

Foundation House Residential Program Clients Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wake Up, Shower, Make Beds, Breakfast 7:00 To 7:45		Wake Up, Shower, Beds, Breakfast 7:00 To 7:30	Wake Up, Shower, Make Beds, Breakfast 7:00 To 7:45			
Morning Walk 7:45 To 8:15			Morning Walk 7:45 To 8:15		House Group / Medication 7.45 To 8.15	House Group / Medication 7.45 To 8.15
House Group / Medication Following Morning Walk		House Group / Medication 7.30-8.15	House Group / Medication Following Morning Walk			
Cleaning 9:00 To 09.45	Cleaning 9:00 To 09.45	Cleaning 8:20 – 8:50	Cleaning 9:00 To 09.45	Cleaning 9:00 To 9.45	12 Step Meeting & Outing 08.30 To 1.00	12 Step Meeting & Outing 09.00 To 1.00
Storytime/ Education Group 10.00 To 11.00	Education Group 10.00 To 11.00	Yoga 9.00 -10.00	Education Group 10.00 To 11.00	Education Group 10.00 To 11.00		
Assignments Or Counselling 11.00 To 12.00	Assignments Or Counselling	Cooking With Maria 10.30	Assignments Or Counselling	Assignments Or Counselling 11:00 To 12:00		
	Lunch/ Medication 12.00 To 12.30	Lunch/ Medication 12.00 To 12.30	Lunch/ Medication 12.00 To 12.30		Check In Group 1.15-1.30	Check In Group 1.15-1.30
Lunch/ Medication 12.00 To 12.30	Graduation 12.30	Client Outing 12.30-2.30	Graduation 12.30	Lunch/ Medication 12.00 To 12.30		
Communication Group 1:30 To 2:30	Communication Group 1:30 To 2:30	PM Cleaning 2.45 To 3.00	Communication Group 1:30 To 2:30	Yoga 1:00 – 2:15	Cleaning 1.30-2.30	Cleaning 1.30-2.30
PM Cleaning 2.45 To 3.00	PM Cleaning 2.45 To 3.00	Check-In Group 3.00 To 3.15	PM Cleaning 2.45 To 3.00	PM Cleaning 2.45 To 3.00		
Assignments Or Counselling 3.00 To 4.00	Storytime Feedback 3.00	RP Set-Up 4.00	Storytime Group 3.00 To 4.00	Storytime Feedback 3:00	FaceTime Visits Free Time 3:00	FaceTime Visits Dinner Prep 3:00
Step 1 Group 4:00 To 5:00	Step 2 Group 4:00 To 5:00	RP Dinner Served 5.30	Step 3 Group 4:00 To 5:00	Rules Group 4.00 To 5.00		
Community Dinner / Medication 5.30 to 6.30		RP Clean And Pack Up 6.15	Community Dinner / Medication 5.30 to 6.30			
12 Step Meeting 7.30 To 9.30	12 Step Meeting 7.30 To 9.30	Relapse Prevention 6:30 To 7:30	Gambling Group 7.00 To 8.00	12 Step Meeting 7.30 To 9.30	12 Step Meeting 7.30 To 9.30	12 Step Meeting 7.30 To 9.30
Bedtime Medication	Bedtime Medication	Bedtime Medication	Bedtime Medication	Bedtime Medication	Bedtime Medication	Bedtime Medication

*Timetable is subject to change, please follow staff direction. ** Public Holidays are to follow separate timetable.