# Malvern Behavorial Health's Sage 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 | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation | Meditation |
| 11:00 AM | Process Group / Allied Therapy | Process Group / Allied Therapy | Process Group / Allied Therapy | Process Group / Allied Therapy | Process Group / Allied Therapy | Process Group / Allied Therapy | Process Group / Allied Therapy |
| 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 / Allied Therapy | Process Group / Allied Therapy | Process Group / Allied Therapy | Process Group / Allied Therapy | Discharge Planning Group (SW) | Process Group / Allied Therapy | Process Group / Allied Therapy |
| 2:00 PM | Rec Activity Led by Staff | Rec Activity Led by Staff | Rec Activity Led by Staff | Rec Activity Led by Staff | Rec Activity Led by Staff | 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 | Hand Hygiene | Hand Hygiene | Hand Hygiene | Hand Hygiene | Hand Hygiene | Hand Hygiene |
| 5:30 PM | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 6:30 PM | Game Time | Game Time | Game Time | Game Time | Game Time | Visitation 6:00-7:00pm | Game Time |
| 7:30 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 | Relaxation | Relaxation | Relaxation | Relaxation | Relaxation | Relaxation | Relaxation |
| 10:30 PM | Lights Out | Lights Out | Lights Out | Lights Out | Lights Out | Lights Out | Lights Out |