

Pasadena Villa Orlando Activity Program Schedule

				Green = Therapy Groups			Blue = Social Integration Activity		Light Blue = Life Skills		Yellow = Substance Abuse		
				Dark Purple = Wellness/Recreation			Black = Anxiety		Red = DBT	Brown = ASD	Orange = Meals		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
8:30 am-9:00 am	Breakfast, Medications												
9:00 am-9:30 am	ADL Skills												
9:30 am- 10:00 am	Goal Setting Group												
10:00 am-10:30 am													
10:30 am-11:00 am	Social Integration Activity	Art of Living with Purpose	Recreational Therapy	Social Integration Activity	Open Art		Life Skills Group	Social Integration Activity	Study Hall	Creative Crafts	Nutrition Group	Social Integration Activity	
11:00 am-11:30 am					Nursing Group		Relationship Enrichment		CBT		Recreational Therapy		
11:30 am-12:00 pm	Recreational Therapy	Open Art											
12:00 pm-12:30 pm													
12:30 pm-12:45 pm													
12:50 pm-1:00 pm	Hand Washing						Hand Washing Time						
1:00 pm-2:00 pm	Lunch						Lunch						
2:00 pm-2:30 pm	Social Integration Activity	Mindful Budgeting	Open Art II	Ladder Ball	Trauma	Men's Group		Wise Women	Curent Events	Social Skills	Social Integration Activity		
2:30 pm-3:00 pm		Music Appreciation	Family Dynamics	Recovery Focus	DBT	Mental Health Relapse Prevention			Community Group			Coping Skills	Expressive Workshop
3:00 pm-3:30 pm		Meditation		Conflict Resolution	Co-Dependency	Health and Wellness		Interpersonal Skills	Emotional Regulation	Unblocking Creativity		Team Building	Self-Esteem
3:30 pm-4:00 pm													
4:00 pm-4:30 pm													
4:30 pm-5:00 pm													
5:30 pm-5:45 pm	Closure Group												
5:50 pm-6:00 pm	Hand Washing Time												
6:00 pm-7:00 pm	Dinner												
7:00 pm-7:30 pm	Social Integration Activity			CRH House Meetings		Social Integration Activity							
7:30 pm-8:00 pm													
8:00 pm-8:30 pm	AA/NA Community Meeting												
8:30 pm-9:00 pm													
9:00 pm	Personal Goals												