Malvern Behavorial Health's Lotus Program Schedule

TIME	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	Wake Up / Morning Coffee & Tea	Wake Up / Morning Coffee & Tea	Wake Up / Morning Coffee & Tea	Wake Up / Morning Coffee & Tea
7:00 AM	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry	Room/Laundry
9:00 AM	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg	Community Mtg
10:00 AM	Journal / Treatment Work / Meditation	Journal / Treatment Work / Meditation	Journal / Treatment Work / Meditation	Journal / Treatment Work / Meditation	Journal / Treatment Work / Meditation	Journal / Treatment Work / Meditation	Journal / Treatment Work / Meditation
11:00 AM	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
12:00 PM	Hand Hygiene/Lunch	Hand Hygiene/Lunch	Hand Hygiene/Lunch	Hand Hygiene/Lunch	Hand Hygiene/Lunch	Hand Hygiene/Lunch	Hand Hygiene/Lunch
1:00 PM	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
2:00 PM	Rec	Rec	Rec	Rec	Rec	Movie Visitation (Rooms 200-208)	Movie Visitation (Rooms 209-216)
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)	Psychoeducation (MHT)
5:00 PM	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene	Hand Hygiene
5:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 PM	Relaxation and/or Academic Time	Relaxation and/or Academic Time	Relaxation and/or Academic Time	Relaxation and/or Academic Time	Relaxation and/or Academic Time	Yoga	Yoga
8:00 PM	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks	Community Meeting & Snacks
8:30 PM	Hygiene/Laundry	Hygiene/Laundry	Hygiene/Laundry	Hygiene/Laundry	Hygiene/Laundry	Hygiene/Laundry	Hygiene/Laundry
9:30 PM	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
10:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out