**Saturday and Sunday Daily Schedule (Clients)**

8am – Wake Up Clients

8am-830am – Clients are getting ready for day, making beds and hygiene (Brush Teeth, Wash Face and Dressed)

830am – Serve Breakfast

9am – Medication

930am-11am – Deep Clean Saturday Chore/ Sunday Room Clean

12pm – Lunch/Medication

1-330pm – Client Quiet Time

330-4pm – Client Do Chores & Room Checks

5:30pm – Serve Dinner

**ALL CLIENTS MUST EXERCISE ATLEAST 6 TIMES BACKYARD**

6-6:30pm – Men’s Outside Time

630-8pm Shower Time (Scheduled Shower Time)

8pm – Blood Pressures and Medication (Joseph Blood Sugar)

830pm – Snack Time

8:45pm - 9pm – Last Smoke Time

10pm – All clients in their Rooms, Lights Out in House (1 light may stay on for safety)

**Monday thru Friday Daily Schedule (Clients)**

645am – Wake Up Clients

645am-715am – Clients are getting ready for day, making beds and hygiene (Brush Teeth, Wash Face and Dressed)

7am - 730am – Medication

730am – 8am – Clients leave Oceans/SunnySide/Day Hab

830am – Serve Breakfast

9am – 930am – Morning Meditation

930am – 10am – Feelings Check In

10:15am – 11am – Skills Building

 11:15am – 11:45pm – Process Group/Skills Building

11:45am – 12pm – Feelings Check Out

12pm – Lunch/Medication

1-330pm – Client Quiet Time

230 – Clients start Returning

330-4pm – Client Do Chores & Room Checks

5:30pm – Serve Dinner

6-630pm - Men’s Outside Time (ALL CLIENTS MUST EXERCISE LAPS (6)

630-8pm Shower Time (Scheduled Shower Time)

8pm – Blood Pressures and Medication (Joseph Blood Sugar)

830pm – Snack Time

8:45pm - 9pm – Last Smoke Time

10pm – All clients in their Rooms, Lights Out in House (1 light may stay on for safety)