

Wildwood Farm: Resident Weekly Program Schedule

	MONDAY FARM	TUESDAY FARM	WEDNESDAY FARM	THURSDAY FARM	FRIDAY FARM	SATURDAY FARM	SUNDAY FARM
7:00			Wake Up at 7:00am <i>(Leave for Mtg at 7:15am)</i>			Wake Up at 7:00am <i>(Leave for Mtg at 7:15am)</i>	
7:30	Wake Up by 7:30am Personal Time/Step 11 Breakfast Down by 8:00am	Wake Up by 7:30am Personal Time/Step 11 Breakfast Down by 8:00am	AA: Joy of Living Christ Episcopal Guilford	Wake Up by 7:30am Personal Time/Step 11 Breakfast Down by 8:00am	Wake Up by 7:30am Personal Time/Step 11 Breakfast Down by 8:00am	AA: Sunrise Saturday Morning Christ Episcopal Guilford	Sleep In or Personal Time <i>(Wake & Down by 10:00am)</i>
8:00 - 8:30	Reflection: Journal, Step 10 Checkist <i>(8:00 - 8:15)</i> Meditation <i>(8:15 - 8:30)</i>	Reflection: Journal, Step 10 Checkist <i>(8:00 - 8:15)</i> Meditation <i>(8:15 - 8:30)</i>		Reflection: Journal, Step 10 Checkist <i>(8:00 - 8:15)</i> Meditation <i>(8:15 - 8:30)</i>	Reflection: Journal, Step 10 Checkist <i>(8:00 - 8:15)</i> Meditation <i>(8:15 - 8:30)</i>		
8:30 - 9:00	Morning Meeting	Morning Meeting		Breakfast Personal Time	Morning Meeting		
9:00 - 9:45	Esteemable Acts (EA): Animal, Chores & Room <i>(9:00 - 9:30)</i> <i>If EA done,</i> Personal Time <i>(9:00 - 9:45)</i> Staff Check on EA <i>(9:30)</i>	Esteemable Acts (EA): Animal, Chores & Room <i>(9:00 - 9:30)</i> <i>If EA done,</i> Personal Time <i>(9:00 - 9:45)</i> Staff Check on EA <i>(9:30)</i>	Esteemable Acts (EA): Animal, Chores & Room <i>(9:00 - 9:30)</i> <i>If EA done,</i> Personal Time <i>(9:00 - 9:45)</i> Staff Check on EA <i>(9:30)</i>	Esteemable Acts (EA): Animal, Chores & Room <i>(9:00 - 9:30)</i> <i>If EA done,</i> Personal Time <i>(9:00 - 9:45)</i> Staff Check on EA <i>(9:30)</i>	Esteemable Acts (EA): Animal, Chores & Room <i>(9:00 - 9:30)</i> <i>If EA done,</i> Personal Time <i>(9:00 - 9:45)</i> Staff Check on EA <i>(9:30)</i>	Esteemable Acts (EA): Animal, Chores & Room <i>(9:00 - 9:30)</i> <i>If EA done,</i> Personal Time <i>(9:00 - 9:45)</i> Staff Check on EA <i>(9:30)</i>	Staff Check on EA <i>(10:30)</i> Religious Services <i>(Optional)</i>
9:45 - 10:30	Activity: QUEER LIFE <i>(Matt)</i>	Activity: YOGA <i>(Lynn)</i>	HOUSE MEETING <i>(Program Manager)</i>	Activity: YOGA <i>(Lynn)</i>	Activity: BIG BOOK <i>(Fred)</i>	COMMUNITY FARM WORK/PROJECT	
11:00 - 12:00	Clinical Group: RELAPSE PREVENTION <i>(Mike)</i>	Clinical Group: LIFE SKILLS <i>(Mike)</i>	Clinical Group: RELAPSE PREVENTION <i>(Ted)</i>	Clinical Group: QUEER LIFE <i>(Mike)</i>	<i>(Lunch & Personal Time - 1 hr)</i>		
