

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	SHAPE (between 8 & 11:30)					8:30 Walking in Nature	
9:00	9:30 MEETING	9:30 MEETING 9:45 Open Art	9:30 MEETING	9:30 MEETING	9:30 MEETING		
10:15		Open Art	DBT	10:15 Group Therapy	The Power of Postive Thoughts		
11:00		Open Art	Resident Community Meeting 11:15-12				
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15	Self Reflection using art 1:15	Art Class (conference room)	The Mens Group		Music to think by	SHAPE 1:30-3:30 (LEAVE @ 1)	SCHEDULED OUTING
2:00		Art Class (conference room)	Easy Gourmet	Performing at Work	SHAPE or OUTING	SHAPE	
3:00		Art Class (conference room)		Activity Meeting		SHAPE	
4:30	Dinner	Dinner	Therapy Dog(4pm) Dinner	Dinner	Dinner	Dinner	Dinner
5:15	Woman's Group 5:30-6:30		WRAP PLANNING	The Sobriety Option			
6:00							
7:00	WRAP UP @ 7:15	7:15 WRAP-UP	7:15 WRAP-UP	7:15 WRAP-UP	7:15 WRAP-UP		
8:00	Open Activity	SCHEDULED ACTIVITY	SCHEDULED ACTIVITY	SCHEDULED ACTIVITY	Open activity		
A.A.	7 pm at Christ Church Mont	8 P.M. 116 North Main Street	Womans Group @ 6 P.M.	8 P.M. Meeting in Barre (116 N. Main)	8 P.M 116 N. Main Barre	11 A.M. St. Augustine Mont	8 P.M. Christ Church Mont
Key	SHAPE/EXERCISE	GROUP	ACTIVITY BLOCKS	AA MEETING TIMES	Lunch/Dinner	Free Blocks	