

## Sample Program Schedule for The Commons

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
7:30 AM	Breakfast/ADL	Breakfast/ADL	Breakfast/ADL	Breakfast/ADL	Breakfast/ADL		
8:00 AM	Meds	Personal Time	Meds	Personal Time	Meds	Personal Time	Meds
8:30 AM	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
9:00 AM	YMCA/Wellness	YMCA/Wellness	YMCA/Wellness	YMCA/Wellness	YMCA/Wellness	Personal Time	Suite Cleaning
9:30 AM						Goals Group	
10:00 AM	Activities of Daily Living	Activities of Daily Living	Activities of Daily Living	Activities of Daily Living	Activities of Daily Living	Break	
10:15 AM	Living	Living	Living	Living	Living	Skills for Independent Living	Goals Group
10:30 AM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		
10:45 AM	Coping Skills & Problem Solving Group	Seeking Safety Group	Recovery 101 Group	Exploring Change Group	Social Skills Group	Personal Time	Brunch
11:00 AM							
11:15 AM							
11:30 AM	Break	Break	Break	Break	Break	Break	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Personal Time
12:15 PM							Visits
12:30 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	
1:00 PM	Nutrition/Culinary Group	Family Calls / Visiting Therapy Dog	Wellness Activity	Health 101 Group	Relapse Prevention Group	Community Outing	Grocery Shopping
1:15 PM							
1:30 PM							
2:00 PM	Break	Break	Break	Break	Break	Personal Time	
2:15 PM	Alternate Experience Group	Yoga Nidra	Community Meeting	This Is How We Do It Group	Vocational Group		
2:30 PM							
3:00 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		
3:15 PM	Break	Break	Break	Break	Break	Break	
3:30 PM	Clinical Group	WRAP Group	CBT Group	Clinical Group	Expressive Arts Group	Break	Participants Prep Dinner
4:00 PM							
4:30 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Wellness Activity / Community Outing	
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 PM	Chores	Chores	Chores	Chores	Chores	Chores	Personal Time
6:00 PM	Break	E-IMR	Break	E-IMR	Break	Break	
6:15 PM	Progress Group		Progress Group		Progress Group	Progress Group	Progress Group
6:30 PM			Break		Break	Break	Break
6:45 PM	Break	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
7:00 PM	Guided Recovery Activity/ Mutual Support Meeting	Progress Group	Guided Recovery Activity/ Mutual Support Meeting	Progress Group	Guided Recovery Activity/ Mutual Support Meeting	Guided Recovery Activity	
7:30 PM							
8:00 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	
9:00 PM							
10:00 PM	Lights Out						Lights Out
11:00 PM	*Groups and Schedule subject to change				Lights Out		

*Please note: Therapy, Psychiatry, Team meeting, FES, Clinical Update, or other 1:1 will impact one's individual schedule*