

Hemet Valley Recovery Center Program Schedule – Older Adult Track

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Meditation (East Room)	Talking Circle (East Room)	Community Meeting (West Room)	12-Step /Book Study (West Room)	Meditation (East Room)	Relapse Prevention (West Room)	9:30 Step Study ~ or Group Process (West Room)
10:00	Grief Group (East Room)	Holistic Therapy (East Room)	12-Step Study (West Room)	Chronic Pain-Chakras (East Room) (9am – 11am)	*** CD Lecture Medical Staff (West Room)	Big Book Study (West Room)	10:45 – 11:45 CD Open Discussion (West Room)
			Chronic Pain-Chakras (East Room)	Living Sober (West Room)			
11:00	Experiential Group (West Room)	Healthy Lifestyles (West Room)	CD Lecture (West Room)	Self Awareness (West Room)	Future Keepers (Great Room)	Process Group (West Room)	
	Keepers of the Wisdom (East Room)		Future Keepers (Great Room)	Keepers of the Wisdom (East Room)	Commitment to Sobriety (Peer Led – West Room) ***** Nursing Group All Pts 1 st Fri of month		
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30	Primary Groups Men's- (West Room) Women's- (East Room)	Primary Groups Men's- (West Room) Women's- (East Room)	Primary Groups Men's- (West Room) Women's- (East Room)	Primary Groups Men's- (West Room) Women's- (East Room)	1:30 – 3:30 Men's Inspiration (West Room)	*** CD Lecture Patients & VIP (West Room)	NA Panel 2:00 – 3:00 (West Room)
2:45	Recreation (Rec/East Room)	Recreation (Rec/East Room)	Recreation (Rec/East Room)	Recreation (Rec/East Room)	Women's Empowerment (East Room)	Pills Anonymous (West Room)	Assignments/ Journaling Movie/ Outing
4:00	Exercise/ Yoga (East Room) *Gym (off campus) Tri-care and Phase 3	Exercise/ Yoga (East Room)	Exercise/ Yoga (East Room) *Gym (off campus) Tri-care and Phase 3	Assignments PHP House Meeting (West Room)	*Gym (off campus) - or Exercise/ Yoga (East Room)	Assignments/ Journaling	
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Just for Today (East room)	Reflections (East Room)	12-Step Book Study or Coining (East Room)	Peer Led Group (West Room)	PAWS (Post-Acute Withdrawal Syndrome) (East Room)	Sober Fun !! (West Room)	AA Panel (West Room)
7:00				Family of Origin (East Room)			
	***ALANON (Art Room)	Alumni (Sage Patio)	Assignments/ Journaling				
***VIP (Art Room)							

Visiting Hours: 5:00pm – 6:00pm Monday - Friday 4:00pm- 6:00pm on Saturday 3:00pm – 6:00pm on Sunday Family Week - Twice a month – schedule is posted

LEGEND: Older Adult Track