

Emerge Weekly Schedule

Time	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7:00 AM 7:15 AM	Wake up & Chores						
7:45 AM	<u>Breakfast (TV off at 7:45)</u>		Doctor 7:30-8:30		<u>Breakfast (TV off at 7:45)</u>		
8:15 AM 8:30 AM	Meds Check in	Meds Check in	Meds Check in	Meds Check in	Meds Check in	Meds	Meds
9AM - 10AM							
9:30AM - 10:30AM	Group 1 HR Mandatory		Group 1HR Mandatory	Yoga 1 HR	Group $\frac{1}{2}$ HR Mandatory		
10:30AM - 11:30AM			Alt. Therapy 10:30-11:30 (Optional)	Mindfulness 10:30 - 11:30 (Optional)	Alt. Therapy 10:30-11:30 (Optional)	Group 1 HR Mandatory	Group 1 HR Mandatory
Noon	<u>Lunch / Medication</u>						
1:00 PM -2:00 PM	<u>Nurse</u> <u>1-3pm</u>	Group Mandatory	SMART Recovery 1pm-2pm (Optional)	Massage 12:30pm - 4:30pm (Optional)		Group 1 HR Mandatory 3:30 - 4:30	SMART 1 HR Recovery 3:30 - 4:30 (Optional)
3:30PM - 4:30PM	Group 1 HR Mandatory	<u>DOCTOR</u> <u>2:30-4:30</u>	Group 1 HR Mandatory	Massage 12:30pm - 4:30pm (Optional)	Group $\frac{1}{2}$ HR Mandatory		
5:00 PM	<u>Dinner / Medication</u>						
6:00 PM -7:00PM		Group $\frac{1}{2}$ HR Mandatory		Group $\frac{1}{2}$ HR Mandatory			
7:00 PM -9:00 PM		Personal Recovery			Personal Recovery		
9:00 PM	Medication (No Access After 10 PM)						
10:00 PM	Curfew						Curfew
11:00PM					Curfew		