**September 2016 St. Mary’s 1 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1  **10:00 Music Therapy**  3:00 Drumming-RH  **4:00 Busy Hands** | 2  **9:30 Music and Manicures**  11:00 Church - CH  **4:00 Music and Manicures**  **6:00 All about me Books** | 3 |
| 4  10:15 Mass-Chapel | 5  Labour Day | 6  **9:45 Coffee and Conversation**  **4:00 Fun and Fit**  **6:00 Taste and Talk -CR** | 7  10:15 Mass-Chapel  **1:15 Music with Pat**  **4:00 Gardening**  **6:00 Music and Movement**  **6:45 What’s in the News** | 8  **10:00 Music Therapy**  **4:00 Busy Hands**  6:45 Pub Night with–RH | 9  **9:30 Memories and More**  **6:00 All about me Books** | 10  10:30 Music John Moorhouse RH |
| 11  10:15 Mass-Chapel | 12  **10:00 Pet Therapy**  **11:00 Piano concert**  **1:30 Healthy Rhythms**  2-3 Marian Delight – MVDR  **6:00 Talk and Taste** | 13  **9:30 Dorothy Sings**  **4:00 Fun & Fit**  **7:00 Mind Aerobics** | 14  10:15 Mass-Chapel  **1:15 Music with Pat**  2:00 Pay it Forward- MR  **6:00 Memories and More** | 15  **10:00 Music Therapy**  **1:15 Spirituality Group**  3:00 Drumming-RH  **4:00 Busy Hands**  **7:00 Musical Mixers**  6:45 Evening BINGO -MVDR | 16  **10:30 Music and Memories**  11:00 Church – CH  2:00 Pay it Forward- MR  **3:00 Spirituality Group**  **6:00 All about me Books** | 17  **9:30 Crafty Corner** |
| 18  10:15 Mass-Chapel | 19  **10:00 Pet Therapy**  **1:30 Healthy Rhythms**  2-3 Marian Delight – MVDR  **6:00 Talk and Taste** | 20  **9:45 Coffee and Conversation**  **6:00 Memories and More** | 21  **9:30 Art with Robin**  10:15 Mass- Chapel  **1:15 Music with Pat**  2:00 Pay it Forward- MR  **4:00 Fun and Fit**  **7:00 Mind Aerobics** | 22  **10:00 Music Therapy**  2:00 Pay it Forward- TS  **4:00 Busy Hands**  **7:00 Musical Mixers** | 23  10:30 Music with Stephen Miller –RH  2:00 Birthday Party –RH  2:00 Alpha -RH  **6:00 All about me Books** | 24  2:00 BINGO-RH |
| 25  10:15 Mass  Chapel | 26  **10:00 Pet Therapy**  **1:30 Healthy Rhythms**  2-3 Marian Delight – MVDR  **6:00 Talk and Taste** | 27  **9:30 Outing -See Jen/Amy**  2:00 Residents Council  **3:00 Hymn Sing**  **4:00 Fun & Fit**  **7:00 Mind Aerobics** | 28  10:15 Mass-Chapel  **1:15 Music with Pat**  **6:00 Memories and More**  6:15 Floor Hockey 1st Skills Night -Rh | 29  **4:00 Busy Hands**  **7:00 Musical Mixers** | 30  **9:30 Music and Memories**  **6:00 All about me Books** | **Wellness Centre Gym**  Monday 1:00-3:30  Wednesday 1:00-3:30  Friday 9:30-12:00 |

**MVDR** = Marian Villa Dining Room **CR**=Craft Room **TS**=Town Square **MR**=Magnolia Room **RH** =Recreation Hall **CH= Chapel OPEN ART STUDIO: Tuesday to Friday 9:00am – 4:00pm**

