



Anchor Residential Unit Typical Daily Schedule

	Monday to Friday	Saturday	Sunday
Kitchen open (coffee time)	07:00	07:00	07:00
Wake up call	06:45	06:45	06:45
Breakfast	07:30 - 08:00	07:30 - 08:00	08:00 - 08:30
Smoke break	08:00 - 08:15	08:00 - 08:15	08:45 - 09:00
Morning medications	08:15 - 09:00	08:15 - 09:00	08:15 - 09:00
Morning meditation	08:30 - 08:45	08:30 - 08:45	09:00 - 09:20
Community meeting group	09:00 - 10:15	09:00 - 10:15	09:45 - 10:30
Morning snack	10:15 - 10:30	10:15 - 10:30	10:30 - 10:45
Morning workshop	10:30 - 11:45	10:30 - 11:45	10:45 - 11:45
Lunch	12:00 - 12:30	12:00 - 12:30	12:00 - 12:30
Smoke break	12:30 - 12:45	12:30 - 12:45	12:30 - 12:45
Chores	-	-	12:45 - 13:30
Process group	12:45 - 14:15	12:45 - 14:15	-
Afternoon snack	14:15 - 14:30	14:15 - 14:30	13:30 - 13:45
Afternoon workshop	14:30 - 15:30	14:45 - 15:30	-
Visiting time	-	-	14:00 - 16:00
Chores	15:30 - 16:00	15:30 - 16:00	-
Free time	16:00 - 16:45	16:00 - 16:45	14:00 - 16:45
Dinner	16:45 - 17:15	16:45 - 17:15	16:45 - 17:15
Smoke break	17:15 - 17:30	17:15 - 17:30	17:15 - 17:30
Evening workshop	17:45 - 19:00	17:45 - 19:00	17:45 - 19:00
12 step meeting	19:30 - 20:30	19:30 - 20:30	19:30 - 20:30
Phone calls, free time	Mon – Thur 20:30 - 22:30	Fri – Sat 20:30 - 23:00	Sun 20:30
Evening snack	21:30 - 21:45	21:30 - 21:45	21:30 - 21:45
Smoke break	21:45 - 22:00	21:45 - 22:00	21:45 - 22:00
Lights out	Mon – Thur 23:00	Fri – Sat 23:30	Sun 23:00