



# CEDARS DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 – 7:45</b>	WAKE UP & DUTIES						<b>9:00</b> Wake Up & Duties
<b>7:45 – 8:15</b>	BREAKFAST						
<b>8:30 – 8:45</b>	*MORNING MEDITATION (Step 11)						
<b>9:00-10:15</b>	***EDUCATION					**House Meetings (9:00 – 9:30)	<b>9:30</b> Linen Exchange
<b>10:45-Noon</b>	<b>*Group Therapy</b>					10AM-STORY & MINI'S ***	<b>10:15</b> Morning Meditation (step 11)
<b>12:15-12:45</b>	LUNCH						<b>11:00-11:30</b> Brunch
<b>11:45-12:45</b>							<b>11:45-12:45</b> *Big Book, 12 X 12 or Basic Text Study
<b>1:00-1:30</b>	PATIENT WALK						
<b>2:00-3:30</b>	Structured Activity***			Movie 1:45pm	Structured Activity***		Family Visiting (Store Open 2:30-3:30)
<b>4:00-5:00</b>	Check GYM Schedule on each board	Check GYM Schedule on each board	Check GYM Schedule on each board	Check GYM Schedule on each board	Check GYM Schedule on each board	Check GYM Schedule on each board	<b>1:30-4:00</b> Check GYM Schedule on each board (4:10)
<b>5:15-5:45</b>	DINNER						DINNER
<b>5:45-7:45</b>	6:30-7:30 EDA Meeting	Peer interaction	PEER INTERACTION				
<b>7:45-8:45</b>	AA Meeting	NA Meeting	Speaker Meeting	Games Night	Alumni Meeting	MOVIE/Peer Interaction (7:15pm)	<b>Closed</b> NA Meeting
<b>11:00</b>	LIGHTS OUT				<b>12:00pm</b>		

**IF YOU HAVE ANY QUESTIONS ASK FOR HELP!** All activities listed on this schedule are mandatory.

\*SEE BULLETIN BOARD IN EACH HOUSE FOR GROUP LIST FOR THESE ACTIVITIES.

\*\* PLEASE REPORT TO YOUR HOUSE - In the main lounge. \*\*\* MEET IN LECTURE HALL



## CEDARS VOLUNTARY ACTIVITIES

<b>Every Evening</b>	Evening Smudge 9:15 at the Gazebo
<b>Thursday Evenings</b>	Working With Cedar
<b>When scheduled</b>	Sweat Lodges
<b>When scheduled</b>	Art Therapy (Follow Up Sessions)
<b>When scheduled</b>	Poetry (Follow Up Sessions)
<b>During Daylight Hours</b>	Morning Walks (With clinical exception)

All activities listed in this section are voluntary.