

IMANI RESIDENTS PROGRAMME

	7:15 7:45	8:45 9:00	9:15 10:15	10:15 10:30	10:30 11:15	11:30 12:30	12:30 14:00	14:00 15:00	15:15 15:30	15:30 16.30	16:30 16:45	17:00 18:00	18:30 19:00	19:00 20:30	21:30 22:00
M	Affirmation Serenity Breakfast	Community	Therapeutic Duties	Snack	Audio/Visual	EDG	Lunch	Fellowship Group	Snack	Stepwork Cooking prep (For Theme)	Community	Prep: theme Evening Cooking prep	Dinner	19:00 20:00 Bonding & Activities	Snack
T	Affirmation Serenity Breakfast	Community	Life story	Snack	Food shopping	Stepwork Cooking prep	Lunch	Group	Snack	Audio/ Visual	Community	Step Work Cooking prep	Supper	Free Time	Snack
W	Affirmation Serenity Breakfast	Community prep.	Group	Snack	Step Work	Artistic Expressions	Lunch Outing	Community Group	Snack	Audio/Visual	Community	Step Work Cooking prep	Supper & Bonding (18:50)	19:00 20:00 EDG	Snack
T	Affirmation Serenity Breakfast	Community	Therapeutic Duties	Snack	Step Work	EDG Cooking prep	Lunch	Fellowship	Snack	Nia Dancing	Community	Step Work Cooking prep	Supper & Bonding	19:30 20:30 EDA/OA	Snack
F	Affirmation Serenity Breakfast	Community	Goals & Objectives →	Snack	(Finish Goals & Objectives) Stepwork Cooking Prep		13:00 Lunch	FREE TIME			Community	17:15 Leave for Tharagay House	18:00- 19:00 EDG Tharagay	Supper & Bonding	Snack
S	(8:00) Affirmation Serenity Breakfast	9:00 – 10:00 Therapeutic Duties		Snack	11:30 – 12:30 OA Meeting Town		13:00- 14:00 Lunch Outing	FREE TIME			NA meeting	19:00 Supper & Bonding	FREE TIME	Snack	
					10:30 – 11:30 Stepwork	11:45 – 12:30 Fellowship									
S	Breakfast (8:00- 8:30)	FREE TIME		Snack	FREE TIME		Lunch	FREE TIME		16.00-17.00 Community activity	17.00-18.00 EDG	18:00- 1900 Cooking prep & Supper	19.00- 20.30 NA Obs - Steps & Traditions	Snack	

Residents are to be in by 23:00 Sunday to Thursdays nights and by 24:00 on Friday, Saturday & nights before public holidays.

Free time is subject to the counsellor's discretion. This depends on your willingness to co-operate.