**September 2016 St. Mary’s 2 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| **Programs in bold are specific to**  **St. Mary’s 2** | **Wellness Centre Gym**  **Tuesday 1:00 – 3:30**  **Thursday 1:00 – 3:30**  **Friday 1:00-3:30** |  |  | 1  **10:00 Physiotherapy Program**  3:00 Drumming-RH  6:15 Movie Night- RH | 2  **9:30 Green Thumb**  **11:00 Bocce**  11:00 Church - CH  **2:30 Music and Memories** | 3 |
| 4  10:15 Mass-Chapel | 5  **Labour Day**  10:00 Art with Robin- RH Invite Only | 6 | 7  10:15 Mass-Chapel  **1:15 Balance Group**  **2:30 Happy and Healthy** | 8  **10:00 Physiotherapy Program**  6:45 Pub Night with Michael and Rick - RH | 9  9:30 Shopping to Walmart  **9:30 Green Thumb**  **2:30 Music and Memories** | 10  10:30 Music with John Moorehouse- RH |
| 11  10:15 Mass-Chapel | 12  **11:00 Music Therapy**  2:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 13  **9:45 Acorns/Oak Trees**  2:00 Ageless Grace -RH  **2:30 Mind Aerobics**  **3:00 Hymn Sing** | 14  10:15 Mass-Chapel  **11:30 Rosary Group**  **1:15 Balance Group**  2:00 Pay it Forward- MR  **2:30 Travel Log** | 15  **10:00 Physiotherapy Program**  2:00 Ageless Grace –RH  3:00 Drumming-RH  6:45- BINGO- MVDR | 16  **9:30 Green Thumb**  **11:00 Bocce**  11:00 Church - CH  1:30 Rock the Parkwood- invite only  2:00 Alpha Prog. – RH  2:00 Pay it Forward- MR | 17 |
| 18  10:15 Mass-Chapel | 19  **11:00 Music Therapy**  2:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 20  **9:45 Acorns/Oak Trees**  2:00 Chimes Concert- RH  **3:00 Hymn Sing** | 21  10:15 Mass, Chapel  **11:30 Rosary Group**  **1:15 Balance Group**  2:00 Pay it Forward- MR  **2:30 Happy and Healthy** | 22  **10:00 Physiotherapy Program**  2:00 Happy Hour-RH  **2:00 Music with Larry- SM4**  2:00 Pay it Forward- MR | 23  **9:30 Green Thumb**  10:30 Music with Stephen Miller- RH  2:00 Birthday Party- RH  2:00 Alpha Prog. - RH | 24  9:30 Country Drive  2:00 BINGO RH |
| 25  10:15 Mass-Chapel | 26  2:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 27  **9:45 Acorns/Oak Trees**  **2:30 Mind Aerobics**  2:00 Residents Council -RH | 28  10:15 Mass-Chapel  **1:15 Balance Group**  **2:30 Travel Log**  6:15 Floor Hockey 1st Skills Night -RH | 29  **10:00 Physiotherapy Program**  2:00 Ageless Grace -RH | 30  **9:30 Green Thumb** |  |

**MVDR** = Marian Villa Dining Room **CR** = Craft Room **TS** = Town Square **MR**=Magnolia Room **RH** = Recreation Hall **CH=** Chapel **OPEN ART STUDIO: Tuesday to Friday 9:00am – 4:00pm**

