

## Serenity Hills Daily Schedule

### **Monday**

8:00 AM-Daily Reading  
9:30 AM Exercise (yoga, walking, lifting weights, work outs, treadmill)  
9-11 AM Employment Focus Time  
6:30-9:00PM-SH SUD/MH Group Therapy

### **Tuesday**

8:00 AM-Daily Reading  
9:30 AM Exercise (yoga, walking, lifting weights, work outs, treadmill)  
10 AM Recovery/Life Skills Group  
11AM-12PM Smoke Shop and Bank  
AA @ 6:30PM IC @ 8:15PM Gilbert House

### **Wednesday**

8:00 AM-Daily Reading  
9:30 AM Exercise (yoga, walking, lifting weights, work outs, treadmill)  
9-11 AM Employment Focus Time  
6:30-7:30PM Life Skills Group

### **Thursday**

8:00 AM Daily Reading  
9:30 AM Exercise (yoga, walking, lifting weights, work outs, treadmill)  
10AM Shopping  
1:30-3:30PM Clinical Staffing  
6:30-9:00PM SH SUD/MH Group Therapy

### **Friday**

8:00AM Daily Reading  
9:30-10:30AM Shopping  
1:30 PM Arts and Crafts  
AA @ 5:15 and 8:15PM Gilbert House

### **Saturday**

Rooms done by 9:30AM. 11:30AM if you don't shop.  
Saturday Chore done by 12PM  
10-11:30AM Shopping if chores are done.  
12PM Daily Reading

### **Sunday**

11:30AM-11:45AM Exercise (yoga, walking, lifting weights, work outs, treadmill)  
12PM Daily Reading  
3PM-4PM Recovery Focus Time Please remain out of your room. This is a creative time-can do journaling, inspirational reading, In the Rooms, therapeutic worksheets, group homework completion. If you are on pass or working at this time you will be required to complete this another time of the day.

**Individual SUD, MH, Psychiatric and medical appointments will be scheduled during the week according to daily and personal schedules.**

**AA meetings required at least one weekday at 12:15PM for residents present. (Please understand that shopping and errands are subject to change according to resident needs and schedules) Relaxation M-F 1:30-3PM if no other activities are required.**