

Daily Schedule

MORNINGS

- 6:30 Wake up, coffee, TV time
- 7:00 Breakfast
- 8:30 Eye Opener
- 9-10:00 Text Study or Lecture
- 11-12:00 Group Lecture or Specialty Track

AFTERNOONS

- 12-12:30 Lunch
- 1:00 Small Group
- 3:00 Activities
- 5:00 Dinner

EVENINGS

- 7-8:00..... Guest Speaker or
..... Outside Meetings
- 11:00 Bedtime



Meditation Trail

Guests may enjoy our Meditation Trail, a peaceful walk with stops for each of the 12 steps. Men and women have separate trail access times.

Pizza & Movie
SATURDAY NIGHT