

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					Brunch Prep – 9:30 - by assigned residents	
8:00am - 8:30am	Breakfast Clean – up by assigned residents					Brunch at 10:30 – 11:30	
9:00am	Check-in – Physical, mental, emotional and spiritual and Affirmations					Chores, Personal Care, Laundry	
10:00am	Morning Break						
10:30am	Groups					Spiritual meetings in the community if desired	
11:30am	Medications Lunch Prep – by assigned residents					Community Recovery Meetings	
12noon	Lunch		Woman’s	Lunch			
12:30pm	Lunch clean – up by assigned residents		NA Group 11:45 – 1:30	Lunch clean – up by assigned residents		Medications 11:30	
1:00pm- 2:00pm	Guest Speakers	12 Step – Guided Study Group	Lunch 1:30 – 2:00	Personal Appts / Smart Recovery	Relapse Prevention	Fitness Activity Recovery Work Creative Activity	
2:00pm	Wellness Break		2:15- 3:15 Life Skills	Wellness Break		Planned Visitors 1:00-4:00pm	
2:45 – 4:00	One on One Yoga	One on One Creative Recovery	3:30 – 4:00 House meeting	One on One Fitness	One on One Weekend Planning	Dinner Prep – 3:30 – by Assigned residents Meth-a-dose – 3:00pm	
3:00pm	Methadose					Medications – 4:45	
4:00pm	Dinner Prep – by assigned residents Free Time – chores, recovery work, laundry					Dinner – 5:30	
4:45pm	Medications					Dinner Clean – up – by assigned residents	
5:00pm	Dinner						
5:30pm	Dinner clean – up by assigned residents					Community Recovery Meetings	
6:15pm	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						
11:00pm/ 12 am	Lights out – in rooms and quiet						

August 11, 2015