

## NorthStar Transitions Lodge Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00 AM</b>	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	<b>(8:30am)</b> Wake Up; Tidy Rooms
<b>8:30 AM</b>	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	<b>(9am)</b> Breakfast & Meds
<b>9:00 AM</b>	AM Therapy Group	AM Therapy Group	AM Therapy Group	AM Therapy Group	AM Therapy Group	AM Therapy Group	<b>(9:30am - 11am)</b> AM Therapy Group
<b>11:00 AM</b>	Hiking/Exercise	Lunch & Meds	Hiking/Exercise	Hiking/Exercise	Hiking/Exercise	Lunch & Meds	Deep Clean
<b>12:30 PM</b>	Lunch Group & Meds	Activity	Lunch Group & Meds	Lunch Group & Meds	Lunch Group & Meds	Activity	<b>(12:30pm - 2pm)</b> Clients - Lunch Group & Meds
<b>2:00 PM</b>	Afternoon Therapy Group	Activity	Afternoon Therapy Group	Afternoon Therapy Group	Afternoon Therapy Group	Activity	<b>(12:30pm - 2pm)</b> F. P. - Parents Only <b>(12 Step Meeting)</b>
<b>3:30 PM</b>	Room Time	Activity	Room Time	Room Time	Room Time	Activity	<b>(2pm - 3:30pm)</b> F.P. - Clients and Family combined
<b>4:30 PM</b>	Recovery Group	Activity	Recovery Group	Recovery Group	Recovery Group	Activity	<b>(3:30pm - 4:30pm)</b> F.P. Debrief Therapy Group
<b>5:30 PM</b>	Phone Time; Community Time; Individual Therapy	Recovery Group	Phone Time; Community Time; Individual Therapy	Community Time; Individual Therapy	Phone Time; Community Time; Individual Therapy	Recovery Group	<b>(5:00pm - 6:00pm)</b> Room Time; Individual Therapy
<b>6:30 PM</b>	Dinner & Meds; Daily Clean	Community Time; Individual Therapy Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Community Time; Individual Therapy Dinner & Meds; Daily Clean	<b>(6:00pm - 8:30pm)</b> Dinner; Meds; Community Time
<b>8:30 PM</b>	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group
<b>9:30 PM</b>	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds
<b>10:30PM</b>	Low Light	Low Light	Low Light	Low Light	Low Light	Low Light	Low Light
<b>11:00 PM</b>	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

\*COFFEE: Wake up till 1 PM

\*PHONE TIME: Monday, Wednesday, Friday from 4:30 PM - 7:30 PM

\*TV TIME: Monday - Friday: Wake up - 9 AM \*NEWS Only\*, 6PM - 10:30PM; Saturday: Wake up - 11 PM; Sunday: Wake up - 10:30PM

Edited 11/7/19