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**HAWTHORN  
CENTER**

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*Michigan Department*

*of*

*Health and Human Services*

***Welcome to Your Living Area***

***A TYPICAL WEEK DAY AT  
HAWTHORN CENTER***

**7:00 AM – 8:00 AM**

You may have blood work drawn or have to give a urine specimen if ordered by your doctor.

**7:30 AM**

You will be awakened to start your day.

- This is the time for you to wash up, put on clean clothes, comb your hair, and brush your teeth.
- This is the time for you to make your bed, straighten up your room and make sure all your grooming supplies are locked in your cubby/wardrobe.
- This is the time you will be given medication if ordered by your doctor.

**7:45 AM – 8:30 AM**

You will be served breakfast either on the living area or in the cafeteria.

**8:30 AM – 11:30 AM**

After you have been school tested, this is the time you will be in school or will have school work given to you on the living area.

**11:30 AM – 12:30 PM**

You will be served lunch either on the living area or in the cafeteria.

This is when you will have some free time to make phone calls, play in the activity room, watch television, and go outside or your room.

**12:30 PM – 3:00 PM**

This is when you will go back to school or will have school work given to you on the area.

**3:00 PM – 3:30 PM**

You will be served an afternoon snack.

**3:30 PM – 8:00 PM**

This is when you will have some free time to make phone calls, play in the activity room, watch television, and go outside or your room.

This is the time you will work on any unfinished school work your teacher assigns.

This is when you will have your evening activities (see posted "Weekday Activity Schedule"). This schedule includes activities that are important to your treatment. They include things such as Group Therapy, swimming, Fitness Center, Fun Zone, Library, Movie Theater, gym time and field trips.

**4:30 PM – 5:30 PM**

You will be served dinner either on the living area or in the cafeteria.

**4:30 PM – 7:00 PM**

This is visiting time. Visits may take place in the lobby or in other locations within the hospital.

**7:30 PM – 9:00 PM**

This is the time when you get ready for bed.

This is the time for you to shower/bathe, put on clean pajamas, and brush your teeth.

This is the time for you to lay out your clothes for the next morning, straighten up your room, put your dirty clothes in your laundry bag or the bathroom hamper, and make sure all your grooming supplies are locked in your Cubby/Wardrobe.

This is the time you will receive a bedtime snack.

This is the time you will be given medication if ordered by your doctor.

This is when you will have some free time to make phone calls, watch television, or go to your room.

**9:00 PM – 9:30 PM**

This is when you will go to bed.

## *Things That are Different on the Weekends*

**7:00 AM – 9:00 AM**

You can sleep in.

A continental breakfast is served in the area dining room.

**9:00 AM – 8:00 PM**

There is **no school**.

This is when you will have your scheduled weekend activities.

**1:00 PM – 7:00 PM**

This is when visiting hours are extended to allow for family time.

