



Schedule for the week - 5/13 to 5/19

|              | Monday 5/13                                | Tuesday 5/14                                | Wednesday 5/15                          | Thursday 5/16                                     | Friday 5/17                                     | Saturday 5/18  | Sunday 5/19                           |
|--------------|--|---|---|---|---|--|---------------------------------------|
| chore focus  | floors                                     | garbage/recycle                             | bathrooms                               | dusting   | kitchen   | fireplaces - clean out                                   | outside                               |
| Laundry day  | House laundry                              | beds 1 & 2                                  | beds 3 & 4                              | beds 5 & 6  | beds 7 & 8                                      | beds 9 & 10  | beds 11 & 12                          |
| house notes  | Dampers replaced 11am - reach out to Rowan |   |   |   | Robin off - Kelly Clark dinner                  |  |                                       |
| 7:00 AM      | wake up and get going                      | wake up and get going                       | wake up and get going                   | wake up and get going                             | outside meditation 7:00am                       | wake up and get going                                    | wake up and get going                 |
| 7:15 to 8:00 | in house meditation                        | in house meditation                         | in house meditation                     | in house meditation                               |   | in house meditation                                      | in house meditation                   |
| 8:00 to 8:30 | breakfast - workout /walk / AA meeting?    | breakfast - workout /walk / AA meeting?     | breakfast - workout /walk / AA meeting? | breakfast - workout /walk / AA meeting?           | breakfast - workout /walk / AA meeting?         | breakfast - workout /walk / AA meeting?                  | Yoga with Brenda                      |
| 8:55         | front rm for book study                    | front rm for book study                     | front rm for book study                 | front rm for book study                           | front rm for book study                         | Leave for meeting  | David out of Country                  |
| 9:00         |  |   |   |   |   | Saturday Morning Live - 11695 SW Park Way                |                                       |
| 9:30         | Big Book Study - Lowell                    | Book discussion - Joe G.                    | Big Book Study - Young Joe G            | Book Study with Allen                             | Book Study with John J                          |  | Chores - deep clean/yard -            |
| 10:30        |  |   |   |   |   | get ready for Pilates                                    |                                       |
| 11:00        | Chores                                     | Yoga with Sheila                            | Chores                                  | Chores  | Chores  | Pilates with Ellen                                       | Family Time to start                  |
| 11:30        |  |   |   |   |   |  |                                       |
|              | Lunch menu                                 | Lunch menu                                  | Lunch menu                              | Lunch menu  | Lunch menu                                      | Lunch menu   | Lunch menu                            |
| 12:00        | Chicken Noodle Soup - salad and rolls      | Salmon Patties - Cole slaw                  | Chicken Tamale Pie - Salad              | grilled sandwiches - salad                        | Salad Bar                                       | cheeseburgers, baked beans                               | Deli Platter                          |
| 12:30        |  |   |   |   |   |  |                                       |
|              | 12 step - fireside chat                    | 12 step - fireside chat                     | 12 step - fireside chat                 | 12 step - fireside chat                           | 12 step - fireside chat                         |  |                                       |
| 1:00         |  |   |   |   |   |  |                                       |
| 1:30         | Frank P.                                   | Patrick M.                                  | Heidi B.                                | Frank H.  | Bill W.   | House hold - deep cleaning                               | family time cont.                     |
| 2:00         | Meditation with Gary Sanders               | Chores                                      | Yard work                               | Meditation with Patty                             | client story                                    |  |                                       |
| 2:30         |  |   |   |   |   |  | visitation / family time              |
| 3:00         |  | House/community meeting                     | Reading / personal time                 | Reading / personal time                           | Reading / personal time                         |  |                                       |
| 3:30         |  |   |   |   |   | Fun excursion - hiking, i-fly, top golf, paddle board... |                                       |
| 4:00         | Grocery Store and personal time            | writing time / step work - step groups      | writing time / step work - step groups  | Breathe work?                                     | writing time / step work - step groups          |  | Gold Hammer Hall - AA meeting         |
| 4:30         |  |   |   |   |   |  |                                       |
| 5:00         |  |   |   |   |   |  |                                       |
|              | Dinner Menu                                | Dinner Menu                                 | Dinner Menu                             | Dinner Menu                                       | Dinner Menu                                     | Dinner Menu  |                                       |
| 5:30         | Dinner at Lardo / Grassa - pre meeting     | chicken and dumplings - Salad, biscuits     | Salmon - asparagus -Rice and Salad      | Pork Chops - Roasted Carrots, baked apples, salad | Spaghetti & meatballs, salad, bread             | Chicken Pot Pie - Salad                                  | pot luck -Dinner                      |
| 6:00         |  |   |   |   |   |  |                                       |
| 6:30         | 12 step meeting                            | 12 step meeting                             | 12 step meeting                         | 12 step meeting                                   | 12 step meeting                                 | 12 step meeting  | Skating, meeting or Movie?            |
| 7:00         |  |   |   |   |   |  |                                       |
| 7:30         | Central Group - 7:00pm to 8:15pm           | Get in the Car - Devon to chair the meeting | in house meeting with Herb              | Altered Egos - 7pm                                | Choose a meeting, movie or ??? One night a week | TBD  | Personal time / meeting               |
| 8:00         |  |   |   |   |   |  |                                       |
| 8:30         |  |   |   |   |   |  | Schedule for next week                |
| 9:00         | Nightly review - steps ten and eleven      | Nightly review - steps ten and eleven       | Nightly review - steps ten and eleven   | Nightly review - steps ten and eleven             | Nightly review - steps ten and eleven           | Nightly review - steps ten and eleven                    | Nightly review - steps ten and eleven |
| 9:30         |  |   |   |   |   |  |                                       |
| 10:00        |  |   |   |   |   |  |                                       |
|              |  | Garbage night take cans to the street       |   |   |   |  |                                       |