**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  |
| 410:15 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 |
| 1110:15 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 – CH2:00 Pay it Forward- MR**3:00 Spirituality Group****6:00 All about me Books**  | 17 **9:30 Crafty Corner** |
| 1810:15 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** | 2310:30 Music with Stephen Miller –RH2:00 Birthday Party –RH2:00 Alpha -RH**6:00 All about me Books**  | 24 2:00 BINGO-RH |
| 2510:15 MassChapel | 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 1:00-3:30Wednesday 1:00-3:30Friday 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-RH6:15 Movie Night- RH | 2**9:30 Green Thumb****11:00 Bocce**11:00 Church - CH**2:30 Music and Memories** | 3 |
| 410:15 Mass-Chapel | 5**Labour Day**10:00 Art with Robin- RH Invite Only | 6  | 710:15 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 | 99:30 Shopping to Walmart**9:30 Green Thumb****2:30 Music and Memories** | 1010:30 Music with John Moorehouse- RH |
| 1110:15 Mass-Chapel | 12**11:00 Music Therapy**2:00 Marian Delight- MVDR6:30 Happy Gang -TS | 13**9:45 Acorns/Oak Trees**2:00 Ageless Grace -RH**2:30 Mind Aerobics** **3:00 Hymn Sing** | 1410:15 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 –RH3:00 Drumming-RH6:45- BINGO- MVDR | 16**9:30 Green Thumb****11:00 Bocce**11:00 Church - CH1:30 Rock the Parkwood- invite only2:00 Alpha Prog. – RH2:00 Pay it Forward- MR | 17 |
| 1810:15 Mass-Chapel | 19**11:00 Music Therapy**2:00 Marian Delight- MVDR6:30 Happy Gang -TS | 20**9:45 Acorns/Oak Trees**2:00 Chimes Concert- RH**3:00 Hymn Sing** | 2110:15 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- RH2:00 Birthday Party- RH2:00 Alpha Prog. - RH | 24 9:30 Country Drive2:00 BINGO RH |
| 2510:15 Mass-Chapel | 26 2:00 Marian Delight- MVDR6:30 Happy Gang -TS | 27**9:45 Acorns/Oak Trees****2:30 Mind Aerobics** 2:00 Residents Council -RH | 2810:15 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** |  |

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**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** |  |  | 16:15 Movie Night -RH | 211:00 Church – CH**1:30 Fun and Fit** | 3 |
| 410:15 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 | 99:30 Shopping to Walmart**1:30 Fun and Fit** | 1010:30 Music with John Moorehouse -RH |
| 1110:15 Mass-Chapel | 12**9:30 Music and Memories**2:00 Marian Delight- MVDR6:30 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 –RH3:00 Drumming-RH6:45 BINGO- MVDR | 161:30 Rock the Parkwood- invite only2:00 Alpha Prog. – RH2:00 Pay it Forward- MR | 17 |
| 1810:15 Mass-Chapel | 19**9:30 Music and Memories**2:00 Marian Delight- MVDR6:30 Happy Gang -TS | 202:00 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 –RH2:00 Pay it Forward- MR**2:00 Music with Larry- SM4** | 2310:30 Music with Stephen Miller- RH2:00 Birthday Party- RH2:00 Alpha Prog. - RH | **24**9:30 Country Drive2:00 INGO- RH |
| 2510:15 Mass-Chapel | 26 2:00 Marian Delight- MVDR6:30 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 |  |

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**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** |  | 13:00 Drumming-RH6:15 Movie Night- RH | 2**9:30 Bocce****11:00 Green Thumb**11:00 Church - CH1:30 | 3 |
| 410:15 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 | 99:30 Shopping to Walmart**11:00 Green Thumb** | 1010:30 Music with John Moorehouse -RH |
| 1110:15 Mass-Chapel | 12**10:30 Travel Log** 2:00 Marian Delight-MVDR6:30 Happy Gang - TS | 13**9:45 Music Therapy****1:30 Pet Therapy**2:00 Ageless Grace -RH | 1410:15 Mass -Chapel**1:30 Java Music Club**2:00 Pay it Forward- MR | 15**11:00 Physiotherapy Program**2:00 Ageless Grace –RH2:00 Pay it Forward- MR3:00 Drumming-RH6:45 BINGO- MVDR | 16**9:30 Bocce****11:00 Green Thumb**11:00 Church – CH1:30 Rock the Parkwood- invite only2:00 Alpha Prog. - RH | 17 |
| 1810:15 Mass-Chapel | 19**10:30 Music and Memories**2:00 Marian Delight-MVDR6:30 Happy Gang - TS | 20**9:45 Music Therapy****1:30 Pet Therapy**2:00 Chimes- RH | 2110:15 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- RH2:00 Pay it Forward- TS**2:00 Music with Larry** | 2310:30 Music with Stephen Miller- RH**11:00 Green Thumb**2:00 Birthday Party- RH2:00 Alpha Prog. - RH | 249:30 Country Drive2:00 BINGO- RH |
| 2510:15 Mass-Chapel | 26**10:30 Travel log**2:00 Marian Delight-MVDR6:30 Happy Gang - TS | 27**9:45 Music Therapy****1:30 Pet Therapy**2:00 Residents Council -RH | 2810:15 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 | 302:00 Alpha Prog. - RH |  |

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**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** |  | 13:00 Drumming-RH6:15 Movie Night-RH | 211:00 Church - CH | 3 |
| 410:15 Mass-Chapel | 5**Labour Day**10:00 Art with Robin- RH Invite Only | 6**11:00 Cranium Crunches** | 710:15 Mass-Chapel**11:00 Fun and Fit****3:00 Green Thumb** | 8**3:00 Bocce**6:45 Pub Night with Michael and Rick- RH | 99:30 Shopping to Walmart | 10 |
| 1110:15 Mass-Chapel | 12**9:45 Music Therapy**11:00 Travel Log SM4**3:30 Mind Aerobics** 2:00 Marian Delight- MVDR6:30 Happy Gang -TS | 13**11:00 Cranium Crunches****2:00 Hymn Sing**2:00 Ageless Grace -RH | 1410:15 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-RH2:00 Ageless Grace –RH**3:00 Bocce**6:45 BINGO-RH | 1611:00 Church - CH1:30 Rock the Parkwood- invite only2:00 Pay it Forward- MR | 17 |
| 1810:15 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**  | 2110:15 Mass-Chapel2:00 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- RH2:00 Pay it Forward- TS | 2310:30 Music with Stephen Miller- RH2:00 Birthday Party- RH2:00 Alpha Prog. - RH | 249:30 Country Drive2:00 BINGO-RH |
| 2510:15 Mass-Chapel | 26**9:45 Music Therapy**10:30 Travel Log- SM42:00 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 | 2810:15 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** | 302:00 Alpha Program - RH |  |

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