

NEW Nueva Luz Program Group Schedule



Starting December 1

Group Schedule subject to change—please see group board upon arrival

MONDAY	Option 1	Option 2
8 AM—9 AM	Breakfast	Open Computer Lab
9 AM—10 AM	Start Your Day	Fitness
10 AM—11 AM	Employment Skills	Stress Reduction
11 AM—12 PM	Community Meeting	
12 PM—1 PM	Lunch	Open Computer Lab
1 PM—2 PM	Anger Management	Newsletter Club
2 PM—3 PM	Recovery U—Guiding Principles	Arts & Crafts
3 PM—4 PM	Community Gaming	

TUESDAY	Option 1	Option 2
8 AM—9 AM	Breakfast	Open Computer Lab
9 AM—10 AM	Start Your Day	
10 AM—11 AM	Anger Management	Recovery U
11 AM—12 PM	Criminal Justice Peer Support Group	Healthy Relationships
12 PM—1 PM	Lunch	Open Computer Lab
1 PM—2 PM	Serenity Walk	Arts & Crafts
2 PM—3 PM	Fitness	
3 PM—4 PM	Karaoke	

WEDNESDAY	Option 1	Option 2
8 AM—9 AM	Breakfast	Open Computer Lab
9 AM—10 AM	Start Your Day	
10 AM—11 AM	Solutions for Today—Don't Get Dropped!	Anger Management
11 AM—12 PM	Grief and Loss	Building Self-Esteem
12 PM—1 PM	Lunch	Open Computer Lab
1 PM—2 PM	Recovery U	Serenity Walk
2 PM—3 PM	Good Times	
3 PM—4 PM	Karaoke	



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THURSDAY	Option 1	Option 2
8 AM—9 AM	Breakfast	Open Computer Lab
9 AM—10 AM	Start Your Day	Computer Skills—Pre-Vocational
10 AM—11 AM	Recovery U	
11 AM—12 PM	Criminal Justice Peer Support Group	Arts & Crafts
12 PM—1 PM	Lunch	Open Computer Lab
1 PM—2 PM	Anger Management	Serenity Walk
2 PM—3 PM	Fitness	
3 PM—4 PM	Community Gaming	

FRIDAY	Option 1	Option 2
8 AM—9 AM	Breakfast	Open Computer Lab
9 AM—10 AM	Start Your Day	Fitness
10 AM—11 AM	Recovery U	
11 AM—12 PM	Anger Management	Computer Skills—Pre-Vocational
12 PM—1 PM	Lunch	Open Computer Lab
1 PM—2 PM	Serenity Walk	Arts & Crafts
2 PM—3 PM	Healthy Relationships	
3 PM—4 PM	Community Gaming	

SATURDAY	Option 1	Option 2
10:30 AM-11 AM	Start Your Day	
11 AM—12 PM	Fitness	
12 PM—1 PM	Lunch	Open Computer Lab
1 PM—2 PM	Recovery U	

SUNDAY	Option 1	Option 2
10:30 AM-11 AM	Start Your Day—Don't Get Dropped!	
11 AM—12 PM	Recovery U	
12 PM—1 PM	Lunch	Open Computer Lab
1 PM—2 PM	Karaoke	