

# Malvern Behavioral Health's Sage Program Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Wake Up / Morning Coffee & Tea					Wake Up / Morning Coffee & Tea	Wake Up / Morning Coffee & Tea
7:00 AM	Morning Hygiene					Morning Hygiene	Morning Hygiene
8:00 AM	Breakfast					Breakfast	Breakfast
8:30 AM	Room/Laundry					Room/Laundry	Room/Laundry
9:00 AM	Community Mtg					Community Mtg	Community Mtg
10:00 AM	Meditation					Meditation	Meditation
11:00 AM	Process Group/Allied Therapy					Process Group/Allied Therapy	Process Group/Allied Therapy
12:00 PM	Hand Hygiene/Lunch					Hand Hygiene/Lunch	Hand Hygiene/Lunch
1:00 PM	Process Group/Allied Therapy					Process Group/Allied Therapy	Process Group/Allied Therapy
2:00 PM	Rec Activity Led by Staff					Visitation 2:00-3:00pm	Visitation 2:00-3:00pm
3:00 PM	Yoga					Movie	Movie
4:00 PM	Psychoeducation (MHT)					Psychoeducation (MHT)	RN Group Med Management
5:00 PM	Hand Hygiene					Hand Hygiene	Hand Hygiene
5:30 PM	Dinner					Dinner	Dinner
6:30 PM	Game Time					Visitation 6:00-7:00pm	Game Time
7:30 PM	Community Meeting & Snacks					Community Meeting & Snacks	Community Meeting & Snacks
8:30 PM	Hygiene/Laundry					Hygiene/Laundry	Hygiene/Laundry
9:30 PM	Relaxation					Relaxation	Relaxation
10:30 PM	Lights Out					Lights Out	Lights Out