

Hotel California Women's Program ~ Sandy's Place

WEEKLY SCHEDULE

Time	MON	TUE	WED	THUR	FRI	Time	SAT	SUN
7:00	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	7:00		
7:30	7:30-7:45 AM	7:30-7:45 AM	7:30-7:45 AM	7:30-7:45 AM	7:30-7:45 AM	7:30	WAKE-UP	WAKE UP
7:45	Meditation	Meditation	Meditation	Meditation	Meditation	7:45	8:00 - 8:30 AM	8:00 - 8:30 AM
8:00	8:00 - 8:30 am	8:00 - 8:30 am	8:00 - 8:30 am	8:00 - 8:30 am	8:00 - 8:30 am	8:00	BRKFST/MEDS	BRKFST/MEDS
8:30	BRKFST/MEDS	BRKFST/MEDS	BRKFST/MEDS	BRKFST/MEDS	BRKFST/MEDS	8:30	8:30-10 AM	9:30 AM
9:00	9:00-10:15	9:00-10:00 AM	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00	MANICURE /	CVS
9:30	WOMENS GRP	RELAPSE	GRP PROCESS	AFFIRMATIONS	DBT THERAPY	9:30	PEDICURE	
10:00	NEWPORT CLUB	PREVENTION	10:15-11:15 am	10:15-11:15 AM	10:15-11:15	10:00	10:15 - 11:15 am	TARGET
10:30	10:45-11:45	10:30-11:30 AM	MEDITATION	EMDR/STRESS MGT	REFLECTIONS	10:30	VISION BOARDS	
11:00	GROUP	HYPNO		11:15 AM	11:15 AM	11:00		
11:30	PROCESS	THERAPY	FREE TIME	FREE TIME	FREE TIME	11:30	FREE TIME	
NOON	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	NOON	LUNCH	LUNCH
1:00	1:00-2:00	1:00 - 2:00 PM	1:00-2:00	1:00 - 2:00 PM	1:00-2:00	1:00		AND
1:30	GYM	TRAUMA GRP	GYM	TRAUMA GRP	GYM	1:30	1:00-4:00 PM	OFFSITE
2:00	2:30 - 3:30 PM		3:00-4:00 PM	2:00 - 4:00 PM	2:15-2:45	2:00		ACTIVITY
2:30	YOGA ON BEACH	2:00 - 4:00 PM	DR. BROWN	INDIVIDUAL	STARBUCKS	2:30	MASSAGES	
3:00	3:30-5:00	INDIVIDUALS	LECTURE	COUNSELING	3:00 - 4:00	3:00	3:00- 4:30 PM	4:00 - 5:00 PM
3:30	FREE TIME	W/CM			STEP WKSHP /VIC	3:30	FREE TIME	FREE TIME
4:00	ASSIGNMENTS	ASSIGNMENTS		FREE TIME	HOUSEKEEPING	4:00	ASSIGNMENTS	ASSIGNMENTS
4:30			FREE TIME			4:30		
5:00	DINNER	DINNER	DINNER	DINNER	DINNER	5:00	DINNER	6:30 - 7:30
5:30	CLEAN UP	CLEAN UP	CLEAN UP	CLEAN UP	CLEAN UP	5:30	CLEAN UP	PILL'S ANON
6:30	6:00 - 7:00 PM	6:00 - 7:00 PM	6:30 - 7:30	6:00- 7:00 PM	6:30-7:30 PM	6:00	6:30-8:00 PM	PIZZA NIGHT
7:00	IN HOUSE MTG.	16TH & DOVER=12x12	MARINER'S CHURCH	IN HSE BIG BK STUDY	420 Church 19th/HARBOR	7:00	CANYON CLUB	CLEAN UP
7:30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	7:30	BEGINNERS	7:30 - 9:30 PM
8:00	CLOSURE	CLOSURE	CLOSURE	CLOSURE	CLOSURE	8:00	Q&A	FREE TIME
8:30	GROUP	GROUP	GROUP	GROUP	GROUP	9:00		
9:30	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION	9:30	MEDICATION	MEDICATION
10:00	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	10:00	JOURNAL TIME	JOURNAL TIME
11:00	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	FREE TIME	11:00	FREE TIME	LIGHTS OUT
12:00					LIGHTS OUT	12:00	LIGHTS OUT	

*Outside AA meeting times reflect their start time. Clients need to be ready to leave facility 20 min prior to mtg time