



TRANSITIONAL LIVING FACILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	Wake up/Breakfast	Wake up/Breakfast	Wake up/Breakfast	Wake up/Breakfast	Wake up/Breakfast
8:30 AM	Morning Meditation/ Daily Reading	Morning Meditation/ Daily Reading	Morning Meditation/ Daily Reading	Morning Meditation/ Daily Reading	Morning Meditation/ Daily Reading
9:00 AM	Group	Group	Group	Group	Group
11:00 AM	Relapse Prevention Group			Big Book Group	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:15 PM	Lecture	Lecture	Lecture	Lecture	Lecture
2:00 PM	Outside activities Search for employment/ volunteer work Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions
5:45 PM	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
6:00 PM (Must be home)	Dinner Prepared by chef	Dinner Prepared by chef	Dinner Prepared by chef	Dinner Prepared by chef	Dinner Prepared by chef
8:00 PM	Outside Meeting	Outside Meeting	Outside Meeting	7:30 NA Meeting In-house	Outside Meeting
12:00 AM	Must be home	Must be home	Must be home	Must be home	Must be home
1:00 AM	LIGHTS OUT (Must be in your bedroom)	LIGHTS OUT (Must be in your bedroom)	LIGHTS OUT (Must be in your bedroom)	LIGHTS OUT (Must be in your bedroom)	LIGHTS OUT (Must be in your bedroom)

Seabrook West Weekend Schedule

Time	<i>Saturday</i>	<i>Sunday</i>
8:30 AM	Wake up/Breakfast	*
9:00 AM	Meditation	Meditation (on your own)
9:30 AM	Weekly Deep Clean, includes individual bedrooms and bathrooms, if needed	Quiet Time Religious Services in the community
12:00 PM	Lunch (on your own)	Lunch (on your own)
1:30 PM	Free time	Prep for Meeting
2:00-3:00 PM	Free time	In-house AA Speaker Meeting
3:30 PM	Free time	House Meeting/Chore Designations
5:00 PM	Dinner preparation by residents	Dinner preparation by residents
6:00 PM	Dinner Clean up	Dinner Clean up
7:00 PM	12 & 12 Meeting **	Review of Handbook
8:00 PM	Leisure time Outside meeting	Leisure time Outside meeting
12:00 AM	Must be home	Must be home
1:00 AM	LIGHTS OUT (Must be in your bedroom)	LIGHTS OUT (Must be in your bedroom)

***You can sleep in on Sunday, but must be up by 10:00 a.m.**

**** Does not count toward required 5 meetings per week.**