

- *Therapy
- *Whole Person Care
- *Family
- *Education

Weekly Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat
7:00AM 7:30AM	Vital Signs	Vital Signs	Vital Signs	Vital Signs	Vital Signs	
7:30 AM 8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Vital Signs
8:00 AM 8:10 AM	Morning Bell	Morning Bell	Morning Bell	Morning Bell	Morning Bell	Breakfast
8:30 AM 9:00 AM	Mind Body Awareness (8:20-8:50)	Topic Group with Michael	Mind Body Awareness (8:20-8:50)	Yoga 8:15 - 9 am	Mind Body Awareness (8:20-8:50)	Mindful Walk
9:00 AM 10:45 AM	Process Group (9-10:30)	Process Group (9-10:30)	Community Meeting (Everyone 9-10)	Process Group (9-10:30)	Mindful Walk Nutrition/Individuals (Jenny 9-10)	Spirituality Group (9-11) Snack During Break (10:00-10:15)
10:45 AM 11:00 AM	Snack	Snack	Snack (10-10:15)	Snack	Snack (10-10:30)	
11:00 AM 12:00 AM	Boundary Power (Tech)	Nurse Education	Art Therapy (10:15-11:45)	Don't Diet Live it	Intuitive Therapy (10:30-12:00)	Personal Time
12:00 PM 1:00 PM	Lunch	Restaurant Outing and Food and Feelings	Mindful Meal	Lunch	Lunch	Lunch
1:00 PM 2:00 PM	Nutrition (Jenny)		Food and Feelings (Jenny)	Food and Feelings (Tech)	Food and Feelings (Jenny)	Reading Assignment / Book Reflection
2:15 PM 3:00 PM	Stretching or IRP	Life Story (Bonnie)	Dance or IRP	Stretching	Body Awareness 2:00-3:00	Dress for Outing
3:00 PM 3:30 PM	Snack	Snack	Snack	Snack	Challenge Snack	Snack
3:30PM 4:30PM	Grocery Store & Cooking (Jenny)	Individual/Family Sessions	Process Group (3:30-5)	Individual/Family Sessions	Topic Group 3:15-4:15	Recreational Outing
4:45PM 5:15PM		Mindful Walk		Mindful Walk	YMCA Pilates 4:30-5:30	
5:15PM 6:15PM	Dinner	Dinner	Dinner	Dinner	Dinner	Restaurant Outing
6:15PM 7:15PM	Food & Feelings(Jenny) (6:15-7:00)	Hobby Store	Story Circle	Personal Time	Story Circle	
7:30 PM 9:00 PM	AA/Trip to Barnes & Nobles (7pm)	NA Meeting/ Hobby	Treatment Work	8:00 in house AA meeting	DVD or NA Meeting	Comedy DVD or AA Meeting
9:00 PM 9:30 PM	Snack	Snack	Snack	Snack	Snack	Snack
9:30 PM 11:00 PM	Personal & TV Time	Personal & TV Time	Personal and TV Time	Personal and TV Time	Personal and TV Time	Personal and TV Time
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

**STAFF MAY DIRECT CHANGES TO THIS SCHEDULE WITHOUT ADVANCE NOTICE*

12/21/09

Sun
Vital Signs
Breakfast
Goal Reflection Group
Morning News on TV
Snack
Process Group(10:30-12)
Lunch
Visitation
Mindful Pain Management (3:15-4:00)
Story Circle
Dinner 5-6
In House EDA Meeting 6-7 pm
Snack
Personal and TV Time
Lights Out