

**Greenfield Recovery Center  
Sample Activities Schedule**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am – 7:30 am	Wakeup and Self-Care						
7:30 am – 8:15 am	Breakfast						
8:15 am – 8:30 am	Make Up Bed & Clean Bedrooms						
8:30 am – 9:00 am	Community Meeting						
9:00 am – 10:00 am	Yoga or Mindfulness Exercise	Social Skills Group	Outdoor Adventure Activity	Social Skills Group	Social Skills Group	Social Skills Group	Yoga or Mindfulness Exercise
10:00 am - 11:00 am	Outdoor or Indoor Activity	Yoga or Mindfulness Exercise		Yoga or Mindfulness Exercise	Yoga or Mindfulness Exercise	Yoga or Mindfulness Exercise	Outdoor/Indoor Adventure Activity
11:00 am – 12:00 pm		Digital Wellness Group		Digital Wellness Group	Nutrition & Cooking Group	Digital Wellness Group	
12:00 pm – 12:30 pm	Lunch						
12:30 pm – 1:00 pm	Free Time						
1:00 pm – 2:00 pm	Sports Activity	Social Integration Outing	Physical Fitness	Hands-On Activity	Social Integration Outing	Physical Fitness	Barbeque and Outdoor/Indoor Games
2:00 pm - 3:00 pm			Walking / Hiking / Biking	Nutrition & Cooking Group		Nutrition & Cooking Group	
3:00 pm – 4:00 pm							
4:00 pm – 5:00 pm							
5:00 pm - 5:30 pm							
5:30 pm – 6:15 pm	Dinner						
6:15 pm – 6:30 pm	After Meal Cleanup						
6:30 pm – 7:00 pm	Wrap Up Group						
7:00 pm – 9:00pm	Structured Activities						
	Real World Games						
9:00 pm – 10:00 pm	Free Time and Self-Care						
10:00 PM	Lights Out						

\* Individual Therapy 3 times per week minimum

\*\* Schedule may be modified for weather and diversity