

Sheffield Towers Resident Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Breakfast Wakeup/Cleanup</u> 07:00 am – 09:00 am	<u>Breakfast Wakeup/Cleanup</u> 07:00 am – 09:00 am	<u>Breakfast Wakeup/Cleanup</u> 07:00 am – 09:00 am	<u>Breakfast Wakeup/Cleanup</u> 07:00 am – 09:00 am	<u>Breakfast Wakeup/Cleanup</u> 07:00 am – 09:00 am	<u>Breakfast Wakeup/Cleanup</u> 07:00 am – 09:00 am	<u>Breakfast Wakeup/Cleanup</u> 07:00 am – 09:00 am
<u>Reflections</u> 09:15 am	<u>Reflections</u> 09:15 am	<u>Reflections</u> 09:15 am	<u>Reflections</u> 09:15 am	<u>Reflections</u> 09:15 am	<u>Reflections</u> 09:15 am	<u>Reflections</u> 09:15 am
<u>Focus Group</u> 09:45 am – 10:15 am Non-demon. Svcs.	<u>Focus Group</u> 09:45 am – 10:30 am	<u>Focus Group</u> 09:45 am – 10:30 am	<u>Focus Group</u> 09:45 am – 10:30 am	<u>Focus Group</u> 09:45 am – 10:30 am	<u>Focus Group</u> 09:45 am – 10:30 am	<u>Focus Group</u> 09:45 am – 10:30 am
<u>Community Schedule Of Events – Leisure Activities</u> <u>10:30 am – 05:00 pm</u> <ul style="list-style-type: none"> • Scrabble, TV, movies, bingo, cards, checkers, chess • Support groups • Meetings 	<u>Community Schedule Of Events – Individual Plan</u> <u>10:30 am – 05:00 pm</u> <ul style="list-style-type: none"> • Outpatient services • Mental Health / D&A • Meetings; support groups • Doctor appointments • Medication monitoring 	<u>Community Schedule Of Events – Individual Plan</u> <u>10:30 am – 05:00 pm</u> <ul style="list-style-type: none"> • Outpatient services • Mental Health / D&A • Meetings; support groups • Doctor appointments • Medication monitoring 	<u>Community Schedule Of Events – Individual Plan</u> <u>10:30 am – 05:00 pm</u> <ul style="list-style-type: none"> • Outpatient services • Mental Health / D&A • Meetings; support groups • Doctor appointments • Medication monitoring 	<u>Community Schedule Of Events – Individual Plan</u> <u>10:30 am – 05:00 pm</u> <ul style="list-style-type: none"> • Outpatient services • Mental Health / D&A • Meetings; support groups • Doctor appointments • Medication monitoring 	<u>Community Schedule Of Events – Individual Plan</u> <u>10:30 am – 05:00 pm</u> <ul style="list-style-type: none"> • Outpatient services • Mental Health / D&A • Meetings; support groups • Doctor appointments • Medication monitoring 	<u>Community Schedule Of Events – Individual Plan</u> <u>10:30 am – 05:00 pm</u> <ul style="list-style-type: none"> • Outpatient services • Mental Health / D&A • Meetings; support groups • Doctor appointments • Medication monitoring
<u>Reflections</u> 05:00 – 06:30 pm Dinner 06:45 – 07:15 pm Free time	<u>Reflections</u> 05:00 – 06:30 pm Dinner 06:45 – 07:15 pm Free time	<u>Reflections</u> 05:00 – 06:30 pm Dinner 06:45 – 07:15 pm Free time	<u>Reflections</u> 05:00 – 06:30 pm Dinner 06:45 – 07:15 pm Free time	<u>Reflections</u> 05:00 – 06:30 pm Dinner 06:45 – 07:15 pm Free time	<u>Reflections</u> 05:00 – 06:30 pm Dinner 06:45 – 07:15 pm Free time	<u>Reflections</u> 05:00 – 06:30 pm Dinner 06:45 – 07:15 pm Free time
<u>Focus Group</u> 07:30 pm – 09:45 pm	<u>Focus Group</u> 07:30 pm – 09:45 pm	<u>Focus Group</u> 07:30 pm – 09:45 pm	<u>Focus Group</u> 07:30 pm – 09:45 pm	<u>Focus Group</u> 07:30 pm – 09:45 pm	<u>Focus Group</u> 07:30 pm – 09:45 pm	<u>Focus Group</u> 07:30 pm – 09:45 pm
<u>Individual Plan</u> 10:00 – 10:15 pm Wrap-up Group 10:15 – 10:30 pm Free time	<u>Individual Plan</u> 10:00 – 10:15 pm Wrap-up Group 10:15 – 10:30 pm Free time	<u>Individual Plan</u> 10:00 – 10:15 pm Wrap-up Group 10:15 – 10:30 pm Free time	<u>Individual Plan</u> 10:00 – 10:15 pm Wrap-up Group 10:15 – 10:30 pm Free time	<u>Individual Plan</u> 10:00 – 10:15 pm Wrap-up Group 10:15 – 10:30 pm Free time	<u>Individual Plan</u> 10:00 – 10:15 pm Wrap-up Group 10:15 – 10:30 pm Free time	<u>Individual Plan</u> 10:00 – 10:15 pm Wrap-up Group 10:15 – 10:30 pm Free time