Malvern Behavorial Health's Wisteria Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Wake Up / Morning Coffee & Tea						
7:00 AM	Morning Hygiene						
8:00 AM	Breakfast						
8:30 AM	Room/Laundry						
9:00 AM	Community Mtg						
10:00 AM	Journal / Treatment Work / Meditation						
11:00 AM	Process Group						
12:00 PM	Hand Hygiene/Lunch						
1:00 PM	Process Group	Process Group	Discharge Planning Group (SW)	Process Group	Process Group	Process Group	Process Group
2:00 PM	Rec Therapy	Visitation 2:00-3:00pm Movie	Visitation 2:00-3:00pm Movie				
3:00 PM	Yoga	Yoga	Yoga	Yoga	Yoga	Movie	Movie
4:00 PM	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	Psychoeducation (MHT)	RN Group Med Management
5:00 PM	Hand Hygiene						
5:30 PM	Dinner						
6:00 PM	Relaxation and/or Academic Time	Yoga	Visitation 6:00-7:00pm				
8:00 PM	Community Meeting & Snacks						
8:30 PM	Hygiene/Laundry						
9:30 PM	Free Time						
10:30 PM	Lights Out						