**September 2015 – St. Mary’s 1 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to St. Mary’s 1** | 1Camp Woodeden (invite only) | 2Camp Woodeden (invite only)**9:30 Music Therapy** | 3Camp Woodeden –Residents under 65 (invite only) | 4 11 Church, Chapel/RH**3:00 Spirituality Group** | 5 |
| 610:15 Mass- Chapel | 7**Labour Day**1:30pm - 3:00pm Ice Cream Sundae Social in the Town Square6:00pm - 8:00pm Movie Night in the Rec Hall | 8 **9:30 Dorothy Sings**10:30Anglican ServiceChapel | 9 10:15 Mass, Chapel**1:30 Anything Goes**6:30 Ageless Grace -RH | 10 **1:15 Spirituality Group****4:00 Garden Club**6:45Pub Night – Tony Bycraft -RH | 11**9:30 Music & Movement**11 Church, Chapel/RH**4:00 Music & Manicures** | 12Amy and Wendy are working10:30 Music with Michael Semenuk- RH |
| 1310:15 Mass- Chapel | 14 10:15 Music with Bill-TS2:00 Bingo and Marian Delight – MVDR**3:00 Music Therapy****6:00 Fun on One** | 15**1:00 Country Drive****4:00 Rolls & Strolls** | 1610:15 Mass, Chapel**10:30 Art with Robin -CR**6:30 Ageless Grace –RH | 17**1:15 Spirituality Group**3:00 Drumming RH**4:00 Garden Club**6:45 Evening BINGO -MVDR | 18**9:30 Music & Movement**11 Church, Chapel/RH**3:00 Spirituality Group****4:00 Music & Manicures** | 191:30 Polish Duo - TS |
| 2010:15 Mass- Chapel | 21**9:30 Parlour Visits**2:00 Bingo and Marian Delight – MVDR**2:00 Hymn Sing****3:00 Music Therapy****4:00 Rolls & Strolls****6:00 Fun on One** | 22 **10:00 Coffee and Conversation****1:30 Fun & Fit****4:00 Reading Group****6:00 Whats Cookin?** | 2310:15 Mass, Chapel**1:30 Anything Goes****4:00 Traveling Cart****6:00 Games Night** | 242:00 Happy Hour - RH**4:00 Garden walks****6:00 Movie Night**  | 2510:30 Music with Ross Ward -RH2:00 Birthday Party -MVDR**4:00 One on Ones****6:00 Music & Manicures** | 26 |
| 2710:15 Mass- Chapel | 28**9:30 Parlour Visits**2:00 Bingo and Marian Delight –MVDR**3:00 Music Therapy****4:00 Rolls & Strolls****6:00 Fun on One** | 29**1:30 Fun & Fit**2:00 Residents Council -RH**4:00 Reading Group****6:00 Whats Cookin?** | 3010:15 Mass, Chapel**1:30 Anything Goes****4:00 Traveling Cart****6:00 Games Night**6:30 Floor Hockey Skills Night- RH |  | **Wellness Centre Gym****Monday 1:00 – 3:30****Wednesday 1:00 – 3:30****Friday 9:30 – 12:30** |  |

**September 2015- St. Mary’s 2 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to St. Mary’s 2** | 1 | 2Camp Woodeden(Invite Only)  | 3Camp Woodeden (Invite Only)**10:00 Exercise Group****12:00 Meditation**3:00 Drumming –RH | 4 **9:30 Green Thumb**11:00 Church, Chapel/RH**12:30 Meditation****1:30 Church Reading Grp** | 5 |
| 610:15 Mass- Chapel | 7 Labour Day1:30 Ice Cream Sundae Social -TS6:00 Movie Night -Rec Hall | **8**10:30 Anglican Service -Chapel**11:00 Bocce Ball****12:00 Meditation****2:30 Java Music Club** | 910:15 Mass, Chapel**11:00 Mind Aerobics****11:30 Rosary Group****1:15 Balance (ST) Group****2:30 Travel Log**6:30 Ageless Grace - RH | 10**10:00 Exercise Group****12:00 Meditation****4:00 Bird Watching**6:45 Pub ft. Tony Bycroft - CY | 11**9:30 Green Thumb****11:00 Church, CH****12:30 Meditation****1:00 Rock the Parkwood**(invitation only)2:00 Alpha Program, RH | 1210:30 Music with Michael Semenuk - RH |
