

Shasta Regional Medical Center: *Path to Wellness* Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-8:00am	Wake Up/ADLs Meet with Nurse Goals for the Day	Wake Up/ADLs Meet with Nurse Goals for the Day	Wake Up/ADLs Meet with Nurse Goals for the Day	Wake Up/ADLs Meet with Nurse Goals for the Day	Wake Up/ADLs Meet with Nurse Goals for the Day	Wake Up/ADLs Meet with Nurse Goals for the Day	Wake Up/ADLs Meet with Nurse Goals for the Day
8:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:15am-11:00am	Group-Community Grp	Group-Community Grp	Group-Community Grp	Group-Community Grp	Group-Community Grp	Group-Community Grp	Group-Community Grp
11:00am-11:30am	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
11:30am-12:00pm	Break/Patio	Break/Patio	Break/Patio	Break/Patio	Break/Patio	Break/Patio	Break/Patio
12:00pm-12:45pm	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00pm-2:45pm	Art/Rec	Art/Rec	Art/Rec	Art/Rec	Art/Rec	Leisure Activity/ Visiting	SW Family Group
2:45pm-3:00pm	Break	Break	Break	Break	Break	Visiting	Visiting
3:00pm-3:45pm	Art/Rec	Nurse's Group/Med Ed	Art/Rec	Dietary	Art/Rec	Visiting	Visiting
3:45pm-4:00pm	Break/Patio	Break/Patio	Break/Patio	Break/Patio	Break/Patio	Break/Patio	Break/Patio
4:00pm-4:45pm	SW Education Group	SW Education Group	SW Education Group	SW Education Group	SW Education Group	SW Education Group	Art/Recreational Therapy
6:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00pm-7:45pm	Leisure Activities/ADLs	Leisure Activities/ADLs	Family Group	Leisure Activities/ADLs	Leisure Activities/ADLs	Leisure Activities/ADLs	Leisure Activities/ADLs
8:00pm-8:30pm	Community Grp Goal Review	Community Grp Goal Review	Community Grp Goal Review	Community Grp Goal Review	Community Grp Goal Review	Community Grp Goal Review	Community Grp Goal Review
8:00pm	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs
Vising Hours: Monday-Friday 12:45pm-2:00pm and 7:00pm-8:00pm Saturday and Sunday 1:00pm-3:45pm and 7:00pm-8:00pm							