

Amethyst House Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Breakfast Prep by assigned residents Wake – up, dress, chores, tidy room					Wake up and dressed by 11am	
7:15am – 7:45am	Medications					Medications - 7:15am	
7:30am	Breakfast					Breakfast Prep - 7:30 - by assigned residents	
8:00am - 8:30am	Breakfast Clean – up by assigned residents					Breakfast - 8:00 - 9:00am	
9:00am	Check-in – Physical, mental, emotional and spiritual and Affirmations					Chores, Personal Care, Laundry	
10:00am	Morning Break					Spiritual meetings in the community if desired	
10:30am	Groups					Community Recovery Meetings	
11:30am	Medications Lunch Prep – by assigned residents					Medications - 11:30am	
12noon	Lunch		Woman’s NA	Lunch		Fitness Activity	
12:30pm	Lunch clean – up by assigned residents		Group 11:45 – 1:30	Lunch clean – up by assigned residents		Recovery Work	
1:00pm-2:00pm	Guest Speakers	12 Step – Guided Study Group	Lunch 1:30 – 2:00	Personal Appts / Smart Recovery	Relapse Prevention	Creative Activity	
2:00pm	Wellness Break		2:15- 3:15 Life Skills	Wellness Break	Weekend Planning	Planned Visitors 1:00-4:00pm	
2:45 – 3:00	One on One	One on One	3:30 - 4:00 House meeting	One on One	Wellness Break	Dinner Prep - 3:30 - by Assigned residents	
3:00 - 4:00	Yoga	Fitness		Fitness/Creative Recovery	Fitness	Medications – 4:45	
4:00pm	Dinner Prep – by assigned residents Free Time – chores, recovery work, laundry					Dinner – 5:30	
5:00pm	Medications					Dinner Cleanup – 6:00pm - by assigned residents	
5:30pm	Dinner					Community Recovery Meetings	
6:00pm	Dinner clean – up by assigned residents					Community Recovery Meetings	
6:45pm	Recovery Study	Fitness	Recovery Study	Fitness	Recovery Study	Movie Night	Spa Night
7:45pm	Community Meeting or In House Structured Recovery Activity						
9:30pm	Return to Amethyst House from Community Recovery Meetings						
9:45pm-10:15pm	Evening Snack – Nutritional wellness Medications						
10:30pm/11:30pm	Bed time – Television off/ Kitchen Closed/ Last Telephone Call complete/Smoking Area Closed/Computer off						
11:00pm/12 am	Lights out – in rooms and quiet						

March 7, 2016