



# The Landing At Newport Beach

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
8:00	Wake-up	7:00	Wake-up	7:00	Wake-up	7:00	Wake-up	7:00	Wake-up	7:00	Wake-up	8:00	Wake-up	
8:15	Meditation													
8:30	Breakfast	7:30	Meditation	7:30	Meditation	7:30	Meditation	7:30	Meditation	7:30	Meditation	8:30	Free Time	
		8:00	Breakfast	8:00	Breakfast	8:00	Breakfast	8:00	Breakfast	8:00	Breakfast	8:00	Breakfast	
9:00	Free Time													
		8:30	Free Time	8:30	Free Time	8:30	Free Time	8:30	Free Time	8:30	Free Time	9:00	Process Group	
9:30	Free Time	9:00	Process Group	9:00	Process Group	9:00	Process Group	9:00	Trauma Group	9:00	Process Group			
10:00	15th St. Meeting	10:00	Lecture JB	11:00	Kung-Fu/Tai-Chi	10:00	Lecture	11:00	Kung-Fu/Tai-Chi	10:00	Lecture JB and Massages	10:00	Free time	
												11:00	Relapse Prevention	
			12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch	12:00	Lunch
			12:30	Personal Recovery	12:30	Personal Recovery	12:30	Personal Recovery	12:30	Personal Recovery	12:30	Personal Recovery		
12:00	Lunch	1:30	Gym	1:30	Step Study	1:30	Gym	1:30	Step Study	1:30	Gym	1:00	Gym	
1:30	Activity	4:00	Gym	2:30	Massages	4:00	Gym	2:30	Personal Recovery		Gym		Gym	
	Activity	4:30	Free Time	4:00	Free Time	4:00	Free Time	4:00	Free Time	4:00	Free Time	4:00	Free Time	
5:00	Free Time	5:00	Dinner	5:00	Dinner	5:00	Dinner	5:00	Dinner	5:00	Dinner	5:00	Dinner	
6:00	Dinner on our own	7:30	Men's Discussion Meeting Tustin 130 W. Main	7:00	B Street Bonfire Meeting	7:30	Heliotope Meeting	7:30	12 X 12 Study Mission Viejo	7:30	Candlelight Acceptance Meeting (Canyon Club)	8:30	Hoag Hut Speaker Meeting	
8:00	Continuing Care Planning Group	9:00	Free Time	8:45	Free Time	8:45	Free Time	8:45	Free Time	9:00	Free Time	9:45	Free Time	
	Free Time			10:00	Group Process									
10:30	Journal/Private	10:30	Journal/Private	10:30	Journal/Private	10:30	Journal/Private	10:30	Journal/Private	10:30	Journal/Private	10:30	Journal/Private	
11:00	Lights Out	11:00	Lights Out	11:00	Lights Out	11:00	Lights Out	11:00	Lights Out	12:00	Lights Out	12:00	Lights Out	