ARC
ADAMS RECOVERY CENTER

Women's Facility Daily Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a Hierarchy Out of Dorms **8:00a** Out of Dorms	**7:00a** Hierarchy Out of Dorms **8:00a** Out of Dorms	**7:00a** Hierarchy Out of Dorms **8:00a** Out of Dorms	**7:00a** Hierarchy Out of Dorms **8:00a** Out of Dorms	**7:00a** Hierarchy Out of Dorms **8:00a** Out of Dorms	**7:00a** Hierarchy Out of Dorms **8:00a** Out of Dorms	**7:00a** Hierarchy Out of Dorms **8:00a** Out of Dorms
8:00a-8:15a AMD	**8:00a-8:15a** Breather	**8:00a-8:15a** Breather	**8:00a-8:15a** Breather	**8:00a-8:15a** AMD	**8:00a-8:15a** AMD	**8:00a-8:15a** AMD
8:15a-8:55a HALT Time/Med Pass	**8:15a – 8:30a** AMD	**8:15a – 8:30a** AMD	**8:15a – 8:30a** AMD	**8:15a-8:55a** HALT Time/Med Pass	**8:15a-8:55a** HALT Time/Med Pass **8:30a-8:40a** Smoking Cessation	**8:15a-8:55a** HALT Time/Med Pass
8:55a-9:00a Seated & Ready (with group rules)	**8:30a-9:00a** Good Morning (Open Group Room)	**8:30a-9:00a** Good Morning (Open Group Room)	**8:30a-9:00a** Good Morning (Open Group Room)	**8:55a-9:00a** Seated & Ready (with group rules)	**8:55a-9:00a** Seated & Ready (with group rules)	**8:55a-9:00a** Seated & Ready (with group rules)
9:00a – 12:21p Group	**9:00a – 10:00a** Med Pass/ Mindfulness (head space)	**9:00a – 10:00a** Med Pass/ Mindfulness (head space)	**9:00a – 10:00a** Med Pass/ Mindfulness (head space)	**9:00a – 12:36p** Group	**9:00a – 12:36p** Group	**9:00a-12:21p** Group
	10:00a-10:30a Dorm Chores	**10:00a-10:30a** Dorm Chores	**10a – 11a** Exercise			
	10:30a-11:30a Spirituality or Exercise	**10:30a-11:30a** Gratitude	**11:00a-11:30a** Dorm Chores			
12:21-1:15p Lunch/Med Pass	**11:30a – 12:20p** Lunch/Med Pass	**11:30a – 12:20p** Lunch/Med Pass	**11:30a – 12:20p** Lunch/Med Pass	**12:36p-1:30p** Lunch/Med Pass	**12:36p-1:30p** Lunch/Med Pass	**12:21p-1:15p** Lunch/Med Pass
1:30p-2:00p Dorm Chores	**12:25p-12:30p** Seated & Ready (with group rules)	**12:25p-12:30p** Seated & Ready (with group rules)	**12:25p-12:30p** Seated & Ready (with group rules)	**1:30p-2:00p** Dorm Chores	**1:30p-2:00p** Dorm Chores	**1:15p-3:15p** Visitation/HALT Time
2:00p-5:00p HALT Time	**12:30p – 4:06p** Group	**12:30p – 4:06p** Group	**12:30p – 4:06p** Group	**2:00p-2:30p** Community Process	**2:00p-2:30p** Mindfulness/ Headspace	**3:15p-3:30p** Breather
				2:30p – 3:00p Announcements	**2:30p-3:00p** HALT Time	**3:30p-4:30p** Deep Clean Entire Facility
				3:00p-4:00p TC Study/Hierarchy Train	**3:00p-4:00p** Spirituality or Exercise	**4:30p – 5:00p** Dorm Chores
	4:06p-5:00p HALT Time/Med Pass	**4:06p-5:00p** HALT Time/Med Pass	**4:06p-5:00p** HALT Time/Med Pass	**4:00p-5:00p** HALT Time/Med Pass	**4:00p-5:00p** HALT Time/Med Pass	
5p-5:45p Family Dinner/Med Pass	**5p – 5:45p** Family Dinner	**5p – 5:45p** Family Dinner	**5p – 5:45p** Family Dinner	**5p – 5:45p** Family Dinner	**5p – 5:45p** Family Dinner	**5p – 5:45p** Family Dinner/Med Pass
5:45p-6:00p Breather/Hierarchy meeting	**5:45p-6:00p** Breather/Hierarchy meeting	**5:45p-6:00p** Breather/Hierarchy meeting	**5:45p-6:00p** Breather/Hierarchy meeting	**5:45p-6:00p** Breather/Hierarchy meeting	**5:45p-6:00p** Breather/Hierarchy meeting	**5:45p-6:00p** Breather/Hierarchy meeting
6:00p-7:00p House Temperature/ Group Assignments	**6:00p-7:00p** Book Club	**6:00p-7:00p** Family Fun	**6:00p-7:00p** Journal Club	**6:00p-7:00p** Book Club	**6p – 8:00p** Movie Night (with 15-minute breather at 7:00p)	**6:00p-7:00p** Break Out Group Gut Levels
7p-7:45p Chores	**7p-7:45p** Chores	**7p-7:45p** Chores	**7p-7:45p** Chores	**7p-7:45p** Chores		**7:00-8:00p** Game Night
7:45p-8:00p Breather	**7:45p-8:00p** Breather	**7:45p-8:00p** Breather	**7:45p-8:00p** Breather	**7:45p-8:00p** Breather		
8:00p-8:15p PMD	**8:00p-8:15p** PMD	**8:00p-8:15p** PMD	**8:00p-8:15p** PMD	**8:00p-8:15p** PMD	**8:00p-8:45p** Chores	**8:00p-8:15p** PMD
8:15p-11:00p HALT Time/Med Pass	**8:15p-11:00p** HALT Time/Med Pass	**8:15p-11:00p** HALT Time/Med Pass	**8:15p-11:00p** HALT Time/Med Pass	**8:15p-11:00p** HALT Time/Med Pass	**8:45p-11:00p** HALT/Med Pass	**8:15p-11:00p** HALT Time/Med Pass
11:00p LIGHTS OUT!	**11:00p** LIGHTS OUT!	**11:00p** LIGHTS OUT!	**11:00p** LIGHTS OUT!	**11:00p** LIGHTS OUT!	**11:00p** LIGHTS OUT!	**11:00p** LIGHTS OUT!