



## Men's Unit Program Schedule

<b>New Client Orientation</b>		<b>Wake-up 6-6:30am/ Lights Out 11pm</b>		<b>Nicotine Dosing Administration Breaks</b>				
<b>Monday</b>	11am – 11:45am Apollo Rm - Alyssa	<b>Medications</b>		Break 1 – 7:40am				
		5:30am (Suboxone/Methadone Only)		Break 2 – 10:20am				
<b>Tuesday</b>	11am – 11:45am Apollo Rm - Alyssa	8am, 2pm, 6pm, 9pm		Break 3 – 12:40pm				
		<b>Phone Times</b>		Break 4 – 3:15pm				
<b>Wednesday</b>	9:15am – 9:50am Apollo Rm - Alyssa	8:10a, 8:25a, 8:40a, 4p, 4:15p, 4:30p,		Break 5 – 5:40pm				
		9:15p, 9:30p, 9:45p, 10p, 10:15p		Break 6 – 8:30pm				
<b>Thursday</b>	2pm – 2:45pm Apollo Rm - Alyssa	<b>Clippers:</b> 8am – 9am, 3:30pm – 5pm		<b>Meals</b>		<b>Snacks</b>		
		<b>Mail Call:</b> M – Sa, 8am – 9pm		Breakfast	7:00am			9:50am
<b>Friday</b>	11am – 11:45am Apollo Rm - Zoneliz	<b>Banking:</b> M-Sa, 8am-9pm (Front Desk)		Lunch	12:00pm			2:45pm
		<b>Toiletries:</b> 8:15am-9:15am (RSS Office)		Dinner	5:00pm			8:00pm
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	
<b>7:30am</b>	Yoga/ Meditation <b>Zen Den</b> <i>(optional)</i>	Yoga/ Meditation <b>Zen Den</b> <i>(optional)</i>	Yoga/ Meditation <b>Zen Den</b> <i>(optional)</i>	Yoga/ Meditation <b>Zen Den</b> <i>(optional)</i>	Yoga/ Meditation <b>Zen Den</b> <i>(optional)</i>	Yoga/ Meditation <b>Zen Den</b> <i>(optional)</i>	Yoga/ Meditation <b>Zen Den</b> <i>(optional)</i>	
<b>8:40am-9:10am</b>	Fresh Air Break ( <b>RSS</b> )	Fresh Air Break ( <b>RSS</b> )	Fresh Air Break ( <b>RSS</b> )	Fresh Air Break ( <b>RSS</b> )	Fresh Air Break ( <b>RSS</b> )	Fresh Air Break ( <b>RSS</b> )	Fresh Air Break ( <b>RSS</b> )	
<b>9:15am-9:50am</b>	Morning Meeting <b>Phoenix Rm</b> (Gina)	Morning Meeting <b>Phoenix Rm</b> (Kenneth)	Morning Meeting <b>Phoenix Rm</b> (Amber)	Morning Meeting <b>Phoenix Rm</b> (Alyssa)	Morning Meeting <b>Phoenix Rm</b> (Shantha)	Morning Meeting <b>Phoenix Rm</b> (Nicky)	Morning Meeting <b>Phoenix Rm</b> (Lisa)	
			Yoga <b>Apollo Rm</b> (Jenese)				Yoga <b>Apollo Rm</b> (Jenese)	
<b>11:00am-11:50am</b>	Health & Wellness <b>Phoenix Rm</b> (Nurse/Nicky)	Relapse Prevention <b>Phoenix</b> (Nicky)	Town Hall Meeting <b>Phoenix Rm</b> (Frank)	Aftercare <b>Phoenix Rm</b> (Zoneliz)	Hierarchy of Needs <b>Phoenix Rm</b> (Nicky)	Structured Recreation <b>(RSS)</b> See posted schedule	Structured Recreation <b>(RSS)</b> See posted schedule	
	<i>(Every other)</i> DBT Skills <b>Phoenix Rm</b> (Nicky)	Yoga <b>(Apollo Rm)</b> (Jenese)		Yoga <b>Apollo Rm</b> (Jenese)				



