

“Easy Does It” Schedule

WEEKDAYS			WEEKENDS			
Breakfast 7:00 – 8:00			Breakfast 8:00 – 9:00			
Chores 8:00 – 9:00			Chores 9:00 – 10:00			
Morning Meditation 9:00 – 9:30			Morning Meditation 10:00 – 10:30			
Camp Maintenance 9:30 – 12:00			Leisure Time 10:30 – 12:00			
Lunch 12:00 – 1:00			Lunch 12:00 – 1:00			
Leisure Time (orientation if 1st Day) 1:00 – 4:30			Leisure Time 1:00 – 4:30			
Supper 4:30 – 5:30			Supper 4:30 – 5:30			
Chore Follow-Up 5:30 – 6:00			Chore Follow-Up 5:30 – 6:00			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group 6-7 Free Time 7-10	Group 6-7 Free Time 7-10	Group 6-7 A.A Meeting 8-9	Group 6-7 Free Time 7-10	Gardening Approp.time Free Time 8-10	Movie Night 8-10 Free Time 10-11	A.A Meeting 8-9 Free Time 9-11
Quiet Time 10:00 – 11:30			Quiet Time 11:00 – 12:30			
Lights Out 11:30 – 12:00			Lights Out 12:30-1:00			

***The use of walkmans/mp3 players etc are restricted to evening Free Time on Weekends only.**

***There are no groups on the weekends, take the extra time to work on your plan of recovery.**