

# WEEKLY SCHEDULE

## Jasmine and Orchid Village

Time Day	MON	TUES	WED	THUR	FRI	SAT	SUN
7:00 – 7:45am	Meditation, Walk, Yoga						Rest & Relaxation
7:30 – 8:30am	Breakfast						
8:30 – 9:00am	Community Meeting						
9:15 – 10:15am	Process Group Holistic Class					SMART Goals Holistic Class	Excursion
10:30 – 11:15am	Fitness and Wellness Activities, Book Club						
11:30am – 12:30pm	Alternative Programming Psycho-educational Group Holistic Class Art Therapy						
12:30 – 1:30pm	Lunch						
2:00 – 3:00pm	Speciality Groups*		Onsite Activities	Speciality Groups*			
3:00 – 5:00pm Counselling	One-on-one Counselling		Onsite Activities	One-on-one Counselling		Music Therapy Art Therapy Fitness Therapy Holistic Therapy	
3:00 – 3:45pm 4:00 – 4:45pm 5:00 – 5:45pm	Massage Holistic Therapy			Massage Holistic Therapy			
5:45 – 6:45pm	Dinner						
6:45 – 7:45pm	• Fellowship • Mindfulness	• Fellowship - AA, GA, SLA, CA • Mindfulness	• Fellowship • Mindfulness	• Fellowship - NA • Mindfulness	• Relapse Prevention	Interventions Video	Movie
8:00 – 8:45pm	• Massage • Offsite NA	Massage	Free Time**	Massage	• Massage • Offsite NA	Free Time**	Movie
9:00 – 9:30 pm	Nighttime Snack						
10:00pm	Curfew						

\*Speciality Groups – Spirituality, Music Therapy, Gender-specific, Art Therapy, Food & Body

\*\*Free Time – Assignments, Mind Maps prep., ABCs, Journals