

Victorian of Newport Beach

Sample Weekly Schedule

Time	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00am	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Sleep In	Sleep In
6:30am	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting	Wake Up	
7:00am	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	
7:45am	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	
8:00am							Medication Time
8:15am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast/ Make Snack	Breakfast
8:45am	Feelings Group	Feelings Group	Feelings Group	Feelings Group	Feelings Group	Feelings Group	Feelings Group
9:00am	Body Image Group	House Meeting with Kristin	Money Transactions	9am- Goal Setting and *Pilates at The Villa	Self Care/Pamper Time!	9:30am Costa Mesa Alano Club or Drum Circle at Fishbowl	Medication Time
9:30am			Snack		Weekly Shopping Trip		Snack
10:00am		Snack	Snack		Snack		Snack
10:15am	10:30-11:30am Relapse Prevention with Hillery	10:30am-12:00pm Process Group	10:15am-11:30pm Spirituality Group with Christina at Martindale	10:30am Art Therapy with Robyn	10:00am OA Meeting at Bay St.		Body Image/Book Study
10:30am	Picnic Lunch/ Make Snack		Lunch outing			Lunch	
11:00am	Feelings Group	Feelings Group		Feelings Group	Feelings Group	Feelings Group	Feelings Group
11:30am	Meditation/ Book Study	Meditation/ Book Study	1:30pm - 3pm Psycho Drama or Play!!!!	Meditation/ Book Study	Meditation/ Book Study	Mindful Walk	Small Outing Snack
12:15pm				Nutrition Group with Teri	Process Group 2:00pm- 3:30pm	*Gym / Newport Library	
1:15pm	Snack	Snack		Snack	Snack	Snack	
1:30pm	transition	3:15pm-3:45pm Homework Circle		transition	transition		
2:00pm	*Yoga/Meditation at Martindale Hall with Celina	DBT Group	4:00pm Knots of love at Martindale Hall	3:30pm Music Therapy at Martindale Hall	Therapeutic Art Projects	3pm-5pm Visitor Time/ Free Time-Computer lab/ or optional Book Study at Martindale Hall	
3:00pm				Free/Computer Time	Free/Computer Time		
3:15pm	Dinner	Dinner	Dinner	Dinner	Dinner on last Friday of the Month	Dinner	Dinner
3:30pm	Feelings Group	Feelings Group	Feelings Group	Feelings Group	Feelings Group	Feelings Group	Feelings Group
4:00pm	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up	Clean Up
4:30pm	ABA Meeting in House	7:00pm OA Meeting at Bay Street	7pm AA Strong Women's Discussion Newport Club	(save seats at 6:45pm) AA Meeting Newport Club	Movie Night	12 Step Meeting	7:30pm Mariners AI-Anon Meeting
5:45pm							Snack
6:15pm	Journaling/ Medication	Journaling/ Medication	Journaling/ Medication	Journaling/ Medication	Journaling/ Medication	Journaling/ Medication	Journaling/ Medication
6:30pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
7:00pm					Lights Out	Lights Out	
7:30pm							
8:30pm							
10:00pm							
11:00pm							
12:00pm							