

OREGON TRAIL RECOVERY: RESIDENT SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 A.M.	Wake Up/ Chores	Wake Up/ Chores	Wake Up/ Chores	Wake Up/ Chores	Wake Up/ Chores		
9 A.M.	Good Morning Recovery					Wake Up/ Chores	Wake Up/ Chores
10 A.M.		Good Morning Recovery	Good Morning Recovery	Good Morning Recovery	Good Morning Recovery		
11 A.M.							
12 P.M.	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1 P.M.	One-on-One Therapy/ Job Search/ School/ Step Work	One-on-One Therapy/ Job Search/ School/ Step Work	One-on-One Therapy/ Job Search/ School/ Step Work	One-on-One Therapy/ Job Search/ School/ Step Work	One-on-One Therapy/ Job Search/ School/ Step Work	Free Time/ Recreation Therapy	Free Time/ Recreation Therapy
4 P.M.							
5 P.M.	Mindful at 5	Mindful at 5	Mindful at 5	Mindful at 5	Mindful at 5	Free Time/ Recreation Therapy	Free Time/ Recreation Therapy
7 P.M.							
7:30 P.M.	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting
9 P.M.							
10 P.M.	Curfew	Curfew	Curfew	Curfew	Curfew		
11 P.M.	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Curfew	Curfew
12 P.M.						Lights Out	Lights Out