| 1310:15 Mass- Chapel | **14****11:00 Music Therapy****1:15 Balance (ST) Group**2:00 Bingo and Marian Delight - MVDR6:30 Happy Gang- TS | **15****9:45 Acorns and Oak Trees****12:00 Meditation****2:30 Java Music Club****3:00 Hymn Sing** | **16**10:15 Mass, Chapel**11:00 Mind Aerobics****11:30 Rosary Group****1:15 Balance (ST) Group****2:30 Fun and Fit**6:30 Ageless Grace - RH | 17**10:00 Exercise Group****12 Meditation**3:00 Drumming –RH**4:00 Bird Watching**6:45 Evening BINGO -MVDR | 18 **9:30 Green Thumb**11:00 Church, CH**12:30 Meditation**1:30 Card Club – MVDR2:00 Alpha Program, RH | 191:30 Polish Duo- TS |
| 2010:15 Mass- Chapel | 21**11:00 Music Therapy****1:15 Balance (ST) Group**2:00 Bingo and Marian Delight - MVDR6:30 Happy Gang | **22****9:30 Acorns and Oak Tree****12:00 Meditation****12:00 Lunch Bunch (Invite Only)****2:30 Java Music Club** | 2310:15 Mass- Chapel**11:00 Mind Aerobics****11:30 Rosary Group****1:15 Balance (ST) Group****2:30 Travel Log** | 24**9:30** **Bird Watching****10:00 Exercise Group****12:00 Meditation**2:00 Happy Hour | 25**9:30 Green Thumb**10:30 Music w/ Ross Ward**12:00 Meditation**2:00 Alpha Program, RH 2:00 Birthday Party - MVDR | 26 **10:30 Country Drive**(invitation only) |
| 27**10:15** Mass- Chapel | **28** **1:15 Balance (ST) Group**2:00 Bingo and Marian Delight -MVDR6:30 Happy Gang -TS | **29****9:30 Acorns and Oak Trees**2:00 Residents Council -RH**2:30 Java Music Club** | **30**10:15 Mass, Chapel**11:00 Mind Aerobics****11:30 Rosary Group****1:15 Balance (ST) Group****2:30 Fun and Fit**6:30 Floor Hockey - RH |  | **Wellness Centre Gym****Tuesday 1:00 – 3:30****Thursday 1:00 – 3:30****Friday 1:00 – 3:30** |  |

**September 2015 – St. Mary’s 3 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to St. Mary’s 3** | 1Camp Woodeden(invitation only)**3:00 Chimes and Harmony** | 2 | 3Camp Woodeden(invitation only)**10:30 Manicures (Vol)****2:15 Balance Group**3:00 Drumming –RH | 411:00 Church, Chapel/RH**11:00 Fun and Fit** | 5  |
| 6**10:15** Mass- Chapel | 7 Labour Day1:30 Ice Cream Sundae Social -TS6:00 Movie Night -Rec Hall | **8**10:30 Anglican Service – Chapel**11:00 Mind Aerobics****1:30 Pet Therapy/w Izzie****2:00 Exercise Group** **3:00 Chimes and Harmony** | 9**9:30 Cranium Crunches**10:15 Mass,Chapel**10:30 Green Thumb****1:30 Travel Log**6:30 Ageless Grace - RH | 10**10:30 Manicures (Vol)****1:30 Java Music Club****2:15 Balance Group**6:45 Pub ft. Tony Bycroft - CY | 11 11:00 Church, Chapel/RH **11:00 Fun and Fit****1:00 Rock the Parkwood**(invitation only)2:00 Alpha Program, RH  | 1210:30 Music with Michael Semenuk - RH |
