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-up5-7am | Wake-up5-7am | Wake-up5-7am | Wake-up5-7am | Wake-up5-8am | Wake-up5-8am | Wake-up5am-optional |
| Showers5 am-7 am | Showers5 am-7 am | Showers5 am-7am | Showers5 am-7 am | Showers5am-8am | ShowersAvailable | ShowersAvailable |
| Work out times5am-6:50am | Work out times5am-6:50am | Work out times5am-6:50am | Work out times5am-6:50am | Work out times5am-7:50am | WorkoutAvailable  | WorkoutAvailable |
| MEDS5:00 am-6:30am**Check-out noon meds** | MEDS5:00 am-6:30am**Check-out noon meds** | MEDS5:00 am-6:30am**Check-out noon meds** | MEDS5:00 am-6:30am**Check-out noon meds** | MEDS7:30 am-9:00 am**Check-out noon meds** | MEDS7:30-9:00am **Check-out noon meds** | MEDS7:30- 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 incafeteria (opt)5 am-7:50 am | Breakfast in cafeteria (opt)5 am-7:50 am |
| Fireside Meeting7:20 amPrayer/Devo | Fireside Meeting7:20 amPrayer/Devo | Fireside Meeting7:20 amPrayer/Devo | Fireside Meeting7:20 amPrayer/Devo | Fireside Meeting 9 amPrayer/Devo  | Eating in Recovery group 8:30am (optional) Brunch9:55am (mandatory)  | TBABlessings  |
| Chapel/PrayerPortland  8:00 am-9:00amOptional | Chapel/PrayerPortland  8:00am -9:00amoptional | Chapel/PrayerStevens 8:00 am-9:00 amoptional | Chapel/PrayerStevens 8:00 am -9:00 amoptional | No Chapel | Group 110:30am -12:15 pmPhones Group 2 | Free timeDeep clean rooms  |
| Primary Group9:30 am | Primary Group9:30 am | MH Codependency Group 9:30 am | Primary Group9:30 am | Art Therapy Group 9:30 am | Checked out medsGiven in group |  |
| **Afternoon** | Afternoon | Afternoon | Afternoon | Afternoon | Afternoon | Afternoon |
| Lunch11:30 am @ 1717Then KCU & Coffee12pm Business Calls  | Lunch11:30 am @ 1717Then KCU & Coffee Nicotine Support Group (Optional)12pn Business Calls | Lunch11:30 am @ 1717Then KCU & CoffeeOpiate Support Group (optional)12pn Business Calls | Lunch11:30 am @ 1717Then KCU & Coffee12pm Business Calls | Lunch11:30 am @ 1717 Then KCU &Coffee12pm Business Calls | LaundryStarts 12:15 pm see posted sheet for assign time slots | Lunch11:55 am or whenever back from church |
| Psycho-Educational Group 12:30 pmTherapeutic Recreation 2:30pm-2:50pmRecovery Group 3pm - 4 pm  | Psycho-Educational Group 12:30 pm Therapeutic Recreation 2:30pm-2:50pmRecovery Group 3pm - 4 pm  | Community Mtg 12:30 pm-1:30 pm Recreational/Experimental Therapy1:30pm-4 pm  | Psycho-Educational Group 12:30 pm Therapeutic Recreation 2:30pm-2:50pmRecovery Group 3pm - 4 pm  | Skills Group 12:30pmTherapeutic Recreation2:30-2:50pmRecovery Group 3pm - 4 pm  |  Group 2 12:15 pm-2pm Phones Group 1Money for “order out only” 1:45-2pmVisits230-430Visit 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 $ |
| Meds4:15 pm -4:40pm | Meds4:15 pm -4:40pm | Meds4:15 pm -4:40pm | Meds4:15 pm -4:40pm | Meds4:15 pm -4:40pm | Meds4:15 pm -4:40pm | Meds4:15 pm -4:40pm |
| **Evening** | Evening | Evening | Evening | Evening | Evening | Evening |
| Dinner4:40 pm -5:20pm | Dinner4:40 pm -5:20pm | Dinner4:40 pm -5:20pm | Dinner4:40 pm -5:20pm | Dinner4:40 pm -5:20pm | Dinner4:40 pm -5:20pm | Dinner4:40 pm -5:20pm |
|  Phone 5:20pm5:45pm ZumbaReel Therapy 6:30-8:30pm Quiet on floor8:30pm | Phones 5:30pmFamily Night Education 7:00-8:15pm Quiet on floor8:30pm | Phones 5:40pm (1)6:15 Church (opt)6:45 Phones (2)LaundryQuiet on floor 8:30p | Phones 5:30 pmVisitation 6-8pm12 Step 6:30-8:15Quiet on floor 8:30pm | Evening schedule on whiteboard | Evening schedule on whiteboard | Evening schedule on whiteboard |
| Snack 8:30pm-8:50pmMeds 8:30pm-9:30pm | Snacks following Family Night EdMeds 8:15-9:30pm | Snack 8pm-8:30pmMeds 8:15-9:30pm | Snack 7:30pm-8pmMeds 8:15-9:30pm | Snack 8pm-8:30pmMeds 8:15-9:30pm | Snack 8pm-8:30pmMeds 8:15-9:30pm | Snack 8pm-8:30pmMeds 8:15-9:30pm |
| In Rooms9:50 pm | In Rooms9:50 pm | In Rooms9:50 pm | In Rooms9:50 pm | In Rooms10:50 pm | In Rooms10:00 pm | In Rooms9:50 pm |
| Lights Out10:15pm | Lights Out10:15pm | Lights Out10:15pm | Lights Out10:15pm | Lights Out11:30pm | Lights Out10:30pm | Lights Out10:15pm |