

**PROGRAM SCHEDULE / B-POD**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am	Wake-up, vital signs, ADL's	Wake-up, vital signs, ADL's	Wake-up, vital signs, ADL's	Wake-up, vital signs, ADL's	Wake-up, vital signs, ADL's		
8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:30 am	Rooms cleaned and checked	Rooms cleaned and checked	Rooms cleaned and checked	Rooms cleaned and checked	Rooms cleaned and checked	Wake-up, vital signs, ADL's	Wake-up, vital signs, ADL's
9:00 am	Comm. Meeting	Comm. Meeting	Comm. Meeting	Comm. Meeting	Comm. Meeting	Breakfast	Breakfast
9:30 am	Phone	Phone	Phone	Phone	Phone	Community Meeting	Community Meeting
10:30 am	Group Therapy (AT)	Creative Arts (AT)	Psychoeducation (AT)	Creative Arts (AT)	Blacktop (PT)	Phone	Phone
11:30 am	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Blacktop	Creative Arts (AT @ 11:00am)
12 noon	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 pm	D and A Group	Social Work	Med Ed	D and A Group	Nutrition	Illness Ed	Arts/crafts
1:30 pm	School	School	School	School	School	Packets(PT/TA)	Packets(PT/TA)
2:30 pm	Life Skills (AT)	Group Therapy (AT)	Life Skills (AT)	Psychoeducation (AT)	Recreation Therapy (AT)	Cognitive Skills	<b>Blacktop/Family Focus Group in Gym (2pm-3pm)</b>
3:30 pm	Comm. Meeting	Comm. Meeting	Comm. Meeting	Comm. Meeting	Comm. Meeting	Visiting	Visiting
4:00 pm	Gym	Gym	Gym	Gym	Gym	Anger Management	Discharge Planning
5:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 pm	Frustration Tolerance	Anger Mgmt/ <b>Family Focus Group in the Gym (5pm-6pm)</b>	Illness Education	Stress Management	Frustration Tolerance	Gym	Gym
6:30 pm	Current events	Evening Routine/Visiting (6:30pm-7:30pm)	Current Events	<b>Family Focus Group in the Gym (6pm-7pm)/Visiting (6:30pm-7:30pm)</b>	Current events	Reading Club (extra points for completion)	Coping Skills
7:45 pm	Wrap up/Relaxation/Points	Wrap up/Relaxation/Points	Wrap up/Relaxation Points	Wrap up/Relaxation Points	Wrap up/Relaxation Points	Wrap up/Relaxation Points	Wrap up/Relaxation Points