| 13**10:15** Mass- Chapel | **14****9:30 Music and Memories**2:00 Bingo and Marian Delight – MVDR6:30 Happy Gang -TS | **15****11:00 Mind Aerobics****1:30 Pet Therapy/w Izzie****2:00 Exercise Group** **3:00 Chimes and Harmony** | **16****9:30 News and Views****10:30 Green Thumb****1:30 Bowling**6:30 Ageless Grace - RH | 17**10:30 Manicures (Vol)****1:30 Java Music Club****2:15 Balance Group**3:00 Drumming -RH6:45 Evening BINGO -MVDR | 18**11:00 Fun and Fit**11:00 Church, Chapel/RH1:30 Card Club – MVDR2:00 Alpha Program, RH | 191:30 Polish Duo- TS |
| 20**10:15** Mass- Chapel | 21**9:30 Music and Memories**2:00 Card Bingo and Marian Delight – MVDR6:30 Happy Gang -TS | 22 **11:00 Mind Aerobics****12:00 Lunch Bunch**(Invite Only)**1:30 Pet Therapy/w Izzie****2:00 Exercise Group****3:00 Chimes and Harmony** | 23 **9:30 Cranium Crunches****10:15** Mass- Chapel**10:30 Green Thumb****1:30 Travel Log** | 24**10:30 Manicures (Vol)**2:00 Happy Hour-RH**2:15 Balance Group** | 2510:30 Music with Ross Ward -Rh2:00 Birthday Party2:00 Alpha Program, RH | 26 Lisa Working**10:30 Country Drive**(invitation only) |
| **27****10:15** Mass- Chapel | **28****2:00** Bingo and Marian Delight – MVDR6:30 Happy Gang -TS | **29****11:00 Mind Aerobics****1:30 Pet Therapy/w Izzie**2:00 Residents Council -RH**2:00 Exercise Group** **3:00 Chimes and Harmony** | **30****9:30 News and Views**10:15 Mass, Chapel**10:30 Green Thumb****1:30 Bowling**6:30 Floor Hockey - RH |  | **Wellness Centre Gym****Monday 1:00 – 3:30****Wednesday 1:00 – 3:30****Friday 9:00 – 11:30** |  |

**September 2015 – St. Mary’s 4 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to St. Mary’s 4** | **1** | **2** **Camp Woodeden**(invitation only)**1:30 Java Music Club** | 3**Camp Woodeden**(invitation only)**9:30 Manicures (Vol.)****11:00 Exercise Program**3:00 Drumming- RH | 411:00 Church, Chapel/RH**11:00 Green Thumb**1:30 Card Club – MVDR2:00 Alpha Program,RH | 5 |
| 6**10:15** Mass- Chapel | 7Labour Day1:30 Ice Cream Sundae Social -TS6:00 Movie Night -Rec Hall | **8****10:30 Mind Aerobics**10:30 Anglican Service -Chapel | 9 10:15 Mass, Chapel**11:00 Happy and Healthy****1:30** **Java Music Club** 6:30 Ageless Grace - RH | 10**9:30 Manicures (Vol.)****11:00 Exercise Program**6:45 Pub ft. Tony Bycroft- CY | 11**9:30 Bowling**11:00 Church, Chapel/RH**11:00 Green Thumb****1:00 Rock the Parkwood**(invitation only)2:00 Alpha Program, RH | 1210:30 Music with Michael Semenick- RH |
| 13**10:15** Mass- Chapel | **14****11:00 Famous Faces**2:00 Bingo and Marian Delight – MVDR6:30 Happy Gang -TS | **15****10:30 Mind Aerobics** | **16**10:15 Mass, Chapel**11:00 Happy and Healthy****1:30** **Java Music Club** 6:30 Ageless Grace - RH | 17**9:30 Manicures (Vol.)****11:00 Exercise Program**3:00 Drumming- RH6:45 Evening BINGO -MVDR | 18**9:30 Bowling****11:00 Green Thumb**11 Church, Chapel/RH**1:30 Country Drive**(invitation only) 1:30 Card Club – MVDR2:00 Alpha Program, RH | 191:30 Polish Duo- TS |
| 20**10:15** Mass- Chapel | 21**11:00 Famous Faces**2:00 Bingo and Marian Delight – MVDR6:30 Happy Gang- TS | **22****10:30 Mind Aerobics** 12:00 Lunch Bunch (Invite only)**3:00** **Hymn Sing**  | 2310:15 Mass- Chapel**11:00 Happy and Healthy****1:30** **Java Music Club**  | 24**9:30 Manicures (Vol.)****11:00 Exercise Program**2:00 Happy Hour | 2510:30 Music with Ross Ward -Rh**11:00 Green Thumb**2:00 Birthday Party2:00 Alpha Program, RH  | 2 |
