

UCLA Resnick Neuropsychiatric Hospital – 4 East C Unit Adult Inpatient Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time	Grooming & Personal Time
8:30							
9:00							
9:30						Community Meeting	Community Meeting
10:00	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Deck Activity	Deck Activity
10:30	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
11:00	11:15-12:00 OT Task	11:15-12:00 OT Task	Pet Therapy 11:00-11:15 (every other week)	11:15-12:00 OT Task	11:15-12:00 OT Task	11:15-12:00 OT Task	11:15-12:00 OT Task
11:30			11:15-12:00 OT Task				
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30							
1:00	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity
1:30	1:30-2:15 OT Social Skills	Personal Time	1:30-2:15 OT Stress Mgmt	Personal Time	1:30-2:15 OT Self-Care	Personal Time	Personal Time
2:00		Spiritual Reflection (every other week)				Personal Time	Personal Time
2:30	Personal Time	Personal Time	Personal Time		Personal Time		
3:00	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity
3:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
4:00							
4:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:00	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity	Deck Activity
5:30	Visiting Hour	Visiting Hour	Visiting Hour	Visiting Hour	Visiting Hour	Visiting Hour	Visiting Hour
6:00							
6:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
7:00							
7:30							
8:00	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
8:30	8:15 Wrap-Up Group	8:15 Wrap-Up Group	8:15 Wrap-Up Group	8:15 Wrap-Up Group	8:15 Wrap-Up Group	8:15 Wrap-Up Group	8:15 Wrap-Up Group