

# Daily Schedule

## Monday – Friday Unit Schedule

7:00 - 9:00	Breakfast, Self Care, Medication
9:00 - 9:45	Goals Group MHT
10:30 - 11:00	Stress Management RN
11:30 – 12:30	Lunch
12:30 - 1:00	Self-care Activities (medications, group exercise)
1:00 - 2:00	Psychosocial Education (Social Worker Group) Tu/Th Addictions Group with Social Worker
2:15 - 3:00	Recreation (Wii Games, Corn Hole, Bingo, Cards) Social Skills Group (Recreation Therapy Dept.)
3:00 - 3:45	Pet Visitor, Spirituality Schedule is under TV in Group Room.
4:30 - 5:30	Dinner
5:30 - 6:15	Leisure Education Adjunct Therapy (2 nights week) Calendar in Dining Room
6:15 - 7:00	Symptom Management RN
7:00 - 8:00	Visiting Hours
8:00 - 8:30	Goals Wrap Up MHT
8:30 - 9:00	Snack
9:00	Medications and Self Care/ Relaxation Video Requests

# Daily Schedule

## Saturday/Sunday/Holidays Unit Schedule

7:00 - 9:00	Breakfast, Self Care, Medication
9:00 - 9:45	Goals Group MHT
10:30 - 11:00	Stress Management RN
11:30 - 12:15	Lunch
12:30 - 1:15	Social Skills Group with Recreation Therapist
1:15 - 2:00	Psychosocial Education Social Worker
2:00 - 4:00	Visitation (free time for others...homework/games)
4:45 - 5:45	Dinner
5:45 - 6:30	Leisure Activities with MHT: Wii, Ping Pong, Darts, Karaoke, Games
6:30 - 7:00	Symptom Management RN
7:00 - 8:00	Recreation (movies/games/puzzles)
8:00 - 8:30	Goals Wrap Up MHT/Evening Relaxation Activities