

RESIDENT DAILY SCHEDULE

REVISED JANUARY 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP (7:30)	WAKE UP (7:30)
7:45 AM	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS (8:15)	MEDICATIONS (8:15)
8:00 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST (8:30)	BREAKFAST (8:30)
8:30 AM	WELLNESS WALK	CULTURAL ON-THE-LAND	WELLNESS WALK	WELLNESS WALK	WELLNESS WALK	WELLNESS WALK (9:15)	WELLNESS WALK (9:15)
9:15 AM	WELIEGSITPUG		WELIEGSITPUG	WELIEGSITPUG	WELIEGSITPUG	WELIEGSITPUG (10:00)	WELIEGSITPUG (10:00)
10:00 AM	WORKSHOP		CULTURAL WORKSHOP	WORKSHOP	SWEAT LODGE PREP	PERSONAL TIME (10:30)	PERSONAL TIME (10:30)
11:45 AM	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:15 PM	CULTURAL WORKSHOP	WORKSHOP	BEDROOMS & MARION'S ROOM CLEANUP (1:00)	CULTURAL WORKSHOP	SWEAT LODGE	WEEKEND ACTIVITY	GYM IN NR
3:00 PM	COUNSELING ONE ON ONE	COUNSELING ONE ON ONE	COUNSELING ONE ON ONE	COUNSELING ONE ON ONE			
4:45 PM	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS
5:00 PM	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
6:00 PM	GROUP	BOARD GAME NIGHT	GROUP	BOARD GAME NIGHT	GROUP	MOVIE TIME	A.A. CAMPBELLTON
7:00 PM	GYM IN NR	N.A. MEETING (7:00)	GYM IN NR	A.A MEETING (7:00)	SHOPPING AT MAXI		
9:00 PM	WELIULAGW	WELIULAGW	WELIULAGW	WELIULAGW	WELIULAGW	WELIULAGW	WELIULAGW
9:45 PM	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS	MEDICATIONS
11:00 PM	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT (12 AM)	LIGHTS OUT (12 AM)	LIGHTS OUT

