

Green Mountain Treatment Center Weekday Schedule - WOMEN

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
7:30 - 8:00 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
11:40 - 12:10 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM	Meds	Meds	Meds	Meds	Meds	Meds
1:00 - 2:30 PM	Group Process	Group Process	Group Process	Group Process	Group Process	Group Process
2:45 - 3:45 PM	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing	Therapeutic Writing
4:00 - 5:00 PM	Health & Wellness (Yoga)	Health & Wellness	Health & Wellness	Health & Wellness	Health & Wellness (Yoga)	Health & Wellness
5:00 - 5:40 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:40 PM	Meds	Meds	Meds	Meds	Meds	Meds
6:00 - 6:20 PM	Chores	Chores	Chores	Chores	Chores	Chores
7:00 - 9:30 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

Green Mountain Treatment Center Sunday Schedule - WOMEN

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