

# OLDER ADULT QUAIL UNIT PROGRAM SCHEDULE

(Program Schedule subject to change to meet unit needs)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00	Wake-up/Vital Signs	Wake-up/Vital Signs	Wake-up/Vital Signs	Wake-up/Vital Signs	Wake-up/Vital Signs	Wake-up/Vital Signs	Wake-up/Vital Signs
7:00 – 7:45	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
7:50 – 8:30	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
8:30 – 9:30	Med Pass/Phones	Med Pass/Phones	Med Pass/Phones	Med Pass/Phones	Med Pass/Phones	Med Pass/Phones	Med Pass/Phones
9:30 – 10:00	Exercise Group	Exercise Group	Exercise Group	Exercise Group	Exercise Group	Exercise Group	Exercise Group
10:00 – 11:00	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Social Work Group	Activity Group	Activity Group
11:00 – 12:00	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Social Work Group	Social Work Group
12:00 – 12:40	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1:00 – 2:00	Process Group	Process Group	Process Group	Process Group	Process Group	Activity Therapy	Activity Therapy
2:00 – 3:00	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Process Group	Process Group
3:00 – 3:30	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
3:30 – 4:30	Visitation	Visitation	Visitation	Visitation	Visitation	Visitation	Visitation
4:30 – 5:15	Outside	Outside	Outside	Outside	Outside	Spiritual Services	Outside
5:15 – 5:55	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
6:00 – 7:00	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity	Evening Activity
7:00-7:30	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Wrap-up Group
7:30 – 8:15	Med Pass/Snacks TV or Phones	Med Pass/Snacks TV or Phones	Med Pass/Snacks TV or Phones	Med Pass/Snacks TV or Phones	Med Pass/Snacks TV or Phones	Med Pass/Snacks TV or Phones	Med Pass/Snacks TV or Phones
				<b>12 Step Meeting</b>			<b>12 Step Meeting</b>
8:15 – 9:00	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
9:00 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Behavioral Health Technician  
 Activity Therapist  
 Registered Nurse  
 Social Work  
 Visitation  
 Spiritual Services/ 12 Step Program

*Only ice/water permitted in group sessions*

**All groups are mandatory; times are**

*approximate*

**PHONES ARE OFF DURING  
THERAPEUTIC GROUPS**

*Revised 10.3.18*