

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	Leisure Time	Clean rooms	Clean rooms	Clean rooms	Clean rooms	Clean rooms	Leisure Time
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	Ausable or Outdoor Activity	School	School	School	School	School	Ausable or Outdoor Activity
11:00 am	Medication Teaching	Banner / Expressive Arts	Strength Training	Discharge Planning	Skill Building	Mindfulness/ Stress Management	Nutrition Education
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	Bonus Time	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 @ 4:45	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 pm	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's	ADL's
6:00 pm	Store	Multi- family Meeting / Snack	Store	Store	Store	Store	Store
7:00 pm	Wrap Up		Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up
7:15 pm	Movie		Gratitude/Hope	Kindness/ Awareness of others	Resilience Teamwork/ Fairness	Bingo	Game Night
8:00 pm	Snack	Store	Snack	Snack	Snack	Snack	Snack
8:15 pm	Phones / DVD's	Phones / DVD's	Phones / DVD's	Phones / DVD's	Phones / DVD's	Phones / DVD's	Phones / DVD's
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.