

**Green Mountain Treatment Center Weekday Schedule - MEN**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
6:45 AM	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
7:00 - 7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:00 - 9:00 AM	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's
9:00 - 9:20 AM	Chores	Chores	Chores	Chores	Chores	Chores
9:30 - 11:30 AM	Spiritual Development	Spiritual Development	Spiritual Development	Spiritual Development	Spiritual Development	Spiritual Development
12:00 PM	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's
12:10 - 1 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 - 2:30 PM	Group Process	Group Process	Group Process	Group Process	Group Process	Group Process
2:45 - 3:45 PM	Health & Wellness (Yoga)	Health & Wellness	Health & Wellness	Health & Wellness	Health & Wellness (Yoga)	Health & Wellness
4:00 - 5:00 PM	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing
5:00 PM	Meds	Meds	Meds	Meds	Meds	Meds
5:40 - 6:20	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:20 - 6:40	Chores	Chores	Chores	Chores	Chores	Chores
7:00 - 9:00 PM	Outside Or In-House Meeting	Outside Or In-House Meeting	Client Phone Calls 6-8pm / 8PM In-House Meeting	Outside Or In-House Meeting	Outside Or In-House Meeting	Client Phone Calls 6-8pm / 8PM In-House Meeting
9:30 - 10:15 PM	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's
10:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Free Time
11:00 PM						Lights Out
Rev 5/7/2018 EM						

## Green Mountain Treatment Center Sunday Schedule - MEN

Time	Sunday
7:00 AM	Wake Up
7:15 AM	Meditation
7:00 - 9:00 AM	Meds
<b>7:30 - 8:00 AM</b>	<b>Breakfast</b>
9:00 - 10:00 AM	Community Clean
<b>10:20 - 11:00 AM</b>	<b>Brunch</b>
12:00 PM	Meds
12:00 - 1:00 PM	Visitor Orientation
1:00 - 4:00 PM	Visitation
5:00 PM	Meds
<b>5:40 - 6:20 PM</b>	<b>Dinner</b>
6:20 - 6:40 PM	Chores
7:00 - 8:00 PM	<b>In-House Meeting</b>
9:30 PM	Meds
10:30 PM	Lights Out