GROUP THERAPY PROGRAM SCHEDULE at CALIFORNIA PALMS							
Time	**17-Apr MONDAY**	**18-Apr TUESDAY**	**19-Apr WEDNESDAY**	**20-Apr THURSDAY**	**21-Apr FRIDAY**	**22-Apr SATURDAY**	**23-Apr SUNDAY**
7 - 8	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8 - 9	915 **Meditation &** 640 **Goal Setting** (Corey)	915 **Meditation &** 640 **Goal Setting** (Corey)	915 **Meditation &** 640 **Goal Setting** (Corey)	915 **Meditation &** 640 **Goal Setting** (Corey)	915 **Meditation &** 640 **Goal Setting** (Corey)	*Self Care (Open Time)*	*Self Care (Open Time)*
9 - 10	800 Art Therapy (Geo)	940 Mindfullness Yoga (Shannon)	940 Mindfullness Yoga (Shannon)	135 **One Day at a Time** (Mark)	940 Mindfullness Yoga (Shannon)	960 Massage Therapy (Rob Young)	Non-Denominationa Mass (Pastor Julia)
10 - 11	430 **Bondaries** (Mark)	151 **Heroin** (Corey)	440 **Relatioship Therapy** (Mark)	260 **Self Esteem** (Corey)	140 **Cooccuring Disorders** (Mark)		Self Care (Open Time)
11 - 12	930 Tae Kwon Do (Sam Naples)	930 Tae Kwon Do (Sam Naples)	930 Tae Kwon Do (Sam Naples)	930 Tae Kwon Do (Sam Naples)	*Self Care (Open Time)*		**Bible Study Class** (Larry Trombias)
12 - 1	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1 - 2	*Self Care (Open Time)*	*Self Care (Open Time)*	*Self Care (Open Time)*	*Self Care (Open Time)*	**Focus Group** (Dr. Karen Giorgetti)	935 Womens Self Defense (Sam Naples)	945 Water Aerobics for Women (J. Young)
2 - 3	500 **Family Therapy** (Corey)	440 **Relationship Therapy** (Corey)	515 **Repairing Relationships** (Corey)	133 **Enabling** (Corey)	950 **Horticulture** (Dr. Holly Magiano)	Life Skills (Carlton)	945 Water Aerobics for Men (Jermaine Young)
3 - 4	980 Strength Training (Phil Albenze) & Womens Group (Cassie)	160 **Introducing 12 Step** (Mark)	980 Strength Training (Phil Albenze) & Womens Group (Cassie)	135 **One Day at a Time** (Mark)	980 Strength Training (Phil Albenze) & Womens Group (Cassie)	*Self Care (Open Time)*	*Self Care (Open Time)*
4 - 5		985 Boxing (Tom Cordell)		138 **Holidays and Recovery** (Corey)			
5 - 6	Mindfullness Yoga (Carol Huntcik)	800 Art Therapy (Marshall Flynn)	Mindfullness Yoga (Carol Huntcik)	*Self Care (Open Time)*	920 Tai Chi (Larry Trombias)	185 **Alcoholics Anonymous** (Frank Napolitano)	
6 - 7	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
'7 - 8	195 **Smart Recovery** (Beth Kaster)	185 **Alco. Anonymous** (Dave Wheeler)	*Self Care (Open Time)*	195 **Smart Recovery** (Beth Kaster)	880 Magic Therapy (Marshall Flynn)	Live Band (Huckin Fillbillies)	Mindfullness Yoga (Carol Huntcik)
8 - 9	920 Tai Chi (Larry Trombias)	945 Water Aerobics Women (J. Young)	920 Tai Chi (Larry Trombias)	945 Water Aerobics Men (Jermaine Young)			*Self Care (Open Time)*
9 - 10	*Self Care (Open Time)*	**Life Skills** (Denise)	**Life Skills** (Denise)	**Life Skills** (Denise)	Movie Night		
10 - 11	Jacuzzi - Game Room Gym - Self Care	Jacuzzi - Game Room Gym - Self Care	Jacuzzi - Game Room Gym - Self Care	Jacuzzi - Game Room Gym - Self Care			
11 - 7	SLEEP / REST	SLEEP / REST	SLEEP / REST	SLEEP / REST	SLEEP / REST	SLEEP / REST	SLEEP / REST