

Smoky Mountain Lodge Activity Program Schedule

					Yellow = Closed Groups	Green = On-Site Therapeutic Activities	Blue = Social Integration Outing	Orange=Physical Activity Groups							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
8:00 am-8:30 am	ADLs														
8:30 am-9:00 am	Breakfast														
9:00 am-9:30 am	Free Time	Morning Group					Free Time								
9:30 am-10:00 am	Art Therapy	Processing Group		Core Group	Processing Group			Grief and Loss		Art Instruction					
10:00 am-10:30 am		Snack			Snack	Animal Assisted Therapy	Snack	Animal Assisted Therapy		Snack	Snack				
10:30 am-11:00 am	WRAP Group		Team Building	Bowling	Open Art		DBT	Volunteering at the Stables	Psycho-Education	Women's Group	Animal Assisted Therapy				
11:00 am-11:30 am	Mindfulness	Core Group	The Art of Manliness		Open Art	Thought Group	Substance Free Living		SIO	Boundaries Group					
11:30 am-12:00 pm			DBT												
12:00 pm-12:30 pm	Lunch														
12:30 pm-1:00 pm	Lunch														
1:00 pm-1:30 pm	Lunch														
1:30 pm-2:00 pm	Lunch														
2:00 pm-2:30 pm	Outdoor Group	Independent In-House Exercise	Self-Esteem	Core Group	Resident-Led DBT Study	SIO	Life Management	Resident-Led DBT Study	Family Dynamics		Independent In-House Exercise	Outdoor Group			
2:30 pm-3:00 pm		Snack			Snack						Snack		Snack	Snack	Snack
3:00 pm-3:30 pm		Game Time!	Current Events	SIO	Living on the Spectrum						Nurses Group		Mindfulness	DBT	Game Time!
3:30 pm-4:00 pm		Processing Group	Creative Expressions		Effectiveness Group						Trauma Skills		Team Building	Open Art	
4:00 pm-4:30 pm	Closure Group														
4:30 pm-5:00 pm	Closure Group														
5:00 pm-5:30 pm	Closure Group														
5:30 pm-6:00 pm	Closure Group														
5:30 pm-6:00 pm	Closure Group														
6:00 pm-6:30 pm	Dinner									Pathways Church Service					
6:30 pm-7:00 pm	Dinner									Pathways Church Service					
7:00 pm-7:30 pm	Movie Night	Board Games	Karaoke	Movie Night	Card Games	Trivia	Movie Night								
				AA off site	AA on site										