

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	

