

**Cottonwood Tucson
Residential Treatment Center (RTC) Typical Weekly Adult Patient Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 9:00 Breakfast, Dining Hall	7:00 - 9:00 Breakfast, Dining Hall	7:00 - 9:00 Breakfast, Dining Hall	7:00 - 8:00 Stretch and Relax, Willson Hall	7:00 - 9:00 Breakfast, Dining Hall
	8:15 - 9:45 Equine and Labyrinth, Meet in Patient Lounge in the Lodge	8:15 - 10:00 Equine Assisted Therapy, Patient Lounge in the Lodge	7:00 - 9:00 Breakfast, Dining Hall	
	8:30 - 9:00 Tai Chi, Lodge		8:30 - 9:00 Family Program Orientation - For New Patients, Tree Room	8:30 - 9:30 Family Program - Next Week's Patients' Listwork Instruction, Nurses' Station
9:15 - 3:30 Family Program - No Patients, Family House	8:30 - 3:30 Family Program - No Patients, Family House	8:30 - 3:00 Family Program, Family House	8:30 - 3:30 Family Program, Family House	9:00 - 1:30 Family Program - No Patients Until 10:30, Family House
9:00 - 9:45 Lecture: How Our Core Beliefs Impair Us, Willson Hall	9:00 - 9:45 Lecture: The Relationships Between Chi, Emotions, Healing and Recovery, Willson Hall (*)	9:00 - 9:45 Lecture: The Science of Play, Willson Hall	9:00 - 9:45 Lecture: Codependency, Lodge	9:00 - 9:45 Lecture: Yoga, Willson Hall
10:00 - 11:50 Primary Counseling Group - All Patients Attend	10:00 - 12:00 Recovery Challenge - All Patients, Willson Hall - every other week	10:00 - 11:50 Primary Counseling Group - All Patients Attend	10:00 - 11:50 Primary Counseling Group - All Patients Attend	10:00 - 1:50 Primary Counseling Group - All Patients Attend
12:00 - 1:30 Lunch, Dining Hall	12:00 - 1:30 Lunch, Dining Hall	12:00 - 1:30 Lunch, Dining Hall	12:00 - 1:30 Lunch, Dining Hall	12:00 - 1:30 Lunch, Dining Hall
1:00 - 1:30 Community Meeting - All Patients Attend, Willson Hall	1:00 - 1:30 Community Meeting - All Patients Attend, Willson Hall	1:00 - 1:30 Community Meeting - All Patients Attend, Willson Hall		10:30 - 3:00 Family Program with Patients, Family House
1:15 - 1:30 Abs Express, Willson Hall		1:15 - 1:30 Abs Express, Willson Hall	1:00 - 1:30 Community Meeting - All Patients Attend, Willson Hall	
1:45 - 2:45 Women's Swim by Appointment, Pool	1:45 - 2:45 Men's Swim by Appointment, Pool	1:45 - 2:45 Women's Swim by Appointment Pool	1:15 - 1:30 Senior Peer Advisor Meeting, Tree Room	1:00 - 1:30 Community Meeting - All Patients Attend, Willson Hall
			1:45 - 2:45 The Sacred Battle - Learning to Understand and deal with Conflict through Compassionate	
			1:45 - 2:45 Kickboxing, Willson Hall	
1:45 - 2:45 Codependency as a Root Cause, Willson Hall	1:45 - 2:45 Renew and Renewal, Tree Room	1:45 - 2:45 Orienting to Blue, Lodge	1:45 - 2:45 Men's Issues and Recovery, Lodge	
1:45 - 2:45 Family Program: this week's patients' listwork review, Room 609	1:45 - 2:45 Total Recovery, Willson Hall	1:45 - 2:45 Explorations in Poetry Therapy, Willson Hall	1:45 - 2:45 Men's Swim by Appointment, Pool	1:45 - 2:45 Fun Friday, Lodge
	1:45 - 2:45 Open Art, Room 501			1:45 - 2:45 Adventures in Recovery, Willson Hall

