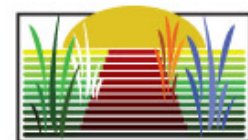


Stepping Stone Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
7:00	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	7:30	Wake Up	Wake Up
7:00	Breakfast, Vitals, Medication	Breakfast, Vitals, Medication	Breakfast, Vitals, Medication (7:30)	Breakfast, Vitals, Medication	Breakfast, Vitals, Medication	7:30	Breakfast, Vitals, Medication	Breakfast, Vitals, Medication
7:30-8:00	Walk	Walk	Walk	Walk	Walk	7:30-8:00	Walk	Walk
8:15-9:00	Daily Reflection/Meditation or Daily Scripture	Daily Reflection/Meditation or Daily Scripture	Daily Reflection/Meditation or Daily Scripture	Daily Reflection/Meditation or Daily Scripture	Daily Reflection/Meditation or Daily Scripture	8:30-9:15	Daily Reflection/Meditation or Daily Scripture	Daily Reflection/Meditation or Spirituality
9:15-10:30	Primary Group	Primary Group	Homework Work Group	Primary Group	Homework Primary Group	9:30-10:45	Experiential Group	Experiential Group or Organized Recreation
10:45-12:00	Primary Group	Primary Group	Specialty Groups	Primary Group	Homework Primary Group	11:00-12:15	Experiential Group	Experiential Group or Organized Recreation
12:00	Lunch	Lunch/WAM	Lunch	Lunch	Lunch	12:15	Lunch	Lunch
1:00-2:00	Team Building	Unity Group	Dietary Lecture	Unity Group	Fitness Lecture	1:00-2:00	Alumni Big Book Study	Recovery Art Expression
2:15-3:15	Yoga or Recovery Concepts	Medical Lecture	Yoga or Recovery Concepts	Alumni/Recovery Coach Lecture	Nursing Lecture	2:30-3:30	Organized Recreation	Gratitude Group
3:15-3:45	Snack	Snack	Snack	Snack	Snack	3:30	Snack (family visits 3-5:00)	Snack (family visits 3-5:00)
3:45-4:15	Men Fitness or Music Therapy	Men Fitness or Recreation Therapy	Men Fitness or Music Therapy	Men Fitness or Recreation Therapy	Men Fitness or Music Therapy	4:00	Personal Time Phone Time 3:15-5:00	Personal Time Phone Time 3:15-5:00
4:30-5:00	Women Fitness or Organized Rec	Women Fitness or Music Therapy	Women Fitness or Recreation Therapy	Women Fitness or Music Therapy	Women Fitness or Recreation Therapy	4:30-5:30	Recovery Concepts	Recovery Concepts
5:30	Dinner/Walk (5:00)	Dinner/Walk (5:00)	Dinner/Walk (5:00)	Dinner/Walk (5:00)	Dinner/Walk (5:00)	5:30	Dinner/Walk (5:00)	Dinner/Walk (5:00)
7:00-8:00	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	7:00-8:00	12-Step Meeting	12-Step Meeting
8:00	Snack	Snack	Snack	Snack	Snack	8:00	Snack	Snack
8:15-9:15	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	8:15-9:15	Wrap Up	Wrap Up
9:30	Personal/TV Time	Personal/TV Time	Personal/TV Time	Personal/TV Time	Personal/TV Time	9:30	Personal/TV Time	Personal/TV Time
11:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	11:00	Lights Out	Lights Out



STEPPING STONE
CENTER FOR RECOVERY