

House Schedule - Women

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	Dressed and ready to start the day!	Dressed and ready to start the day!	Dressed and ready for appointments	Dressed and ready to start the day!	Dressed and ready to start the day!	Personal Time	Dressed and ready to start the day!
9:30 AM	Check-In	Check-In	Check-In	Check-In	Check-In	P-Time	P-Time
10:00 AM	Chores Complete	Chores Complete	Chores Complete	Chores Complete	Chores Complete	P-Time	P-Time
10:15 AM	Meditation	Meditation	Meditation	Meditation	Meditation	P-Time	P-Time
11:00 AM	Life Skills	P-Time	Empowerment Group	Staff meeting	Relapse Prevention	P-Time	P-Time
12:00 PM	P-Time	P-Time	High Noon/ AA meeting	Staff meeting	Good Livers/AA meeting	P-Time	Courage to Change/Al-anon
12:30 PM	Volunteer/Brother Wolf	P-Time	P-Time	Staff meeting	P-Time	P-Time	P-Time
1:00 PM	Volunteer/Brother Wolf	P-Time	P-Time	Asheville errands and appointments	Volunteer/Brother Wolf	P-Time	Recreational Activities
2:00 PM	Volunteer/Brother Wolf	P-Time	P-Time	Asheville errands and appointments	Volunteer/Brother Wolf	P-Time	Recreational Activities
3:00 PM	Volunteer/Brother Wolf	Deep cleaning	Weaverville Wal-Mart/Ingles	Asheville errands and appointments	Volunteer/Brother Wolf	Weaverville/Wal-Mart Ingles	Recreational Activities
4:00 PM	Volunteer/Brother Wolf	Deep cleaning	Weaverville Wal-Mart/Ingles	Asheville errands and appointments	Volunteer/Brother Wolf	Weaverville/Wal-Mart Ingles	Recreational Activities
5:00 PM	Volunteer/Brother Wolf	House Meeting	Weaverville Wal-Mart/Ingles	Community Meal	Volunteer/Brother Wolf	Weaverville/Wal-Mart Ingles	Recreational Activities
6:00 PM	Volunteer/Brother Wolf	Community Time	P-Time	P-Time	Volunteer/Brother Wolf	P-Time	Yoga
7:00 PM	P-time	AA Big Book Study In House Meeting	Pavillon Alumni meeting	P-Time	Volunteer/Brother Wolf	P-Time	P-Time
8:00 PM	Back To Basics/AA meetings	Yoga (8:15)	P-Time	Circle Street/NA meeting	CODA/In house meeting	Lost and Found/NA meeting	EZ Riders/NA meeting
9:00 PM	P-Time	Community Time	P-Time	P-Time	P-Time	P-Time	P-Time
10:00 PM	Curfew	Curfew	Curfew	Curfew	P-Time	P-Time	Curfew
10:00 PM	10th Step	10th Step	10th Step	10th Step	P-Time	P-Time	10th Step
11:00 PM	P-Time	P-Time	P-Time	P-Time	Curfew	Curfew	P-Time

2011 Next Step Recovery

****Blocks in YELLOW are required of ALL residents unless a validated work schedule interferes with those times
P-Time is time to apply all that's been learned during scheduled program activities**