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	3:00 - 4:15 Introduction to Trauma (limit 8), Room 506		3:00 - 4:00 Treatment Overview, Tree Room	
3:00 - 4:00 Self Exploration, Room 501	3:00 - 4:00 Psychic Change, Lodge	3:00 - 4:00 Young Adult Focus Group, Lodge	3:00 - 4:00 Relationships and Sobriety, Lodge	3:00 - 4:00 Jay Walking, Lodge
3:30 - 4:30 Yoga Flow, Willson Hall	3:00 - 4:00 The Science and Art of a Good Night's Sleep, Lodge	3:00 - 4:00 Mindful Yoga and Pranayama, Willson Hall		3:30 - 4:30 Gentle Yoga, Willson Hall
	3:15 - 4:30 Taking Action, Tree Room	3:00 - 4:00 Self Exploration, Room 501	3:00 - 4:15 Trauma and Intimacy, Room 506	
4:00 - 5:00 Orientation, Tree Room	4:00 - 5:00 Orientation Tree Room			4:00 - 5:00 Orientation, Tree Room
	5:00 Women's Off Campus AA Meeting, Departs from the Nurses' Station			
5:00 - 6:00 Dinner, Dining Hall	5:00 - 6:00 Dinner, Dining Hall	5:00 - 6:00 Dinner, Dining Hall	5:00 - 6:00 Dinner, Dining Hall	5:00 - 6:00 Dinner, Dining Hall
		5:45 Off Campus AA Meeting - Departs from the Nurses' Station	5:20 Sarpashana - Off Campus, Departs from Nurses' Station	
	6:00 - 7:00 The Disordered Sleep Workshop - Advanced Relaxation Techniques, Lodge		6:00 - 6:45 Cardio Circuit - Women Only, Gym	6:00 - 7:00 HeartMath Group, Business Center
6:00 - 7:00 Acudetox, Cactus Room	6:00 - 7:15 Processing the Day, Tree Room	6:00 - 7:00 Acudetox, Cactus Room	6:00 - 7:00 Zen and Spirituality Lodge	6:00 - 7:00 Volley Ball, Meet in Willson Hall
6:00 - 7:00 Origami: The Art of Giving Lodge	6:00 - 7:00 12-Step Discussion, Willson Hall	6:00 - 7:00 Making Life Choices, Tree Room	6:00 - 7:00 HeartMath, Business Center	6:05 Off Campus AA Meeting - Departs from Nurse's Station
6:00 - 7:00 Heart Math, Business Center	6:00 - 7:00 HeartMath, Business Center	6:00 - 7:00 HeartMath, Business Center	6:50 Alanon, Departs from Nurses' Station	
	7:10 Off Campus Young Adult AA Meeting (18 - 25 age group), Departs from Nurses' Station			
7:30 - 8:15 CODA - The Solution in the Steps, Willson Hall				
8:30 - 9:00 Wrap Up Group, Willson Hall	8:30 - 9:00 Wrap Up Meeting, Willson Hall	8:30 - 8:45 Wrap Up Meeting, Willson Hall	8:30 - 8:45 Wrap Up Meeting, Willson Hall	8:30 - 9:00 Wrap Up Meeting, Willson Hall
		8:45 - 9:30 PCF-led Activity - Crafts, Lodge	8:45 - 9:30 PCF-led Activity - Music or Staff's Choice, Willson Hall	

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Saturday	Sunday
7:00 - 8:00 Breakfast, Dining Hall	7:00 - 8:00 Breakfast, Dining Hall
9:00 - 9:30 Community Meeting, Willson Hall	7:35 Off Campus Adult Men's AA Meeting, Depart from Nurses' Station
9:00 - 4:30 Massage, Room 409	9:00 - 10:00 All Addictions Meeting - 12 Step, Lodge
	9:30 - 10:30 Guided Imagery Group, Cactus Room
10:45 - 11:45 Yoga Flow, Willson Hall	10:30 - 11:30 Growth and Change, Lodge
10:45 - 11:45 Discussion Group, Lodge Patients Not on the Outing	11:00 - 12:00 Overeaters Anonymous Meeting, Family House
11:30 - 1:00 Lunch, Dining Hall	11:30 - 1:00 Lunch, Dining Hall
1:30 - 2:30 Cooking in Seasons with Three Course Elegant Meal Seasonal Soups - Bisques, Chowders, Chilies, Gazpachos, Cottonwood Chefs, Dining Hall	1:00 - 4:00 Patient Visiting & T.V./Games - Patients Not Having Visitors, Willson Hall
1:00 - 2:00 Music and Spirituality, Willson Hall	1:00 - 2:00 Possibilities, Cactus Room
1:00 - 2:00 Listwork Preparation For Patients Attending Family Program Next Week, Cactus Room	1:30 - 2:30 Addiction and Lies, Lodge
1:30 - 2:30 Open Swim - Women Only, Pool	1:30 - 2:30 The Spirituality of Nature: Zen Poetry Traditions, Willson Hall
3:00 - 4:00 Trauma and Spirituality, Lodge	3:00 - 4:00 Personal Growth, Cactus Room
3:00 - 4:00 Guided Imagery for Self-actualization, Cactus Room	3:00 - 4:00 Relapse Prevention, Lodge
3:00 - 4:00 Open Swim - Men Only, Pool	4:00 - 4:30 Guided Imagery for Relaxation (Limit 8), Cactus Room
5:00 - 5:40 Dinner, Dining Hall	5:00 - 5:40 Dinner, Dining Hall
6:00 - 7:00 Religious Services - All Welcome, Willson Hall	6:30 - 7:30 Acudetox, Cactus Room
6:00 - 7:00 Developing Strategies to Control Urges, Tree Room	6:00 - 7:00 Three Ways to Develop Emotional Intelligence, Lodge
6:00 - 7:00 Acudetox, Cactus Room	7:00 - 8:00 The Labyrinth as a Walking Meditation Group, Closes at 6:05, Willson Hall
7:30 - 8:15 AA Meeting, Willson Hall	7:10 Off Campus Young Adult AA Meeting (18 - 25 age group), Departs from Nurses' Station
8:30 - 9:00 Wrap Up Meeting, Willson Hall	8:00 - 8:30 Wrap Up Meeting, Willson Hall
	8:30 - 10:30 Movie - All Welcome, Willson Hall