

The Arbor Men's Program Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--|---|--|--|---|
| 6:00 | Wake Up | Wake Up | Wake Up | Wake Up | Wake Up |
| 6:15-6:45 | Prayer & Meditation | Prayer & Meditation | Prayer & Meditation | Prayer & Meditation | Prayer & Meditation |
| 6:45-7:00 | Transition | Transition | Transition | Transition | Transition |
| 7:00-7:30 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 7:30-7:45 | Transition | Transition | Transition | Transition | Transition |
| 7:45-8:00 | Room Check | Room Check | Room Check | Room Check | Room Check |
| 8:00-8:15 | Transition to Fitness | Transition to Fitness | Transition to Fitness | Transition to Fitness | Transition to Fitness |
| 8:15-9:15 | Fitness | Fitness | Fitness | Fitness | Fitness |
| 9:15-9:30 | Transition | Transition | Transition | Transition | Transition |
| 9:30-10:00 | Shower / Ready | Shower / Ready | Shower / Ready | Shower / Ready | Shower / Ready |
| 10:00-11:15 | Walking the Steps | 10:00-10:45 Assignments, Testing or Individual Session | Walking the Steps | Assignments, Testing or Individual Session | Walking the Steps |
| | | 10:45-11:30 Educ. (Bob) | | | |
| 11:30-11:45 | Transition | Transition | Transition | Transition | Transition |
| 11:45-12:30 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:30-12:45 | Transition | Transition | Transition | Transition | Transition |
| 12:45-1:15 | Community | Community | Community | Community | Community |
| 1:15-1:30 | Break | Break | Break | Break | Break |
| 1:30-3:00 | Process Group | Process Group | Process Group | Process Group | Process Group |
| 3:00-3:15 | Snack | Snack | Snack | Snack, Personal Time, Testing or Indiv Session or 3:00 - 3:30 1st & 3rd Meeting with Jim | Snack |
| 3:15-4:15 | Personal Time, Testing or Indiv Session | Personal Time, Testing or Indiv Session | Personal Time, Testing or Indiv Session | | Personal Time, Testing or Indiv Session |
| 4:15-4:30 | Transition | Transition | Transition | 3:45 - 4:30 Education Dr. Earthman | Transition |
| 4:30-5:00 | Dinner | Dinner | Dinner | Dinner | Dinner |
| 5:00-5:15 | Transition | Transition | Transition | Transition | Transition |
| 5:15-5:45 | Clean Up | Clean Up | Clean Up | Clean Up | Clean Up |
| 6:00-7:00 | Assignment Writing | Personal Time | Assignment Writing | Personal Time | 6:00 - 7:30 Equine Assisted Psychotherapy |
| 7:00-9:30 | 12 Step Meeting | 12 Step Meeting | 12 Step Meeting | 12 Step Meeting | 7:30 - 8:00 Evening Review |
| 9:30-10:00 | Evening Review | Evening Review | Evening Review | Evening Review | 8:00-10:15 Movie Night |
| 10:00 | Bed Time / Lights Out | Bed Time / Lights Out | Bed Time / Lights Out | Bed Time / Lights Out | 10:30 Bed Time / Lights Out |

The Arbor Men's Program Schedule

| Time | Saturday | Sunday |
|--------------------|---------------------|---|
| 6:45 | Wake Up | Wake Up |
| 7:15-7:45 | Prayer & Meditation | Prayer & Meditation |
| 7:45-8:00 | Transition | Transition |
| 8:00-8:30 | Breakfast | Breakfast |
| 8:30-8:45 | Transition | Transition |
| 8:45-9:00 | Room Check | Room Check |
| 9:00-9:30 | Personal Time | Personal Time |
| 9:30-11:00 | Process Group | Spiritual Development 9:30-10:30 <i>(in house)</i> 9:00 - 11:00 <i>(off campus)</i> |
| 11:00-11:30 | Personal Time | Code of Conduct |
| 11:30-11:45 | Transition | Transition |
| 11:45-12:15 | Lunch | Lunch |
| 12:15-12:30 | Transition | Transition |
| 12:30-1:00 | Community | Community |
| 1:00-3:00 | Recreation | Recreation |
| 3:00-4:15 | Personal Time | Personal Time |
| 4:15-4:30 | Transition | Transition |
| 4:30-5:00 | Dinner | Dinner |
| 5:00-5:15 | Transition | Transition |
| 5:15-5:45 | Clean Up | Clean Up |
| 5:45-7:00 | Personal Time | Personal Time |
| 7:00-9:30 | 12 Step Meeting | 12 Step Meeting |
| 9:30-10:00 | Evening Review | Evening Review |
| 10:00 | Bed Time Lights Out | Bed Time Lights Out |

**** Sunday activities:**

The first visitation can occur on the 3rd Sunday

following a client being a resident for 30 days.

Visitors are required to attend the Family Education session prior to visiting.

Family Education and Visitation occur on the 3rd Sunday of the month.

*** NOTES:**

Phone usage is on Sundays.

Alpha Stem can be used during 7 - 7:30am Prayer and Meditation

12 step meetings: (3) off property 7:00 - 9:30pm and (3) on property 7:00-9:30pm