

Green Mountain Treatment Center Weekday Schedule - MEN

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
6:45 AM	Meditation	Meditation	Meditation	Meditation	Meditation
7:00 - 7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:30 - 8:30 AM	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's	Meds / ADL's
8:30 - 9:00 AM	Chores	Chores	Chores	Chores	Chores
9:30 - 11:30 AM	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
12:20 - 12:50 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 - 2:30 PM	Group Process	Group Process	Health & Wellness 1:00p-2:00p	Group Process	Group Process
2:45 - 3:45 PM	Health & Wellness (Yoga)	Health & Wellness	Therapeutic Writing 2:15-3:15p	Health & Wellness	Health & Wellness (Yoga)
4:00 - 5:00 PM	Therapeutic Writing	Therapeutic Writing	Group Process 3:30-5:00p	Therapeutic Writing	Therapeutic Writing
5:00 PM	Meds	Meds	Meds	Meds	Meds
5:30 - 6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 - 9:00 PM	Outside Meeting	Outside Meeting	Client Phone Calls/ 8PM In-House Meeting	Outside Meeting	Outside Meeting
9:30 - 10:15 PM	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	Free Time
11:00 PM					Lights Out

Men's Weekend Schedule

Time	Saturday	Time	Sunday
7:00 AM	Wake Up	7:00 AM	Wake Up
7:15 AM	Meditation	7:15 AM	Meditation
7:30 - 8:00 AM	Breakfast	7:30 - 8:00 AM	Breakfast
8:00 AM	Chores/Meds	8:00 - 8:30 AM	Chores/Meds
9:00 - 10:00 AM	Free Time	8:45 AM	Depart for Church
		9:00 - 10:00 AM	First Congregational Church of Ossipee
10:00- 10:45 AM	Health & Wellness		Health & Wellness (Yoga)
11:00 - 12:00 PM	Group with Rex	10:30 - 11:00 AM	Brunch
12:00 PM	Meds	12:00 PM	Meds
12:20 - 12:50 PM	Lunch	12:00 - 1:00 PM	Visitor Orientation
1:00 - 3:00 PM	Free Time		
3:00 - 5:00 PM	Outing	1:00 - 4:00 PM	Visitation
5:00 PM	Meds	5:00 PM	Meds
5:20 - 5:50 PM	Dinner	5:20 - 5:50 PM	Dinner
6:00 - 9:00 PM	Client Phone calls	5:50 - 6:45PM	Free Time
9:30 PM	Meds	7:00 - 8:00 PM	H & I Commitment
11:00 PM	Lights Out	9:30 PM	Meds
		10:30 PM	Lights Out