**September 2016 St. Mary’s 3 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| **Programs in bold are specific to St. Mary’s 3** | **Wellness Centre Gym**  **Monday 1:00 – 3:30**  **Wednesday 1:00 – 3:30**  **Friday 9:00 – 11:30** |  |  | 1  6:15 Movie Night -RH | 2  11:00 Church – CH  **1:30 Fun and Fit** | 3 |
| 4  10:15 Mass Chapel | 5  **Labour Day**  10:00 Art with Robin- RH Invite Only | 6  **1:30 Chimes and Harmony**  **2:30 Standing Balance Class** | 7  **9:30 Cranium Crunches**  **10:00 Green Thumb**  10:15 Mass-Chapel  **1:30 Bocce** | 8  **10:00 Physio Program**  **1:30 Java Music Club**  6:45 Pub Night with Michael and Rick- RH | 9  9:30 Shopping to Walmart  **1:30 Fun and Fit** | 10  10:30 Music with John Moorehouse -RH |
| 11  10:15 Mass-Chapel | 12  **9:30 Music and Memories**  2:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 13  **1:30 Chimes and Harmony**  2:00 Ageless Grace -RH  **2:30 Standing Balance Class** | 14  **9:30 Cranium Crunches**  **10:00 Green Thumb**  10:15 Mass-Chapel  **1:30 Travel Log**  2:00 Pay it Forward- MR | 15  **10:00 Physio Program**  **1:30 Java Music Club**  2:00 Ageless Grace –RH  3:00 Drumming-RH  6:45 BINGO- MVDR | 16  1:30 Rock the Parkwood- invite only  2:00 Alpha Prog. – RH  2:00 Pay it Forward- MR | 17 |
| 18  10:15 Mass-Chapel | 19  **9:30 Music and Memories**  2:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 20  2:00 Chimes Concert- RH  **2:30 Standing Balance Class** | 21  **10:00 Green Thumb**  10:15 Mass-Chapel  **1:30 Bocce**  2:00 Pay it Forward- MR | 22  **10:00 Physio Program**  2:00 Happy Hour –RH  2:00 Pay it Forward- MR  **2:00 Music with Larry- SM4** | 23  10:30 Music with Stephen Miller- RH  2:00 Birthday Party- RH  2:00 Alpha Prog. - RH | **24**  9:30 Country Drive  2:00 INGO- RH |
| 25  10:15 Mass-Chapel | 26  2:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 27  **1:30 Chimes /Harmony**  2:00 Residents Council -RH  **2:30 Standing Balance Class** | 28  **10:00 Green Thumb**  10:15 Mass-Chapel  **1:30 Travel Log**  6:15 Floor Hockey 1st Skills Night -Rh | 29  **10:00 Physio Program**  **1:30 Java Music Club**  2:00 Ageless Grace -RH | 30  2:00 Alpha Prog. - RH |  |

**MVDR** = Marian Villa Dining Room **CR** = Craft Room **TS** = Town Square **MR**= Magnolia Room **RH** = Recreation Hall **CH=** Chapel **OPEN ART STUDIO: Tuesday to Friday 9:00am – 4:00pm**

**September 2016 St. Mary’s 4 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to St. Mary’s 4** | **Wellness Centre Gym**  **Monday 1:00 – 3:30**  **Wednesday 1:00 – 3:30**  **Friday 9:30 – 12:00** |  | 1  3:00 Drumming-RH  6:15 Movie Night- RH | 2  **9:30 Bocce**  **11:00 Green Thumb**  11:00 Church - CH  1:30 | 3 |
| 4  10:15 Mass-Chapel | 5  **Labour Day**  10:00 Art with Robin- RH Invite Only | 6  **9:45 Music Therapy**  **1:30 Pet Therapy** | 7  10:15 Mass-Chapel | 8  **11:00 Physiotherapy Program**  6:45 Pub ft Michael and Rick -RH | 9  9:30 Shopping to Walmart  **11:00 Green Thumb** | 10  10:30 Music with John Moorehouse -RH |
| 11  10:15 Mass-Chapel | 12  **10:30 Travel Log**  2:00 Marian Delight-MVDR  6:30 Happy Gang - TS | 13  **9:45 Music Therapy**  **1:30 Pet Therapy**  2:00 Ageless Grace -RH | 14  10:15 Mass -Chapel  **1:30 Java Music Club**  2:00 Pay it Forward- MR | 15  **11:00 Physiotherapy Program**  2:00 Ageless Grace –RH  2:00 Pay it Forward- MR  3:00 Drumming-RH  6:45 BINGO- MVDR | 16  **9:30 Bocce**  **11:00 Green Thumb**  11:00 Church – CH  1:30 Rock the Parkwood- invite only  2:00 Alpha Prog. - RH | 17 |
| 18  10:15 Mass-Chapel | 19  **10:30 Music and Memories**  2:00 Marian Delight-MVDR  6:30 Happy Gang - TS | 20  **9:45 Music Therapy**  **1:30 Pet Therapy**  2:00 Chimes- RH | 21  10:15 Mass-Chapel  **1:30 Java Music Club**  2:00 Pay it Forward- MR | 22  **9:30 Cranium Crunches**  **11:00 Physiotherapy Program**  2:00 Happy Hour- RH  2:00 Pay it Forward- TS  **2:00 Music with Larry** | 23  10:30 Music with Stephen Miller- RH  **11:00 Green Thumb**  2:00 Birthday Party- RH  2:00 Alpha Prog. - RH | 24  9:30 Country Drive  2:00 BINGO- RH |
| 25  10:15 Mass-Chapel | 26  **10:30 Travel log**  2:00 Marian Delight-MVDR  6:30 Happy Gang - TS | 27  **9:45 Music Therapy**  **1:30 Pet Therapy**  2:00 Residents Council -RH | 28  10:15 Mass-Chapel  **1:30 Java Music Club**  6:15 Floor Hockey 1st Skills Night -Rh | 29  **9:30 Cranium Crunches**  **11:00 Physiotherapy Program**  2:00 Ageless Grace -RH | 30  2:00 Alpha Prog. - RH |  |

