



PINELANDS
RECOVERY CENTER OF MEDFORD

RESIDENTIAL PROGRAMMING SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup
7:30am-8:15am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9am-10am	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
10am-12pm	Process Group	Process Group	Process Group	Process Group	Process Group	Psychoeducation Group	Psychoeducation Group
12pm-12:45pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:45pm-1:45pm	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation
2pm-3pm	Gender Group	Guest Lecturer/Gender Group	Nutrition/Nursing Group	Gender Group	Age Split Group		Family Program
3:15pm-4:15pm	Age Split Group	Age Split Group	Age Split Group	Psychoeducation Alumni Group	Nursing Group		Family Program
4:15pm-5:15pm	Recreation	Yoga	Recreation	Yoga	Recreation	Yoga	Recreation
5:30pm-6:15pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30pm-7pm	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group
7pm-8pm	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting
8pm-9pm	Literature Study	Literature Study	Literature Study	Literature Study	Literature Study	Literature Study	Literature Study
8:30pm	Snack	Snack	Snack	Snack	Snack	Snack	Snack
9pm-10:30pm	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
11pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

This sample schedule may not reflect an individual's treatment schedule when admitted to Pinelands Recovery Center of Medford. For more information on a client's treatment plan, please call 609-678-4093.