Plum Creek Recovery Ranch Program Schedule (Women)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30a-7:00a	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:00a-8:00a	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's
8:00a-9:00a	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00-10:00a	Health and Wellness Activity	Health and Wellness Activity	Health and Wellness Activity	Health and Wellness Activity	Health and Wellness Activity	Health and Wellness Activity	Health and Wellness Activity
10:00a-10:30a	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
10:30a-11:30a	Healthy Living (MHT)	**Health and Wellness Education (RN)**	**Health and Wellness Education (RN)**	**Health and Wellness Education (RN)**	**Health and Wellness Education (RN)**	**Health and Wellness Education (RN)**	Healthy Living (MHT)
11:30a-12:30p	Curriculum Work	Curriculum Work	Curriculum Work	Curriculum Work	Curriculum Work	Curriculum work	*Community Meeting*
12:30p-1:30p	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30p-2:00p	**Primary Clinical Group**	**Primary Clinical Group**	**Primary Clinical Group**	**Primary Clinical Group**	**Primary Clinical Group**	**Primary Clinical Group**	Break
2:00p-3:00p							Family Education
3:00p-4:00p	Walking path/Journaling	Walking path/Journaling	Walking path/Journaling	Walking path/Journaling	Walking path/Journaling	Walking path/Journaling	Family Group
4:00p-5:00p	**Expressive Arts (Art therapist?)**	Didactic Education	Didactic Education	*Community Meeting*	Didactic Education	Didactic Education	Family Visiting
5:00p-5:30p	Tai Chi/ Yoga/Meditation	Tai Chi/ Yoga/Meditation	Tai Chi/ Yoga/Meditation	Tai Chi/ Yoga/Meditation	Tai Chi/ Yoga/Meditation	Tai Chi/ Yoga/Meditation	Tai Chi/ Yoga/Meditation
5:30p-6:30p	*Weekly Goals/Gratitude list (MHT)*	Relapse Prevention	Relapse Prevention	Relapse Prevention	Relapse Prevention	Relapse Prevention	Relapse Prevention
6:30p-7:30p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:30p-8:00p	Break	Break	Break	Break	Break	Break	*Movie/Game Night*
8:00p-9:00p	12 Step Meeting/SMART Recovery	12 Step Meeting/SMART Recovery	12 Step Meeting/SMART Recovery	12 Step Meeting/SMART Recovery	12 Step Meeting/SMART Recovery	12 Step Meeting/SMART Recovery	
9:00p-9:30p	Daily Reflections	Daily Reflections	Daily Reflections	Daily Reflections	Daily Reflections	Daily Reflections	
9:30p-10:30p	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's	Medications/ADL's
10:30p	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out