

Supportive Living - 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	Core Group	Art Instruction				
10:00 am-10:30 am	Snack		Bowling	Snack	Animal Assisted Therapy	Snack	Snack	Volunteering at the Stables	Snack	Animal Assisted Therapy			
10:30 am-11:00 am	WRAP Group	Team Building		Open Art		Open Art	DBT		Animal Assisted Therapy		Psycho-Education	Women's Group	
11:00 am-11:30 am	Mindfulness	Core Group		The Art of Manliness		Open Art	DBT		Thought Group		Substance Free Living	SIO	Boundaries Group
11:30 am-12:00 pm	Lunch			Lunch									
12:00 pm-12:30 pm	Lunch		Lunch										
12:30 pm-1:00 pm	Lunch		Lunch										
1:00 pm-1:30 pm	Lunch		Lunch										
1:30 pm-2:00 pm	Lunch		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	Horseback Riding Lessons	Independent In-House Exercise	Outdoor Group	
2:30 pm-3:00 pm		Snack		Snack	Snack		Snack		Snack		Snack		
3:00 pm-3:30 pm	Outdoor Group	Game Time!	Current Events	SIO	Living on the Spectrum	SIO	Nurses Group	Mindfulness	DBT	Horseback Riding Lessons	Game Time!	Outdoor Group	
3:30 pm-4:00 pm		Processing Group	Creative Expressions		Effectiveness Group		Trauma Skills	Team Building	Open Art		Core Group		Stress Management
4:00 pm-4:30 pm	Processing Group		Creative Expressions	Effectiveness Group	Trauma Skills	Team Building	Open Art	Core Group	Stress Management				
4:30 pm-5:00 pm	Closure Group												
5:00 pm-5:30 pm	Dinner												
5:30 pm-6:00 pm	Dinner												
6:00 pm-6:30 pm	Dinner												
6:30 pm-7:00 pm	Dinner												
7:00 pm-7:30 pm	House Meeting	Rent Movie / Order Pizza	Step Down Outing	Laundry Night and Chores	Cooking / Baking	Craft Night	Game Night						
				AA off site	AA on site								