAYS READ WHITE BOARD!!*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  | Morning | Morning | Morning | Morning | Morning | Morning |
| Wake-up  5-7am | Wake-up  5-7am | Wake-up  5-7am | Wake-up  5-7am | Wake-up  5-8am | Wake-up  5-8am | Wake-up  5am-optional |
| Showers  5 am-7 am | Showers  5 am-7 am | Showers  5 am-7am | Showers  5 am-7 am | Showers  5am-8am | Showers  Available | Showers  Available |
| Work out times  5am-6:50am | Work out times  5am-6:50am | Work out times  5am-6:50am | Work out times  5am-6:50am | Work out times  5am-7:50am | Workout  Available | Workout  Available |
| MEDS  5:00 am-6:30am  **Check-out noon meds** | MEDS  5:00 am-6:30am  **Check-out noon meds** | MEDS  5:00 am-6:30am  **Check-out noon meds** | MEDS  5:00 am-6:30am  **Check-out noon meds** | MEDS  7:30 am-9:00 am  **Check-out noon meds** | MEDS  7:30-9:00am  **Check-out noon meds** | MEDS  7:30- 9am  Optional Church |
| Breakfast in  Cafeteria (opt)  5 am-6:50 am | Breakfast in cafeteria (opt)  5 am-6:50 am | Breakfast in cafeteria (opt)  5 am-6:50 am | Breakfast in cafeteria (opt)  5 am-6:50 am | Breakfast in cafeteria (opt)  5 am-7:50 am | Breakfast in  cafeteria (opt)  5 am-7:50 am | Breakfast in cafeteria (opt)  5 am-7:50 am |
| Fireside Meeting  7:20 am  Prayer/Devo | Fireside Meeting  7:20 am  Prayer/Devo | Fireside Meeting  7:20 am  Prayer/Devo | Fireside Meeting  7:20 am  Prayer/Devo | Fireside Meeting  9 am  Prayer/Devo | Eating in Recovery group 8:30am (optional)  Brunch  9:55am (mandatory) | TBA  Blessings |
| Chapel/Prayer  Portland  8:00 am-9:00am  Optional | Chapel/Prayer  Portland  8:00am -9:00am  optional | Chapel/Prayer  Stevens  8:00 am-9:00 am  optional | Chapel/Prayer  Stevens  8:00 am -9:00 am  optional | No Chapel | Group 1  10:30am -12:15 pm  Phones Group 2 | Free time  Deep clean rooms |
| Primary Group  9:30 am | Primary Group  9:30 am | MH Codependency Group 9:30 am | Primary Group  9:30 am | Art Therapy Group 9:30 am | Checked out meds  Given in group |  |
| **Afternoon** | Afternoon | Afternoon | Afternoon | Afternoon | Afternoon | Afternoon |
| Lunch  11:30 am @ 1717 Then KCU & Coffee 12pm Business Calls | Lunch  11:30 am @ 1717  Then KCU & Coffee Nicotine Support Group (Optional)  12pn Business Calls | Lunch  11:30 am @ 1717  Then KCU & Coffee  Opiate Support Group (optional)  12pn Business Calls | Lunch  11:30 am @ 1717  Then KCU & Coffee  12pm Business Calls | Lunch  11:30 am @ 1717  Then KCU &Coffee  12pm Business Calls | Laundry  Starts 12:15 pm see posted sheet for assign time slots | Lunch  11:55 am or whenever back from church |
| Psycho-Educational Group 12:30 pm  Therapeutic Recreation  2:30pm-2:50pm  Recovery Group  3pm - 4 pm | Psycho-Educational Group 12:30 pm  Therapeutic Recreation  2:30pm-2:50pm  Recovery Group  3pm - 4 pm | Community Mtg 12:30 pm-1:30 pm    Recreational/  Experimental Therapy  1:30pm-4 pm | Psycho-Educational Group 12:30 pm  Therapeutic Recreation  2:30pm-2:50pm  Recovery Group  3pm - 4 pm | Skills Group 12:30pm  Therapeutic Recreation  2:30-2:50pm  Recovery Group  3pm - 4 pm | Group 2  12:15 pm-2pm  Phones Group 1  Money for “order out only” 1:45-2pm  Visits  230-430  Visit KCU 4:30 | 12:45pm KCU  Deep Cleaning  . |
| 4pm Chores | 4pm Chores | 4pm Chores | 4pm Chores | 4pm Chores | 3-4 Bible Study (opt)  4pm Chores | 2pm Coffee Trip  for those who took out $ |
| Meds  4:15 pm -4:40pm | Meds  4:15 pm -4:40pm | Meds  4:15 pm -4:40pm | Meds  4:15 pm -4:40pm | Meds  4:15 pm -4:40pm | Meds  4:15 pm -4:40pm | Meds  4:15 pm -4:40pm |
| **Evening** | Evening | Evening | Evening | Evening | Evening | Evening |
| Dinner 4:40 pm -5:20pm | Dinner  4:40 pm -5:20pm | Dinner  4:40 pm -5:20pm | Dinner  4:40 pm -5:20pm | Dinner  4:40 pm -5:20pm | Dinner  4:40 pm -5:20pm | Dinner  4:40 pm -5:20pm |
| Phone 5:20pm  5:45pm Zumba  Reel Therapy  6:30-8:30pm  Quiet on floor  8:30pm | Phones 5:30pm  Family Night Education 7:00-8:15pm  Quiet on floor  8:30pm | Phones 5:40pm (1)  6:15 Church (opt)  6:45 Phones (2)  Laundry  Quiet on floor 8:30p | Phones 5:30 pm  Visitation 6-8pm  12 Step 6:30-8:15  Quiet on floor 8:30pm | Evening schedule on whiteboard | Evening schedule on whiteboard | Evening schedule on whiteboard |
| Snack 8:30pm-8:50pm  Meds 8:30pm-9:30pm | Snacks following Family Night Ed  Meds 8:15-9:30pm | Snack 8pm-8:30pm  Meds 8:15-9:30pm | Snack 7:30pm-8pm  Meds 8:15-9:30pm | Snack 8pm-8:30pm  Meds 8:15-9:30pm | Snack 8pm-8:30pm  Meds 8:15-9:30pm | Snack 8pm-8:30pm  Meds 8:15-9:30pm |
| In Rooms  9:50 pm | In Rooms  9:50 pm | In Rooms  9:50 pm | In Rooms  9:50 pm | In Rooms  10:50 pm | In Rooms  10:00 pm | In Rooms  9:50 pm |
| Lights Out  10:15pm | Lights Out  10:15pm | Lights Out  10:15pm | Lights Out  10:15pm | Lights Out  11:30pm | Lights Out  10:30pm | Lights Out  10:15pm |