



## TRANSITIONAL LIVING FACILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	Wake up/Breakfast	Wake up/Breakfast	Wake up/Breakfast	Wake up/Breakfast	Wake up/Breakfast
8:30 AM	<b>Morning Meditation/ Daily Reading</b>	<b>Morning Meditation/ Daily Reading</b>	<b>Morning Meditation/ Daily Reading</b>	<b>Morning Meditation/ Daily Reading</b>	<b>Morning Meditation/ Daily Reading</b>
9:00 AM	<b>Group</b>	<b>Group</b>	<b>Group</b>	<b>Group</b>	<b>Group</b>
11:00 AM	<b>Relapse Prevention Group</b>			<b>Big Book Group</b>	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:15 PM	<b>Lecture</b>	<b>Lecture</b>	<b>Lecture</b>	<b>Lecture</b>	<b>Lecture</b>
2:00 PM	Outside activities Search for employment/ volunteer work Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions	Outside activities Search for employment/ volunteer work Laundry Gym Computer Medical appointments Individual sessions
5:45 PM	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>
6:00 PM (Must be home)	Dinner Prepared by chef	Dinner Prepared by chef	Dinner Prepared by chef	Dinner Prepared by chef	Dinner Prepared by chef
8:00 PM	<b>Outside Meeting</b>	<b>Outside Meeting</b>	<b>Outside Meeting</b>	<b>7:30 NA Meeting In-house</b>	<b>Outside Meeting</b>
12:00 AM	Must be home	Must be home	Must be home	Must be home	Must be home
1:00 AM	<b>LIGHTS OUT (Must be in your bedroom)</b>	<b>LIGHTS OUT (Must be in your bedroom)</b>	<b>LIGHTS OUT (Must be in your bedroom)</b>	<b>LIGHTS OUT (Must be in your bedroom)</b>	<b>LIGHTS OUT (Must be in your bedroom)</b>

**Seabrook West  
Weekend Schedule**

<b>Time</b>	<b><i>Saturday</i></b>	<b><i>Sunday</i></b>
<b>8:30 AM</b>	Wake up/Breakfast	*
<b>9:00 AM</b>	Meditation	Meditation (on your own)
<b>9:30 AM</b>	Weekly Deep Clean, includes individual bedrooms and bathrooms, if needed	Quiet Time Religious Services in the community
<b>12:00 PM</b>	Lunch (on your own)	Lunch (on your own)
<b>1:30 PM</b>	Free time	Prep for Meeting
<b>2:00-3:00 PM</b>	Free time	In-house AA Speaker Meeting
<b>3:30 PM</b>	Free time	House Meeting/Chore Designations
<b>5:00 PM</b>	Dinner preparation by residents	Dinner preparation by residents
<b>6:00 PM</b>	Dinner Clean up	Dinner Clean up
<b>7:00 PM</b>	12 & 12 Meeting **	Review of Handbook
<b>8:00 PM</b>	Leisure time Outside meeting	Leisure time Outside meeting
<b>12:00 AM</b>	Must be home	Must be home
<b>1:00 AM</b>	<b>LIGHTS OUT (Must be in your bedroom)</b>	<b>LIGHTS OUT (Must be in your bedroom)</b>

**\*You can sleep in on Sunday, but must be up by 10:00 a.m.**

**\*\* Does not count toward required 5 meetings per week.**