PATIENTS DAILY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07h00 – 08h00	Beach Walk					Serenity / Daily Reading	
08h00 – 09h00	Breakfast, Clean Annexes, Housekeeping					BREAKFAST	
09h00 – 10h00	Community (male)	Meditation (male)	Spirituality with Sergio	Meditation (male)	Meditation (male)	Experiential Group with Jim & Patric	Outing: 1. Chapman's Peak Walk 2. Constantia Nek Hike 3. Cecilia Forest Hike 4. World of Birds
	Community (female)	Powerlessness & Damages (female)		Powerlessness & Damages (female)	Powerlessness & Damages (female)		
10h00 – 10h45	Meditation (male)	Meditation (female)	Father Harry Spirituality Group	Meditation (female)	Meditation (female)	Process Group	
	Eating Disorder Group (female)	Powerlessness & Damages (male)		Powerlessness & Damages (male)	Powerlessness & Damages (male)		
10h45 – 11h00	**TEA BREAK**						
11h00 – 12h00	Meditation (female)	Interactive Lecture	Father Harry 1:1 Interactive Lecture	Interactive Lecture	Interactive Lecture	Family Group	
	Powerlessness & Damages (male)	Individual Conjoint	Individual Conjoint	Individual Conjoint	Individual Conjoint		
12h00 – 13h00	**LUNCH**						Barbeque
13h00 – 14h00	Art Therapy	Step Lecture	Step Lecture	Step Lecture	Crystal Healing	13h00 – 14h30 Visiting Time	
	Massage	Massage	Massage	Massage			
14h00 – 15h00	Trauma Therapy (male)	Life skills (male)	NIA Dancing (male)	Tobacco Cessation (male)	Teambuilding (male)		Life Story / Written Work
	Written Work (female)	Written Work (female)	Written Work (female)	Written Work (female)	Written Work (female)		
	Individual Conjoint	Individual Conjoint	Individual Conjoint	Individual Conjoint	Individual Conjoint		
	Massage	Massage	Massage	Massage	Massage		
15h00 – 15h30	**TEA BREAK**						
15h30 – 16h30	Trauma Therapy (female)	Life Skills (female)	NIA Dancing (female)	Tobacco Cessation (female)	Teambuilding (female)	14h30 – 16h00 Life Story / Written Work	Visiting Time
	Written Work (male)	Written Work (male)	Written Work (male)	Written Work (male)	Written Work (male)		
	Individual Conjoint	Individual Conjoint	Individual Conjoint	Individual Conjoint	Individual Conjoint		
	Massage	Massage	Massage	Massage	Massage		
16h30 – 17h30	Audio Visual	Audio Visual	Audio Visual	Audio Visual	Audio Visual	16h00 – 17h30 Recovery Card Game	Goals Group
17h30 – 18h30	**SUPPER**						
18h30 – 19h00	Free Time	Drumming (male) / AA Meeting (female)	Nicanon Meeting	Drumming (female) / AA Meeting (male)	CODA Meeting	Free Time	Life Story / Written Work
19h00 – 19h30	Over Eaters / CODA Meeting						
19h30 – 20h00		Bio Feedback (male)	Free Time	Bio Feedback (female)	NA Meeting / Intervention Movie	NA Speaker	Free Time
20h00 – 20h30	Secondary Care Speaker		NA Meeting		Free Time	Movie / Step 5	AA Speaker
20h30 – 21h00		Music Group		Free Time			
21h00 – 21h30			Free Time				
21h30 – 22h00	**SNACK TIME**						
22h00 – 22h30	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10	Step 10
22h30 – 23h00	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out	Free Time / Lights out