

	LOW INTENSITY SCHEDULE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	Be awake, dressed and have bed made by 7:30 AM						
8:00 AM	Morning Medtation 8:00 AM						
8:30 AM							
9:00 AM							
9:30 AM	Chores completed by 9:30 AM					Awake, Dressed and Bed Made at 9:30AM	
10:00AM		Women's and Men's Group (10-10:45 Women's Mental Health Group)	RPG at 10AM-11AM or 6PM-7PM	Women's and Men's Group (10-10:45 Men's Mental Health Group)		Meditaion at 10AM	
10:30AM						Chores completed by 10:30AM	
11:00AM							
11:30AM							
12 N	Lunch 11:45AM-1:00PM						
12:30 PM							
1:00 PM							
1:30 PM	Mandatory Education- Excused only for medical appointments or work.					** RRRC will transport to Olivet Men's Mtg at 7:30 AM Saturday	
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Supper 4:45PM-6:00PM						
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	7:30PM-RRRC will transport to Community Mtg	7:30PM-RRRC will transport to Community Mtg	7:30PM- RRRC will transport to SMART Mtg	7:30PM-RRRC transports to Community Meeting			
8:00 PM							
8:30 PM							
	Client must schedule a one-on-one, one hour session with assigned counselor in addition to above.						

