

RESIDENTS' DAILY AGENDA

1. Men will be out of bed by 9AM on weekdays and 11AM on weekends & holidays. (You are not allowed back in bed until after 4PM unless you are under doctor orders or you have a 3rd shift job or have the approval from staff)
2. Meditation will be from 7 AM to 7:15 AM - Meditation will be led by a resident each week.
3. Bed must be made by 8:30 AM unless you worked 3rd shift
4. Breakfast will be served between 9:00AM & 10:30AM; Dinner - 5pm to 6pm; Snack 10pm to 10:30 pm; Weekend Brunch 9:00AM to 10:30AM
5. Rooms are to be done by 9:00AM
6. Men that have doctor appointments are to made
7. Men will be at the house to depart for NA/AA meetings 30 Minutes prior to the House transportation departure time. (Ex. Meeting starts at 7:30 you will need to be home by 6:30 at the latest.
8. Mandatory House community Meeting is on Sunday Nights at 7PM unless prior notice given.
9. Monday, Wednesday, Friday 9am to 12pm am is mandatory SAIOP (Substance Abuse Intensive Outpatient) group.
10. Outside meetings (AA/NA) will be held on Sunday, Tuesday, Thursday Nights. Saturday will be activity day (movies, skating, bowling and other activities).
11. Morning medication is giving between 8am and 8:30, Night medications are giving between 10pm and 10:30pm. (No medication is kept in rooms).

This agenda is subject to changes and modifications at the discretion of staff, However, all and any changes will always be for the benefit of the men residing at the Grace & Mercy House.