12:00 - 1:00	<i>(Lunch & Personal Time - 1 hr)</i>	<i>(Lunch & Personal Time - 1 hr)</i>	<i>(Lunch & Personal Time)</i>	<i>(Lunch & Personal Time - 1 hr)</i>	INDIVIDUAL THERAPY	Lunch/ Personal Time	Resident Directed Time, with Approval: <i>Family/Friend Visits</i> <i>Personal Time</i> <i>Set Up for Week Ahead/ Errands</i> <i>Impromptu "Adventures"</i>
1:00 - 2:00	INDIVIDUAL THERAPY	INDIVIDUAL THERAPY	Activity: ART <i>(Cindy)</i>	INDIVIDUAL THERAPY	SOBER CALLS		
2:00 - 3:00	SOBER CALLS	SOBER CALLS	SOBER CALLS	SOBER CALLS	FARM CARE <i>(Health & Wellness)</i>		
3:00 - 4:00	CASE MANAGEMENT/ GOAL WORK <i>(Health & Wellness)</i>	FARM CARE <i>(Health & Wellness)</i>	SOBER CALLS <i>(Health & Wellness)</i>	CASE MANAGEMENT/ GOAL WORK <i>(Health & Wellness)</i>	CASE MANAGEMENT/ GOAL WORK <i>(Health & Wellness)</i>		
4:00 - 5:00	<i>(Personal Appointments)</i>		SOBER CALLS <i>(Personal Appointments)</i>	<i>(Personal Appointments)</i>	<i>(Personal Appointments)</i>		
5:00 - 5:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		
5:30 - 6:00	Dinner as a Community & Clean Up	Personal Time	Dinner as a Community & Clean Up	Personal Time	Dinner as a Community & Clean Up	Dinner as a Community & Clean Up	
6:00 - 6:30	Personal Time & Travel <i>(7-45)</i>	Alumni Dinner		AA: Living Free <i>(LGBTQ+ Just For Today Discussion)</i> Congregational Church	Personal Time & Travel to Meeting <i>(6-45)</i>	In-House Community Activity: Activity, Game or Movie Night <i>(Rotating Client Lead)</i>	12-Step Meetings: TBD - House Attend Meeting with Sponsor/Network
6:30 - 7:00		In: From Shame To Pride <i>In-House Queer Life Forum (1st & 3rd Tues, 7-8pm)</i>					
7:00 - 7:30		AA: The Rock <i>(Open Discussion)</i> United Methodist Church Branford <i>(2nd & 4th Tues: 7:30 - 8:30pm)</i>		COMMUNITY DINNER OUT	AA: Guilford Speaker <i>Congregational Church Guilford</i>		
8:00 - 8:30	AA: Monday 12 Step <i>(Step Work)</i> Christ Episcopal Guilford	End of Day Responsibilities Check Out with Day Staff	COMMUNITY ACTIVITY <i>(Bowling, Movies, Game Night)</i>	End of Day Responsibilities Check Out with Day Staff	End of Day Responsibilities Check Out with Day Staff	End of Day Responsibilities Check Out with Day Staff	End of Day Responsibilities Check Out with Day Staff
9:00 - 9:30	End of Day Responsibilities Check Out with Day Staff	Personal Time	End of Day Responsibilities Check Out with Day Staff	Personal Time	Personal Time	Personal Time	Personal Time
9:30 - 10:00	Personal Time	*Tech turned in by 10pm	Personal Time	*Tech turned in by 10pm	*Tech turned in by 10pm	*Tech turned in by 10pm	*Tech turned in by 10pm
10:00 - 10:30	* Tech turned in by 10pm		* Tech turned in by 10pm				
11:00	Curfew	Curfew	Curfew	Curfew	Curfew		Curfew
11:30							
12:00						Curfew	