

**Robert
Steen
Day
Hospital
Programs**



MONDAY

9:00 COFFEE
9:30 CHAIR
EXERCISES
10:00 BALANCE
CLASS
10:30
EDUCATION
11:00/ OT
RECREATION
12:00 LUNCH
1:00 THERA
BAND CLASS
1:45
RECREATION

TUESDAY

9:00 COFFEE
9:30 CHAIR
EXERCISES
10:00 BALANCE
CLASS
10:30
EDUCATION
11:00/OT
RECREATION
12:00 LUNCH
1:00 THERA
BAND CLASS
1:45
RECREATION

WEDNESDAY

9:00 COFFEE
9:30 CHAIR
EXERCISES
10:00 BALANCE
CLASS
10:30
EDUCATION
11:00/OT
RECREATION
12:00 LUNCH
1:00 THERA
BAND CLASS
1:45
RECREATION

THURSDAY

9:00 COFFEE
9:30 CHAIR
EXERCISES
10:00 BALANCE
CLASS
10:30
EDUCATION
11:00/OT
RECREATION
12:00 LUNCH
1:00 THERA
BAND CLASS
1:45
RECREATION

FRIDAY

9:00 COFFEE
9:30 CHAIR
EXERCISES
10:00 BALANCE
CLASS
10:30
EDUCATION
11:00/OT
RECREATION
12:00 LUNCH
1:00 THERA
BAND CLASS
1:45
RECREATION