POLARIS PROGRAM SCHEDULE

TIMES	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 AM	Wake up/ADL's	Wake up/ADL's	Wake up/ADL's	Wake up/ADL's	Wake up/ADL's	Wake up/ADL's	Wake up/ADL's
7:30 AM	Clean rooms	Clean rooms	Clean rooms	Clean rooms	Clean rooms	Clean rooms	Clean rooms
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 AM	Community meeting / goals	Community meeting / goals	Community meeting / goals	Community meeting / goals	Community meeting / goals	Community meeting / goals	Community meeting / goals
9:00 AM	Free time or outdoor activity	School	School	School	School	School	Free time or outdoor activity
11:15 AM	Medication Teaching	Banner / Expressive Arts	Mindfulness and Emotions	Self Compassion	Skill Building	Strengths Group	Expressive Arts
12:00 PM	Free Time Activity / walk	Free Time Activity / walk	Free Time Activity / walk	Free Time Activity / walk	Free Time Activity / walk	Free Time Activity / walk	Free Time Activity / walk
12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15 PM	Bonus Time	Bonus Time	Nutrition Education	Bonus Time	Bonus Time	Bonus Time	Bonus Time
2:00 PM	Movie / Activity Snack	Movie / Activity Snack	Movie / Activity Snack	Movie / Activity Snack	Movie / Activity Snack	Movie / Activity Snack	Movie / Activity Snack
3:45 PM	Focus Group	Focus Group	Focus Group	Focus Group	Focus Group	Focus Group	Focus Group
4:00 PM	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation	Recreation
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 PM	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
6:15 PM	Store	TV Time	Store	TV Time	Store	TV Time	TV Time
7:15 PM	Movie	Coping Skills	Gratitude/Hope	Kindness/Awareness of others	Resilience Teamwork/Fairness	Game Night	Bingo
8:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
8:15 PM	Phones / Zoom	Phones / Zoom	Phones / Zoom	Phones / Zoom	Phones / Zoom	Phones / Zoom	Phones / Zoom
8:30 PM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime
10:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Individual sessions / Family sessions and meetings with your Doctor occur at various times throughout the week.