

# Weekly Routine

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
700	Wake up Dressed Showered Breakfast Teeth Medications	Wake up Dressed Showered Breakfast Teeth Medications	Wake up Dressed Showered Breakfast Teeth Medications	Wake up Dressed Showered Breakfast Teeth Medications	Wake up Dressed Showered Breakfast Teeth Medications	Wake up Dressed Showered Breakfast Teeth Medications	
800	Morning Group Virtues reading Virtues discussion Mindfulness meditation on the virtue of the day Schedule for day	Morning Group Virtues reading Virtues discussion Mindfulness meditation on the virtue of the day Schedule for day	Morning Group Virtues reading Virtues discussion Mindfulness meditation on the virtue of the day Schedule for day	Morning Group Virtues reading Virtues discussion Mindfulness meditation on the virtue of the day Schedule for day	Morning Group Virtues reading Virtues discussion Mindfulness meditation on the virtue of the day Schedule for day	Morning Group Virtues reading Virtues discussion Mindfulness meditation on the virtue of the day Schedule for day	
830	Morning chores	Morning chores	Morning chores	Morning chores	Morning chores	Morning chores	
900	Morning walk, room inspections and chores checked	Morning walk, room inspections and chores checked	Morning walk, room inspections and chores checked	Morning walk, room inspections and chores checked	Morning walk, room inspections and chores checked	Morning walk, room inspections and chores checked	Wake up Dressed Showered Breakfast Teeth Medications
930	Fruit and drink	Fruit and drink	Fruit and drink	Fruit and drink	Fruit and drink	Fruit and drink	Morning Group Virtues reading Virtues discussion Mindfulness meditation on the virtue of the day Schedule for day
1000	Individual progress session	Individual progress session	Individual progress session	Individual progress session	Individual progress session	Community outing	Morning chores
1030							
1100	Group	Group	Group	Obrien Centre	Group work		
1130							
1200	Lunch	Packed Lunch	Lunch	Lunch	Lunch	Picnic Lunch	Lunch
1230							
1300	Review group		PCYC		Group work		Visiting hours
1330		To be advised		Group			
1400	PCYC						
1430							
1500				Hard walk for mud runners	Shopping trip		
1530							
1600			Art				
1630							
1700							
1730							
1800	Dinner	Dinner	Dinner	Dinner		Dinner	Dinner
1830							
1900							
1930	Daily reflection meeting	Daily reflection meeting	Daily reflection meeting	Daily reflection meeting	Daily reflection meeting	Daily reflection meeting	Daily reflection meeting
2000					Pizza and movie night		
2030							
2100							

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2130							
2200							
2230	Lights out	Lights out	Lights out	Lights out	Lights out		Lights out
2300							
2330						Lights out 2330	