



Beachside Residential Extended Care

Sample Schedule - Phase 1

| Time | Mon | Tue | WED | THUR | FRI | Time | SAT | SUN |
|-------|-------------------------|--------------------------|-------------------------|-------------------------|-------------------------|-------|------------------------|--------------------|
| 6:30 | Newport Club (optional) | Newport Club (optional) | Newport Club (optional) | Newport Club (optional) | Newport Club (optional) | | | |
| 7:00 | | | | | Surfing (6:00) | 7:00 | Meditation | |
| 7:30 | Morning Meditation | Morning Meditation | Morning Meditation | Morning Meditation | Morning Meditation | 7:30 | | |
| 8:00 | Breakfast/Chores | Breakfast/Chores | Breakfast/Chores | Breakfast/Chores | Breakfast/Chores | 8:00 | Breakfast/Chores | Breakfast/Chores |
| 8:15 | Body Blast (optional) | | Body Blast (optional) | | Body Blast (optional) | | | |
| 8:30 | Medication | Medication | Medication | Medication | Medication | 8:30 | *Step Workshop | |
| 9:00 | Group Process | Relapse Prevention | Group Process | Relationship Group | Group Process | 9:00 | (2nd Sat of month) | |
| 9:30 | | or JB's Workshop | w/Case Manager | or JB's Workshop | | 9:30 | Medication | 12-Step Meeting |
| 10:00 | Cinematherapy | Spirituality Group | Dramatic Play | Gender Spec. Group | Art Therapy | 10:00 | 12-Step Choice Meeting | 40th St Beach Mtg. |
| 10:30 | | | | | | 10:30 | | or |
| 11:00 | Meditation | | Meditation | Men's Group* | Client Awards/ | 11:00 | | Johnny O Show |
| 11:30 | | | | *those assigned | Appreciation Group | 11:30 | | |
| 12:00 | Lunch | Lunch | Lunch | Lunch | | 12:00 | Lunch | Lunch |
| 12:30 | Rock Climbing | Special Event or | Bowling | Outrigger Canoe | Lunch | 12:30 | | |
| 1:00 | Life Skills | Ropes Course (3rd Tues) | Gym or Activity | | Field Day | 1:00 | Gym or | Gm Activity or |
| 1:30 | or Gym | Life Skills or | Life Skills group | Life Skills or Gym | (Softball, Volleyball) | 1:30 | Activity | ESPN Martindale |
| 2:00 | | Gym | Equine therapy | | | 2:00 | | |
| 2:30 | | | | | | 2:30 | | |
| 3:00 | | | | | | 3:00 | | Life Skills |
| 3:30 | Book Study | Creative Problem Solving | Relationship Group | Musical Meeting | | 3:30 | Big Book Study | |
| 4:00 | | or DBT | | or DBT | | 4:00 | | |
| 4:30 | | | Knots of Love | | | 4:30 | Step Study | |
| 5:00 | | | Dinner | | House Dinner | 5:00 | | House Dinner |
| 5:30 | | | | | | 5:30 | | |
| 6:00 | House Dinner | House Dinner | 12-Step Meeting | Dinner and a | | 6:00 | Dinner | 12-Step Meeting |
| 6:30 | | | Gender Specific | House Meeting | | 6:30 | | Community Group |
| 7:00 | 12-Step Book Meeting | 12-Step Meeting | Newport Club | | 12- Step | 7:00 | | |
| 7:30 | | Gender Specific Meeting | Gender Specific Meeting | Free Time | Candlelight Mtng. | 7:30 | 12-Step Meeting | |
| 8:00 | | Heliotrope (Men) | Newport Club (Men) | | | 8:00 | Newport Club | |
| 8:30 | | Newport Club (Women) | Costa Mesa (Women) | | Cinema Night | 8:30 | | |
| 9:00 | | | | | | 9:00 | | |
| 9:30 | | | | | | 9:30 | | |
| 10:00 | Medication/Curfew | Medication/Curfew | Medication/Curfew | Medication/Curfew | Medication/Curfew | 10:00 | | |
| 10:30 | | | | | | 10:30 | | |
| 11:00 | | | | | | 11:00 | Medication/Curfew | Medication/Curfew |

Free time is to be used for counseling, sponsors, stepwork, journaling, doctors appointments