

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)
11:00	Experiential Group (West Room) Keepers of the Wisdom (East Room)	Healthy Lifestyles (West Room)	Chronic Pain-Chakras (East Room)	Living Sober (West Room)	Future Keepers (Great Room)	Process Group (West Room)	
			CD Lecture (West Room)	Self Awareness (West Room)	Commitment to Sobriety (Peer Led – West Room) ***** Nursing Group All Pts 1 st Fri of month		
			Future Keepers (Great Room)	Keepers of the Wisdom (East Room)			
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) Continuing Care (East Room) ***ALANON (Art Room)	PAWS (Post-Acute Withdrawal Syndrome) (East Room)	Sober Fun !! (West Room)	AA Panel (West Room)
7:00	Family of Origin (East Room)	Self Esteem (East Room)	Let Go Let God or Coining	Alumni (Sage Patio) *** VIP (Art Room)	Assignments/ Journaling		

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