

NorthStar Transitions Hamilton Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms
8:30 AM	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds
9:00 AM	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Mindfulness/ Check-in
9:30 AM	Therapy Group	Therapy Group	Therapy Group	Therapy Group	Therapy Group	Therapy Group	Therapy Group
11:00 AM	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Lunch & Meds
12:30 PM	Lunch & Meds; Community Time	Lunch & Meds; Community Time	Lunch & Meds; Community Time	Lunch & Meds; Community Time	Lunch & Meds; Community Time	Lunch & Meds; Community Time	(12:30pm-2pm) Clients - Deep Clean
1:30 PM	Therapy Group	Therapy Group	Therapy Group	Therapy Group	Therapy Group	Therapy Group	(12:30pm - 2pm) F. P. - Parents Only
3:30 PM	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time	(2pm - 3:30pm) F.P. - Clients and Family combined
4:30 PM	Phone Time/ Letter Writing	Letter Writing	Phone Time/ Letter Writing	Letter Writing	Phone Time/ Letter Writing	Letter Writing	Room Time
5:30 PM	Community Time	Heart of Recovery	Community Time	Community Time	Community Time	Community Time	(4:30pm - 6pm) Therapy Group
6:30 PM	Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Dinner & Meds; Daily Clean	Dinner & Meds
7:30 PM	Al-Anon	Community Time	Outside Meeting	Outside Meeting	Outside Meeting	Activity	Community Time
8:30 PM	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group	Activity	Closing Group
9:00 PM	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds
10:30PM	Low Light	Low Light	Low Light	Low Light	Low Light	Low Light	Low Light
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

*COFFEE: Wake up till 1PM

*PHONE TIME: Monday, Wednesday, Friday from 4:30p-7:30p

*TV TIME: 6pm till low light (except during dinner and closing group)

*SMOKING TIMES: Breakfast: 8:30a-9a, Lunch: 1p-1:30p, Dinner: 30 mins before meeting leave time, Night: 9p-9:30p and during outside meetings.