

## Hemet Valley Recovery Center Program Schedule "Older Adult & Chronic Pain"

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	AA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Stress/ Anger Management	Big Book Study	Grief Group	Chronic Pain Group	12- Step Study or AA Panel (OA)	Continuing Care or Relapse Prevention	Step Study or Group Process
10:00	Recreation	Recreation	Chronic Pain Group	Holistic Therapy/ Meditation	Rap Group	Assignments	10:30 – 12:00 Reflections
11:00	Older Adult Group	Older Adult Group	*** CD Lecture Medical Staff	Older Adult Group	Older Adult Group	*** Pills Anonymous	
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30	Men's Primary Women's Primary	Men's Primary Women's Primary	Men's Primary Women's Primary	Men's Primary Women's Primary	Men's Primary Women's Primary	*** CD Lecture Patients & VIP	NA Panel 2:00 – 3:00
2:45	Community Meeting (3:00 PM)	Case Manager Group (3:00 PM)	Recreation	Recreation	Recreation	Visiting or Assignments or * Movie Outing	Visiting or Assignments
4:00	* Gym or Exercise/ Yoga	* Gym or Exercise/ Yoga	Family of Origin	Case Manager Group	* Gym or Exercise/ Yoga		
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Relapse Prevention *** ALANON	*** Let Go Let God	*** Alumni Group	*** CD Lecture (Pts & VIP)	*** Visiting Assignments Journaling	*** Sober Fun	*** AA Panel
7:00	Self Esteem Group *** VIP Group	CD Group	CD Group Continuing Care VIP Group	Guided Imagery			
8:00	Transition Group (PHP & Phase 3)	Assignments	VIP Group (Cont.) Transition Group (PHP & Phase 3)	Patient Lead AA Meeting			

**Visiting Hours:** 5:00PM – 6:00PM Mon-Fri , 2:30PM – 6:30PM Sat & Sun

\* Phase 3 only

\*\*\* Families may attend