| **27****10:15** Mass- Chapel | **28**2:00 Bingo and Marian Delight – MVDR6:30 Happy Gang -TS | **29****10:30 Mind Aerobics**10:00 Chimes- SM32:00 Residents Council –RH | **30**10:15 Mass, Chapel**11:00 Happy and Healthy****1:30** **Java Music Club**6:30 Floor Hockey - RH |  | **Wellness Centre Gym****Monday 1:00 -3:30****Wednesday 1:00 -3:30****Friday 9:00 -11:30** | **Pet Therapy with Simon** Visits independently in the evening and or weekends…keep your eyes peeled |

**September 2015 – St. Mary’s 5 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to St. Mary’s 5** | **1** **Camp Woodeden**(Invite Only) | **2**1:30 Java Music Club (SM4) | 3Camp Woodeden (Invite Only)**9:30 Pet Therapy /w Finnie**3:00 Drumming –RH | 4**10:00 Exercise Group**11:00 Church -Ch**1:30** Card Club – MVDR | 5 |
| 6**10:15** Mass- Chapel | 7Labour Day1:30 Ice Cream Sundae Social -TS6:00 Movie Night -Rec Hall | **8****9:30 Cranium Crunches**10:30 Anglican Service- Chapel**1:30 Music Memories** | 910:15 Mass,Chapel1:30 Java Music Club –SM4**3:00 Green Thumb**6:30 Ageless Grace | 10**3:00 Bowling**6:45 Pub ft. Tony Bycroft - CY | 11**10:00 Exercise Group****11:00 News and Views**11:00 Church –Ch**1:00 Rock the Parkwood**(invitation only)2:00 Alpha Program,RH | 1210:30 Music with Michael Simenick - RH |
| 13**10:15** Mass- Chapel | **14****9:45 Music Therapy**2:00 Bingo and Marian Delight - MVDR**3:30 Mind Aerobics**6:30 Happy Gang -TS | **15****9:30 Cranium Crunches****10:30 Faith Hope & Love****1:30 Music Memories****2:00 Hymn Sing** | **16****10:00 Trivia with Mary**1:30 Java Music Club-SM4**3:00 Green Thumb**6:30 Ageless Grace | 17**9:30 Pet Therapy /w Finnie****3:00 Bowling**3:00 Drumming -RH6:45 Evening BINGO -MVDR | 18**10:00 Exercise Group****11:00 News and Views**11:00 Church –Ch**1:30 Country Drive**(invitation only)1:30 Card Club – MVDR2:00 Alpha Program, RH  | 191:30 Polish Duo- TS |
| 20**10:15** Mass- Chapel | 21**9:45 Music Therapy**2:00 Bingo and Marian Delight – MVDR**3:30 Mind Aerobics**6:30 Happy Gang -TS | **22** **9:30 Cranium Crunches****10:30 Faith Hope & Love****12:00 Lunch Bunch (invite)****1:30 Music Memories** | 23 **10:00 Trivia with Mary**10:15 Mass –CH1:30 Java Music Club –SM4**3:00 Green Thumb** | 24**9:30 Pet Therapy /w Finnie****11:00 Bowling**2:00 Happy Hour | 25**10:00 Exercise Group**10:30 Music with Ross Ward –RH2:00 Birthday Party2:00 Alpha Program,RH | 26  |
| **27****10:15** Mass- Chapel | **28****9:45 Music Therapy**2:00 Bingo and Marian Delight –MVDR**3:30 Mind Aerobics**6:30 Happy Gang -TS | **29****9:30 Cranium Crunches** **1:30 Music Memories**2:00 Residents Council -RH | **30****10:00 Trivia with Mary**1:30 Java Music Club –SM4**3:00 Green Thumb**6:30 Floor Hockey - RH |  | **Wellness Centre Gym****Tuesday 1:00 -3:30****Thursday 1:00 -3:30****Friday 1:00 -3:30** |  |