

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Wake Up (7:00am)					Wake Up (8:00am)	
7:30am	Breakfast (7:30am-8:15am)						
8:15am	Van Leaves For Admin (8:15am)						
8:30am	2nd Van Leaves For Admin (8:30am) ***** Only if necessary					Breakfast (8:30am-9:15am)	Breakfast (8:30am-9:15am)
8:45am	Qigong	Qigong	Qigong	Qigong	Qigong		
9:15am	Seminar	Seminar	Seminar	GuestSpeaker	Seminar	Van Leaves For Admin (9:15am)	Step Work / Free Time
9:45am						2nd Van Leaves	
10:00am							
10:30am	Morning Break					Family Seminar	Family Visits / Church / Step Work / Free Time
10:45am	Small Group	Small Group	Gender Group	Small Group	Small Group		
12:30pm	Lunch (12:30pm-1:30pm)					Couples / Family Meeting or AA Meeting	Family Visits / Step Work / Free Time
1:30pm	Spirituality	12 Step Seminar	Spirituality	Client Presentations	Client Presentations		
2:45pm	Afternoon Break						
3:00pm	Meditation	Yoga	Recovery Movie	Art Therapy	Step Work / Free Time / Gym	Step Work / Free Time	Step Work / Free Time
4:00pm	Step Work/ Free Time / Gym	Step Work/ Free Time / Gym	Step Work/ Free Time / Gym	Step Work/ Free Time / Gym			
5:00pm	Supper (5:00pm-6:00pm)					Step Work / Free Time	Step Work / Free Time
6:00pm	Step Work / Free Time			Step Work / Free Time			
6:45pm							
7:00pm	AA / NA Panel	AA Meeting (Bowen Island)	FOO / In-House NA Meeting	Alumni Meeting	Optional AA Meeting (Bowen Island)	In-House AA Meeting	AA Step Meeting or CA Panel
8:30pm	Checkout					Step Work / Free Time / Movie	Step Work / Free Time / Movie
9:00pm	Step Work / Free Time	Step Work / Free Time	Step Work / Free Time / Movie	Step Work / Free Time			
11:00pm	Lights Out				Lights Out		Lights Out
midnight							

The last Thursday of every month is Alumni Day. This is a day for Alumni to return to The Orchard for an afternoon of celebrating sobriety and sharing their experience, strength and hope. Afternoon programming that day is replaced with alumni events.

Every six weeks we have a extended family long weekend. This will start Friday morning and the topic will be Rebuilding Trust. We will still have client presentations this day when family members are in an AI-Anon meeting.