**MVDR** = Marian Villa Dining Room **CR** = Craft Room **TS** = Town Square **MR**=Magnolia Room **RH** = Recreation Hall **CH=** Chapel **OPEN ART STUDIO: Tuesday to Friday 9:00am – 4:00pm**

**September 2016 St. Mary’s 5 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to**  **St. Mary’s 5** | **Wellness Centre Gym**  **Tuesday 1:00 – 3:30**  **Thursday 1:00 – 3:30**  **Friday 1:00-3:30** |  | 1  3:00 Drumming-RH  6:15 Movie Night-RH | 2  11:00 Church - CH | 3 |
| 4  10:15 Mass-Chapel | 5  **Labour Day**  10:00 Art with Robin- RH Invite Only | 6  **11:00 Cranium Crunches** | 7  10:15 Mass-Chapel  **11:00 Fun and Fit**  **3:00 Green Thumb** | 8  **3:00 Bocce**  6:45 Pub Night with Michael and Rick- RH | 9  9:30 Shopping to Walmart | 10 |
| 11  10:15 Mass-Chapel | 12  **9:45 Music Therapy**  11:00 Travel Log SM4  **3:30 Mind Aerobics**  2:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 13  **11:00 Cranium Crunches**  **2:00 Hymn Sing**  2:00 Ageless Grace -RH | 14  10:15 Mass-Chapel  **11:00 Fun and Fit**  2:00 Pay it Forward- MR  **3:00 Green Thumb** | 15  **9:30 Pet Therapy**  3:00 Drumming-RH  2:00 Ageless Grace –RH  **3:00 Bocce**  6:45 BINGO-RH | 16  11:00 Church - CH  1:30 Rock the Parkwood- invite only  2:00 Pay it Forward- MR | 17 |
| 18  10:15 Mass-Chapel | 19  **9:45 Music Therapy**  2:00 Marian Delight- MVDR  **3:30 Mind Aerobics**  6:30 Happy Gang -TS | 20  **11:00 Cranium Crunches**  **10:30 Faith, Hope & Love**  2:00 Chimes- RH  **2:00 Hymn Sing** | 21  10:15 Mass-Chapel  2:00 Pay it Forward- MR  **3:00 Green Thumb** | 22  **9:30 Pet Therapy**  **11:00 Bocce**  **2:00 Music with Larry- SM4**  2:00 Happy Hour- RH  2:00 Pay it Forward- TS | 23  10:30 Music with Stephen Miller- RH  2:00 Birthday Party- RH  2:00 Alpha Prog. - RH | 24  9:30 Country Drive  2:00 BINGO-RH |
| 25  10:15 Mass-Chapel | 26  **9:45 Music Therapy**  10:30 Travel Log- SM4  2:00 Marian Delight- MVDR  **3:30 Mind Aerobics**  6:30 Happy Gang -TS | 27  **10:30 Faith, Hope & Love**  **11:00 Cranium Crunches**  2:00 Residents Council-RH | 28  10:15 Mass-Chapel  **3:00 Green Thumb**  6:15 Floor Hockey 1st Skills Night -RH | 29  **9:30 Pet Therapy**  **11:00 Music and Memories**  2:00 Ageless Grace -RH  **3:00 Bocce** | 30  2:00 Alpha Program - RH |  |

**MVDR** = Marian Villa Dining Room **CR** = Craft Room **TS** = Town Square **MR**= Magnolia Room **RH** = Recreation Hall **CH=** Chapel **OPEN ART STUDIO: Tuesday to Friday 9:00am – 4:00pm**