

# THE GATEHOUSE

RESTORING THE HUMAN SPIRIT THROUGH RECOVERY

## Residential Extended Care Program

### Sample Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 a.m.	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
7:00 a.m.	Medication	Medication	Medication	Medication	Medication	Medication	Medication (8 a.m.)
7:30 a.m.	Breakfast/ Meditation	Breakfast/ Meditation	Breakfast/ Meditation	Breakfast/ Meditation	Breakfast/ Meditation	Breakfast/ Meditation	
8:30 a.m.	Bus Pass Hours	Bus Pass Hours	Bus Pass Hours	Bus Pass Hours	Bus Pass Hours		
8:45 a.m.	Office Hours	Office Hours	Office Hours	Office Hours	Office Hours		Breakfast/ Meditation
9:20 a.m.	Peer Group	Peer Group	Peer Group	Peer Group	Peer Group		
11:00 a.m.	Lunch/ Medication	Lunch/ Medication	Lunch/ Medication	Lunch/ Medication	Lunch/ Medication	Medication	Medication
11:30 a.m.	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
1:30 p.m.	Treatment Work/ Life Skills (individual)	Treatment Work/ Life Skills (individual)	Treatment Work/ Life Skills (individual)	Treatment Work/ Life Skills (individual)	Treatment Work/ Life Skills (individual)		
4:00 p.m.	Office Hours/ Medication/Mail	Office Hours/ Medication/Mail	Office Hours/ Medication/Mail	Office Hours/ Medication/Mail	Office Hours/ Medication/Mail		
5:00 p.m.	Spiritual Reading/ Dinner	Spiritual Reading/ Dinner	Spiritual Reading/ Dinner	Spiritual Reading/ Dinner	Spiritual Reading/ Dinner	Spiritual Reading/ Dinner	Spiritual Reading/ Dinner
After Dinner	Chores/Chore Check	Chores/Chore Check	Chores/Chore Check	Chores/Chore Check	Chores/Chore Check	Chores/Chore Check	Chores/Chore Check
6:00 p.m.	Small Group	Recovering Families	Relapse Prevention	Community Meeting			
7:00 p.m.	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	In-House Meeting	In-House Alumni/ Speaker Meeting
10:00 p.m.	Medication/ Snack	Medication/ Snack	Medication/ Snack	Medication/ Snack	Medication/ Snack	Medication/ Snack	Medication/ Snack
11:00 p.m.	Lights Out	Lights Out	Lights Out	Lights Out			Lights Out
12:30 a.m.					Lights Out	Lights Out	