



Women's Unit Activity Schedule

New Client Orientation		Wake-up 6-6:30am/ Lights Out 11pm	Nicotine Dosing Administration Breaks	
Monday	1:10pm – 1:55pm Apollo Rm - <i>Alyssa</i>	Medications	Break 1 – 7:40am	
		5:30am (Suboxone/Methadone only)	Break 2 – 10:20am	
Tuesday	9:15am – 9:45am Apollo Rm - <i>Alyssa</i>	8am, 2pm, 6pm, 9pm	Break 3 – 12:40pm	
		Phone Times	Break 4 – 3:15pm	
Wednesday	11am – 11:50am Apollo Rm - <i>Alyssa</i>	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	
Thursday	1:10pm – 1:55pm Apollo Rm - <i>Alyssa</i>	Clippers: 8am – 9am, 3:30pm – 5pm	Meals	Snacks
		Mail Call: M – Sa, 8am – 9pm	Breakfast 7:00am	9:50am
Friday	9:15am – 9:50am Apollo Rm - <i>Nicky</i>	Banking: M-Sa, 8am-9pm (Front Desk)	Lunch 12:00pm	2:45pm
		Toiletries: 8:15am-9:15am (RSS Office)	Dinner 5:00pm	8:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am	Self-run Yoga/ Meditation Rm 221 <i>(optional)</i>	Yoga Rm 221 (Jenese) <i>(optional)</i>	Yoga/ Meditation Rm 221 <i>(optional)</i>	Yoga Rm 221 (Jenese) <i>(optional)</i>	Yoga/ Meditation Rm 221 <i>(optional)</i>	Yoga/ Meditation Rm 221 <i>(optional)</i>	Yoga/ Meditation Rm 221 <i>(optional)</i>
8:40am-9:10am	Fresh Air Break (RSS)	Fresh Air Break (RSS)	Fresh Air Break (RSS)	Fresh Air Break (RSS)	Fresh Air Break (RSS)	Fresh Air Break (RSS)	Fresh Air Break (RSS)
9:15am-9:50am	Morning Meeting Zen Den (Amber)	Morning Meeting Zen Den (Nicky)	Morning Meeting Zen Den (Beth)	Morning Meeting Zen Den (Jodi)	Morning Meeting Zen Den (Jessica)	Morning Meeting Zen Den (Victoria)	Morning Meeting Zen Den (Aimee)
11:00am-11:50am	Health & Wellness Zen Den (Nursing) <i>(Every other)</i> DBT Skills Phoenix Rm (Nicky)	Coping with Trauma Zen Den (Jessica)	Yoga and Recovery Zen Den (Jenese)	DBT Zen Den (Victoria) FEARLESS Zen Den (Alyssa) <i>Last Thursday of the month</i>	Town Hall Meeting Zen Den (Frank)	Structured Recreation (RSS) See posted schedule	Yoga and Recovery Zen Den (Jenese)

