

OLDER ADULT SOUTH 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 – 8:00	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass	Hygiene/Med Pass
8:00 – 9:30	Breakfast/Med Pass/Phones	Breakfast/Med Pass/Phones	Breakfast/Med Pass/Phones	Breakfast/Med Pass/Phones	Breakfast/Med Pass/Phones	Breakfast/Med Pass/Phones	Breakfast/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	Social Work Group	Social Work Group
11:00 – 11:45	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity Therapy	Activity	Activity
11:45 – 1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 2:00	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
2:00 – 3:00	Activity	Activity Therapy	Activity Therapy	Activity Therapy	Activity	Activity	Activity
3:00 – 3:30	Phones	Phones	Phones	Phones	Phones	Phones	Phones
3:30 – 4:00	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group	Nursing Group
4:00 – 4:45	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group	Life Skills Group
4:45 – 5:15	Outside Time	Outside Time	Outside Time	Outside Time	Outside Time	Outside Time	Outside Time
5:15 – 6:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15 – 7:00	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
7:00 – 7:30	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group
7:30 – 8:15	Med Pass/Snacks Phones	Med Pass/Snacks Phones	Med Pass/Snacks Phones	Med Pass/Snacks Phones	Med Pass/Snacks Phones	Med Pass/Snacks Phones	Med Pass/Snacks Phones
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

Only ice/water permitted in group sessions
All groups are mandatory; times are approximate

Revised 1.21.22

PHONES ARE OFF DURING THERAPEUTIC GROUPS