

**RESIDENT DAILY SCHEDULE**

*REVISED JANUARY 2025*

|                 | <b>MONDAY</b>                | <b>TUESDAY</b>            | <b>WEDNESDAY</b>            | <b>THURSDAY</b>              | <b>FRIDAY</b>               | <b>SATURDAY</b>              | <b>SUNDAY</b>             |                           |
|-----------------|------------------------------|---------------------------|-----------------------------|------------------------------|-----------------------------|------------------------------|---------------------------|---------------------------|
| <b>7:00 AM</b>  | WAKE UP                      | WAKE UP                   | WAKE UP                     | WAKE UP                      | WAKE UP                     | WAKE UP (7:30)               | WAKE UP (7:30)            |                           |
| <b>7:45 AM</b>  | MEDICATIONS                  | MEDICATIONS               | MEDICATIONS                 | MEDICATIONS                  | MEDICATIONS                 | MEDICATIONS (8:15)           | MEDICATIONS (8:15)        |                           |
| <b>8:00 AM</b>  | <b>BREAKFAST</b>             | <b>BREAKFAST</b>          | <b>BREAKFAST</b>            | <b>BREAKFAST</b>             | <b>BREAKFAST</b>            | <b>BREAKFAST (8:30)</b>      | <b>BREAKFAST (8:30)</b>   |                           |
| <b>8:30 AM</b>  | WELI/CIRCLE                  | WELI/CIRCLE               | WELI/CIRCLE                 | WELI/CIRCLE                  | <b>ON THE LAND ACTIVITY</b> | WELI/CIRCLE (9:00)           | WELI/CIRCLE (9:00)        |                           |
| <b>9:45 AM</b>  | MORNING BREAK                | MORNING BREAK             | MORNING BREAK               | MORNING BREAK                |                             | MORNING BREAK                | MORNING BREAK             |                           |
| <b>10:00 AM</b> | <b>WORKSHOP</b>              | <b>SWEAT LODGE PREP</b>   | <b>WORKSHOP</b>             | <b>WORKSHOP</b>              |                             | <b>WORKSHOP</b>              | <b>SWEAT LODGE PREP</b>   |                           |
| <b>11:45 AM</b> | MEDICATIONS                  | MEDICATIONS               | MEDICATIONS                 | MEDICATIONS                  |                             | MEDICATIONS                  | MEDICATIONS               |                           |
| <b>12:00 PM</b> | <b>LUNCH</b>                 | <b>LUNCH</b>              | <b>LUNCH</b>                | <b>LUNCH</b>                 |                             | <b>LUNCH</b>                 | <b>LUNCH</b>              |                           |
| <b>1:00 PM</b>  | <b>COUNSELING/CRAFT TIME</b> | <b>SPIRITUAL ACTIVITY</b> | <b>COUNELING/CRAFT TIME</b> | <b>COUNSELING/CRAFT TIME</b> |                             | <b>COUNSELING/CRAFT TIME</b> | SERVICE PROVIDER WORKSHOP | <b>SPIRITUAL ACTIVITY</b> |
| <b>2:45 PM</b>  |                              |                           |                             |                              |                             |                              |                           |                           |
| <b>4:00 PM</b>  |                              |                           |                             |                              |                             |                              |                           |                           |
| <b>4:15 PM</b>  | MEDICATIONS                  | MEDICATIONS               | MEDICATIONS                 | MEDICATIONS                  | MEDICATIONS                 | MEDICATIONS                  | MEDICATIONS               |                           |
| <b>4:30 PM</b>  | <b>SUPPER</b>                | <b>SUPPER</b>             | <b>SUPPER</b>               | <b>SUPPER</b>                | <b>SUPPER</b>               | <b>SUPPER (5:00)</b>         | <b>SUPPER (5:00)</b>      |                           |
| <b>5:30 PM</b>  | QUIET TIME/JOURNALING        | QUIET TIME/JOURNALING     | QUIET TIME/JOURNALING       | QUIET TIME/JOURNALING        | QUIET TIME/JOURNALING       | TV TIME (5:30 - 8:45)        | QUIET TIME/JOURNALING     |                           |
| <b>6:00 PM</b>  | GROUP BOARD GAME             | DEPANNEUR IN TOWN         | N.A MEETING (YURT)          | GROUP BOARD GAME             | SHOPPING AT MAXI            |                              | WELLBRIETY (YURT)         |                           |
| <b>7:30 PM</b>  | GYM IN NR                    | TV TIME (7:30 -8:45)      | GYM IN NR                   | TV TIME (7:30 - 8:45)        | GYM IN NR                   |                              | GYM IN NR                 |                           |
| <b>9:00 PM</b>  | GOOD EVENING                 | GOOD EVENING              | GOOD EVENING                | GOOD EVENING                 | GOOD EVENING                | GOOD EVENING                 | GOOD EVENING              |                           |
| <b>9:30 PM</b>  | TV TIME OPEN                 | TV TIME OPEN              | TV TIME OPEN                | TV TIME OPEN                 | TV TIME OPEN                | TV TIME OPEN                 | TV TIME OPEN              |                           |
| <b>9:45 PM</b>  | MEDICATIONS                  | MEDICATIONS               | MEDICATIONS                 | MEDICATIONS                  | MEDICATIONS                 | MEDICATIONS                  | MEDICATIONS               |                           |
| <b>10:45 PM</b> | TV CLOSE                     | TV CLOSE                  | TV CLOSE                    | TV CLOSE                     | TV CLOSE (11:45)            | TV CLOSE (11:45)             | TV CLOSE                  |                           |
| <b>11:00 PM</b> | LIGHTS OUT                   | LIGHTS OUT                | LIGHTS OUT                  | LIGHTS OUT                   | LIGHTS OUT <b>(12 AM)</b>   | LIGHTS OUT <b>(12 AM)</b>    | LIGHTS OUT                |                           |