

Cedars Daily Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|-------------|---|---|---|---|---|-------------------------------|--|--|
| 7:00 – 7:45 | Wake Up & Duties | Wake Up & Duties | Wake Up & Duties | Wake Up & Duties | Wake Up & Duties | Wake Up & Duties | | |
| 7:45 – 8:15 | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | | |
| 8:30 – 8:45 | Morning Meditation (Step 11) | Morning Meditation (Step 11) | Morning Meditation (Step 11) | Morning Meditation (Step 11) | Morning Meditation (Step 11) | Morning Meditation (Step 11) | | |
| 9:00-TBA | Education | Education | Education | Education | Education | House Meetings | Wake Up | |
| 20 Minutes | Store & Bank | Store & Bank | Store & Bank | Store & Bank | Store & Bank | Store Closed | 10:15 Morning Meditation (step 11) | |
| Until 12:00 | Patient Story/Minis or Specialty Groups | Patient Story/Minis or Specialty Groups | Patient Story/Minis or Specialty Groups | Patient Story/Minis or Specialty Groups | Patient Story/Minis or Specialty Groups | Patient Story/Minis | 11:00-11:30 Brunch | |
| 12:15-12:45 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | 11:45-12:45 *Big Book, 12 X 12 or Basic Text Study | |
| 1:00-1:30 | Patient Walk | Patient Walk | Patient Walk | Patient Walk | Patient Walk | Patient Walk | Patient Walk | |
| 2:00-3:30 | Group Therapy | Group Therapy | Group Therapy | Movie 1:45pm | Group Therapy | Structured Activity 2:00-3:30 | 1:30-4:00 Family Visiting (Store Open 2:30-3:30) | |
| 4:00-5:00 | Gym, Walk or Yoga | Gym, Walk or Yoga | Gym, Walk or Yoga | Gym, Walk or Yoga | Gym, Walk or Yoga | Gym, Walk or Yoga | Gym, Walk or Yoga | |
| 5:15-5:45 | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | |
| 5:45-7:45 | Peer Interaction | Peer Interaction | Peer Interaction | Peer Interaction | Peer Interaction | Peer Interaction | 6:30 Linen Exchange | |
| 7:45-8:45 | AA Meeting | NA Meeting | Speaker Meeting | Games Night | Alumni Meeting | MOVIE (7:15pm) | Closed NA Meeting | |
| 11:00 | LIGHTS OUT | | | | | | 12:00pm | |

