BHC Alhambra Hospital

BHC Alhambra Hospital | 4619 N. Rosemead Blvd. | Rosemead, CA 91770 | 626-286-1191

BHC ALHAMBRA HOSPITAL ADOLESCENT PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
6:30am-7:30am	WAKE-UP	WAKE-UP	WAKE-UP	WAKE-UP	WAKE-UP			6:30am-7:30am
7:30am-8:00am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	WAKE-UP / ADL	WAKE-UP / ADL	7:30am-8:00am
8:00am-9:00am	COMMUNITY MEETING GOALS GROUP	COMMUNITY MEETING GOALS GROUP	COMMUNITY MEETING GOALS GROUP	COMMUNITY MEETING GOALS GROUP	COMMUNITY MEETING GOALS GROUP	BREAKFAST COMMUNITY MEETING GOALS GROUP	BREAKFAST COMMUNITY MEETING GOALS GROUP	8:00am-9:00am
9:00am-10:00am	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	9:00am-10:00am
10:00am-11:00am	TASK SKILLS / AT	TASK SKILLS / AT	TASK SKILLS / AT	TASK SKILLS / AT	TASK SKILLS / AT	TASK SKILLS / AT	TASK SKILLS / AT	10:00am-11:00am
11:00am-11:30am	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	PROCESS GROUP	PROCESS GROUP	11:00am – 11:30am
11:30am-12:00pm	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME			11:30am-12:00pm
12:00am-1:00 pm	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	LUNCH	LUNCH	12:00am-1:00pm
1:00 pm-2:00 pm	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	1:00pm-2:00pm
2:00 pm-3:00 pm	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	2:00 pm-3:00 pm
3:00 pm-4:00 pm	COMMUNITY MEETING	COMMUNITY MEETING	COMMUNITY MEETING	COMMUNITY MEETING	COMMUNITY MEETING	COMMUNITY MEETING	COMMUNITY MEETING	3:30 pm-4:00 pm
4:00 pm-5:00 pm	AT	AT	AT	AT	AT	AT	AT	4:00pm-5:00pm
5:00 pm-5:30 pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	5:00pm-5:30 pm
5:30 pm-7:00 pm	VISITATION / PHONE TIME	VISITATION / PHONE TIME	VISITATION / PHONE TIME	VISITATION / PHONE TIME	VISITATION / PHONE TIME	VISITATION / PHONE TIME	VISITATION / PHONE TIME	5:30pm-7:00 pm
7:00 pm-8:00 pm	EXERCISE /AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	EXERCISE / AT	7:00 pm-8:00pm
8:00 pm-9:00 pm	GOALS FOLLOW-UP GROUP	GOALS FOLLOW-UP GROUP	GOALS FOLLOW-UP GROUP	GOALS FOLLOW-UP GROUP	GOALS FOLLOW-UP GROUP	GOALS FOLLOW-UP GROUP	GOALS FOLLOW-UP GROUP	8:00pm-9:00pm
9:00 pm-9:30 pm	BEDTIME (E) LEISURE	BEDTIME (E) LEISURE	BEDTIME (E) LEISURE	BEDTIME (E) LEISURE	BEDTIME (E) LEISURE	BEDTIME (E) LEISURE	BEDTIME (E) LEISURE	9:00pm-9:30 pm
9:30 pm-10:00 pm	BEDTIME (1) LEISURE	BEDTIME (1) LEISURE	BEDTIME (1) LEISURE	BEDTIME (1) LEISURE	BEDTIME (1) LEISURE	BEDTIME (1) LEISURE	BEDTIME (1) LEISURE	9:30 pm-10:00 pm
10:00 pm 10:30 pm	BEDTIME (2) LEISURE	BEDTIME (2) LEISURE	BEDTIME (2) LEISURE	BEDTIME (2) LEISURE	BEDTIME (2) LEISURE	BEDTIME (2) LEISURE	BEDTIME (2) LEISURE	10:00 pm 10:30 pm
10:30 pm	BEDTIME (3)	BEDTIME (3)	BEDTIME (3)	BEDTIME (3)	BEDTIME (3)	BEDTIME (3)	BEDTIME (3)	10:30 pm