

Serenity Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:00-07:00 a.m.	hygiene, meds, showers, chores	Wake up/Showers, meds, chores	Wake up/Showers, meds, chores	Wake up/Showers, meds, chores	Wake up/Showers, meds, chores	Wake up/Showers, meds, chores	Wake up/Showers, meds, chores
07:00-07:30 a.m.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
07:30-08:00 a.m.	hygiene, meds, showers, chores		hygiene, meds, showers, chores		hygiene, meds, showers, chores		
08:00-09:00 a.m.	hygiene, meds, showers, chores	School (8:10-11:18)	School (8:10-11:18)	School (8:10-11:18)	School (8:10-11:18)	School (8:10-11:18)	hygiene, meds, showers, chores
09:00-10:00 a.m.	Exercise						Exercise
10:00-11:30 a.m.	10-11 Group process, goals						10-11 group process
11 /11:30 -12:00	Quiet and in rooms, bathroom and hygiene before lunch, work on homework, assignments, packets journals or read.						
12:00-12:30 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30-13:00 p.m.	Quiet in rooms	Horse Therapy 12:30-2:00	Quiet in rooms Assignments, homework, packets, journal, read, if work is complete, play a game quietly with roommates.				
13:00-14:00 p.m.	UNIT ACTIVITY		Group process	Group rehab- MHW Chart on white sheet	Music focused activity	Expressive Therapy	Nursing Education Chart on white sheet
14:00-15:00 p.m.		Expressive Therapy	Group rehab- MHW Chart on white sheet	Big Fish led activity of choice	Expressive Therapy	Serenity Current events	UNIT ACTIVITY
15:00-16:00 p.m.		Serenity Current events	Serenity Current events	Group Process	Serenity Current events	Group rehab- MHW Chart on white sheet	
16:00-17:00 p.m.	Community Chart on white sheet	Community Chart on white sheet	Community Chart on white sheet	Community Chart on white sheet	Community Chart on white sheet	Community Chart on white sheet	Community Chart on white sheet
17:00-17:30 p.m.	Quiet and in rooms! Your time to work on assignments, homework, packets, journal, read				Library	Quiet in rooms work on assignments	
17:30-18:00 p.m.	Continue quiet and in rooms. Assignments, homework, packets, journal, read, if all work is complete, you may play a game quietly with roommates.						
18:00-18:30 p.m.	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
18:30-19:00 p.m.	SHIFT REPORT!!!!		QUIET IN ROOMS!!!!		EBT showers		Group rehab in rooms/ EBT showers
19:00-19:30 p.m.	Gym/ outside	Gym/ outside	Gym/ outside	Gym/ outside	Gym/ outside	Group rehab Cinema Group 2hr (must chart process) Chart on white sheet	Gym/ outside
19:30-20:30 p.m.	Group rehab- MHW Chart on white sheet	Group rehab- MHW Chart on white sheet	Homework/ relaxation	Homework/ relaxation	Nursing Education Chart on white sheet		Canteen
20:30 p.m.	Showers/Hygiene Bed Time EBT/Red/TZ	Showers/Hygiene Bed Time EBT/Red/TZ	Showers/Hygiene Bed Time EBT/Red/TZ	Showers/Hygiene Bed Time EBT/Red/TZ	Showers/Hygiene Bed Time EBT/Red/TZ	Hygiene/showers Bed Time EBT/Red/TZ	Hygiene/showers Bed Time EBT/Red/TZ
21:00 p.m.	Bed Time Level Or/1	Bed Time Level Or/1	Bed Time Level Or/1	Bed Time Level Or/1	Bed Time Level Or/1		
21:30 p.m.	Bed Time Level II	Bed Time Level II	Bed Time Level II	Bed Time Level II	Bed Time Level II	Bed Time Level Or/1	Bed Time Level Or/1
22:00 p.m.	Bed Time Level III/IV	Bed Time Level III/IV	Bed Time Level III/IV	Bed Time Level III/IV	Bed Time Level III/IV	Bed Time Level II	Bed Time Level II
22:30p.m.						Bed Time Level III/IV	Bed Time Level III/IV
Daily activities – RED		Meals- GREEN	Therapist Groups	Serenity Groups	Expressive Groups	Group Rehab	Nursing Group