



Round Lake Alcohol and Drug Treatment Society

Painted Turtle Lodge



RECOVERY HOME

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00	Wake Up Recovery Plan and Goal for Today Breakfast / Exercise / Chore	Wake Up Recovery Plan and Goal for Today Breakfast / Exercise / Chore	Wake Up Recovery Plan and Goal for Today Breakfast / Exercise / Chore	Wake Up Recovery Plan and Goal for Today Breakfast / Exercise / Chore	Wake Up Recovery Plan and Goal for Today Breakfast / Exercise / Chore
8:30	Smudge, Meditation, Daily Reading, Gratitude	Smudge, Meditation, Daily Reading, Gratitude	Smudge, Meditation, Daily Reading, Gratitude	Smudge, Meditation, Daily Reading, Gratitude	Smudge, Meditation, Daily Reading, Gratitude
10:00	Program / Counselling	Program / Counselling	House Menu Planning / Chore Scheduling / Community Meeting SUPER CHORE CLEANING	Program / Counselling	Program / Counselling
11:30 - 1:30	Lunch Prep, Self Serve Meal and Clean Up	Lunch Prep, Self Serve Meal and Clean Up	Lunch Prep, Self Serve Meal and Clean Up	Lunch Prep, Self Serve Meal and Clean Up	Lunch Prep, Self Serve Meal and Clean Up
2:00 - 4:00	Program / Counselling	Program / Counselling	Grocery Shopping	Program / Counselling	Program / Counselling
				Dinner Prep START @ 3:30	
4:00	Dinner Prep	Dinner Prep	Dinner Prep		Dinner Prep
See Individual Activity Times	Group Activity AA in Falkland Leave at 6:00	Group Activity Yoga or CA in Vernon Yoga 5:30 CA Leave at 6:30	Group Activity Big Book Study at Home or Cultural Guest Speaker Starts at 6:00	Group Activity Wellbriety in Vernon LEAVE AT 4:30 or AA in Vernon with treatment program Leave @7:15	Group Activity Big Book Study at Home or Guest Speaker
9:00 - 11:00	Leisure Quiet Time Reading / TV / Recovery Movie Assignment / Arts and Crafts / Journaling, etc. If on independent outing, Recovery Home curfew is 10pm	Leisure Quiet Time Reading / TV / Recovery Movie Assignment / Arts and Crafts / Journaling, etc. If on independent outing, Recovery Home curfew is 10pm	Leisure Quiet Time Reading / TV / Recovery Movie Assignment / Arts and Crafts / Journaling, etc. If on independent outing, Recovery Home curfew is 10pm	Leisure Quiet Time Reading / TV / Recovery Movie Assignment / Arts and Crafts / Journaling, etc. If on independent outing, Recovery Home curfew is 10pm	Leisure Quiet Time Reading / TV / Recovery Movie Assignment / Arts and Crafts / Journaling, etc. If on independent outing, Recovery Home curfew is 10pm