



FOUNDATION HOUSE RESIDENTIAL PROGRAM CLIENTS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WAKE UP, SHOWER, MAKE BEDS, BREAKFAST 7:00 to 7:45						
Exercise / Walk 7:45 to 8:15					House Group 7:45 to 8:15	Walk 7:45 to 8:15
House Group 8:15 to 9:00						House Group 8:15 to 9:00
Education Group 9:15 to 10:15	Education Group 9:15 to 10:15	Education Group 9:15 to 10:15	Education Group 9:15 to 10:15	Education Group 9:15 to 10:15	12 Step Meeting 8:15 to 9:45	12 Step Meeting and shop-stop 9:00 to 12:00
Clients cleaning from 10:30	Clients cleaning from 10:30	Clients cleaning from 10:30	Clients cleaning from 10:30	Clients cleaning from 10:30	Clients Outing and LUNCH	
Assignments or Counselling	Assignments or Counselling	Assignments or Counselling	Assignments or Counselling	Assignments or Counselling		
LUNCH 12:30					9.45 to 2.30	LUNCH 12:30 to 1:30
Communication Group 1:30 to 2:30	Communication Group 1:30 to 2:30	Shopping Trip 1:00	Communication Group 1:30 to 2:30	Fun Exercise 1:00 to 3:00		Clients cleaning
Assignments or Counselling 2:30 to 4:15	Assignments or Counselling 2:30 to 4:15	Check in Group after shopping	Assignments or Counselling 2:30 to 4:15	Assignments or Counselling 3:00 to 4:15		Check in Group 3:15pm
Step 1 Group 4:15 to 5:15	Step 2 Group 4:15 to 5:15	BBQ Set-up & Cook 4:30	Step 3 Group 4:15 to 5:15	Education Group 4:15 to 5:15	Check in Group after outings 3:15	Visitors 4:00 to 5:30
DINNER 5:15						
12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00	Relapse Prevention Group 6:30 to 7:30 12 Step Meeting 8:00 to 10:00	12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00	12 Step Meeting 7:00 to 11:00