

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

Weekly Schedule

Revised 03/23/11

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00AM	Vitals/Daily Report	Vitals/Daily Report	Vitals/Daily Report	Vitals/Daily Report	Vitals/Daily Report		
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Vitals/Daily Report	Vitals/Daily Report
8:00 AM	Morning Bell	Morning Bell	Morning Bell	Morning Bell	Morning Bell	Breakfast	Breakfast
8:10 AM	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke
8:20 AM 8:50 AM	Mind Body Awareness	Topic Group with Michael	Mind Body Awareness	Yoga	Mind Body Awareness	Mindful Walk	Goal Reflection Group
9:00 AM 10:30 AM	Process Group	Process Group	Community Meeting (9:00-10:00)	Process Group	Process Group	Core Lab (9:00-11:00)	Morning News on TV
10:30 AM 11:00 AM	Snack	Snack	Snack (10-10:15)	Snack	Snack	Snack During Break (10:00-10:15)	Snack (10:00-10:30)
11:00 AM 11:45 AM	DBT/Life Skills	Women's Issues	Art Therapy (10:15-11:45)	Boundary Power	Don't Diet Live It	Personal Time	Process Group (10:30-12)
12:00 PM 1:00 PM	Mindful Meal	Restaurant Outing	Lunch	Lunch	Lunch	Lunch	Lunch ^{Fresh} Air/Smoke (12:45)
1:00 PM 1:45 PM	Food and Feelings	Food and Feelings	Food and Feelings	Nutrition	Food and Feelings	Nurse Education	Visitation
1:45 AM	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	
2:00 PM 2:45 PM	Stretching or IRP	Life Story	Process Group (2:00-3:30)	Stretching	Body Awareness	Dress for Outing	
3:00 PM 3:30 PM	Snack	Snack		Snack	Snack	Snack	Snack
3:30PM 4:30PM	Individual/Family Sessions	Nutrition	Snack (3:30-4:00)	Grocery Store & Cooking	Individual/Family Sessions	Recreational Outing	Reflection Time/Mindful Walk 3:15-4:00
4:30PM 5:00PM	Lifestyle Goals 4:00PM - 4:45PM	Mindful Walk	Dance Therapy-NIA		YMCA Pilates		YMCA Pilates
5:00PM 6:00PM	Dinner	Dinner	Dinner	Dinner	Dinner	Restaurant Outing	Dinner
6:00PM 7:00PM	Story Circle	Hobby Store	Book Store	Food and Feelings	Story Circle		In House EDA Meeting
7:00 PM	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke
7:15 PM 9:00 PM	Game Night or Treatment Work	NA Meeting/ Hobby	Treatment Work	AA Meeting (8:00-9:00) or Treatment Work	DVD or NA Meeting	Comedy DVD	Personal/TV Time
9:00 PM	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke	Fresh Air/Smoke
9:15 PM 9:30 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
9:30 PM	Personal/TV Time	Personal/TV Time	Personal/TV Time	Personal/TV Time	Personal/TV Time	Personal/TV Time	Personal/TV Time
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

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