

## APPLETON GROUPS AND MEETINGS

<b>MONDAY</b>	
Contract Group A	9:30 am – 10:00 am
Self Assessment	9:30 am – 10:00 am
Young Adult Group	10:00 am – 10:30 am
Freedom Through Structure	11:00 am – 11:45 am
Let's Go Group	1:00 pm – 3:00 pm
Contract Group B	1:00 pm – 2:00 pm
Fitness Center	2:00 pm – 3:00 pm
Interpersonal Skills	3:15 pm – 4 pm
Newspaper Group	3:30 pm – 3:45 pm
Self Assessment	4:00 pm – 4:15 pm
Meditation Group	4:30 pm – 5 pm
Recreation Van Trip	6:30 pm – 8:30 pm
<b>TUESDAY</b>	
Self Assessment	9:30 am – 10:00 am
Men's Group	9:45 am – 10:30 am
Women's Group	9:45 am – 10:30 am
House Meeting	10:30 am – 11:00 am
Medication Group	11:15 am – 12:00 pm
Family Issues	1:00 pm – 1:45 pm
Cooking Group	2:00 pm – 3:00 pm
Newspaper Group	3:30 pm – 3:45 pm
Strength Training	3:45 pm – 4:15 pm
Changes Group	4:00 pm – 4:30 pm
Self Assessment	4:00 pm – 4:15 pm
Food Shopping	6:30 pm – 8:00 pm
<b>WEDNESDAY</b>	
Self Assessment	9:30 am – 10:00 am
Young Adult Group	10:00 am – 10:45 am
Fitness Group	11:00 am – 12:00 pm
Habitat Volunteer Group	11:00 am- 12:00 pm
Symptom Management	1:00 pm – 1:40 pm
Art Group	1:45 pm – 2:30 pm
Newspaper Group	3:30 pm – 3:45 pm
Dual Diagnosis	3:30 pm – 4:30 pm
(Note: No Self Assessment on Wednesday afternoons)	
Food Shopping	6:30 pm – 8:00 pm

<b>THURSDAY</b>	
Horticultural Group	9:30 am – 10:00 am
Self Assessment	9:30 am – 10:00 am
Strength Training	9:30 am – 10:00 am
Young Adults Group	10:00 am – 10:30 am
Contract Group	10:30 am – 11:00 am
DBT	11:00 am – 11:45 am
Maintaining Recovery	1:00 pm - 1:45 pm
Yoga	2:00 pm - 2:30 pm
Dual Diagnosis	2:30 pm – 3:15 pm
Newspaper Group	3:30 pm – 3:45 pm
Community Connections	3:45 pm – 4:30 pm
Self Assessment	4:00 pm – 4:15 pm
Recreational Van Trip	6:30 pm – 8:30 pm
<b>FRIDAY</b>	
Week-In-Review/Weekend Plans	9:00 am – 9:30 am
Self Assessment	9:30 am – 10:00 am
Young Adult Group	9:30 am – 10:00 am
Fitness Group	11:00 am – 12:00 pm
Food Shopping	12:45 pm – 2:30 pm
Transportation Group	12:45 pm - 3:30 pm
Newspaper Group	3:30 pm – 3:45 pm
Self Assessment	4:00 pm – 4:15 pm
Young Adult Group	(Time determined weekly)
<b>SATURDAY</b>	
Recreational Van Trip	1:00 pm
Fitness Center	1:00 pm – 2:00 pm
Gym	3:00 pm – 4:00 pm
Recreational Van Trip	6:30 pm
<b>SUNDAY</b>	
Recreational Van Trip	1:00 pm
Fitness Center	1:00 – 2:00 pm
Gym	1:00 pm – 2:00 pm
Recreational Van Trip	6:30 pm
A: Appleton Groups and Meetings	