**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** | 1  Camp Woodeden  (invite only) | 2  Camp Woodeden  (invite only)  **9:30 Music Therapy** | 3  Camp Woodeden –Residents under 65 (invite only) | 4  11 Church, Chapel/RH  **3:00 Spirituality Group** | 5 |
| 6  10:15 Mass- Chapel | 7  **Labour Day**  1:30pm - 3:00pm Ice Cream Sundae Social in the Town Square  6:00pm - 8:00pm Movie Night in the Rec Hall | 8  **9:30 Dorothy Sings**  10:30Anglican Service  Chapel | 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** | 12  Amy and Wendy are working  10:30 Music with Michael Semenuk- RH |
| 13  10:15 Mass- Chapel | 14  10:15 Music with Bill-TS  2:00 Bingo and Marian Delight – MVDR  **3:00 Music Therapy**  **6:00 Fun on One** | 15  **1:00 Country Drive**  **4:00 Rolls & Strolls** | 16  10:15 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** | 19  1:30 Polish Duo - TS |
| 20  10:15 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?** | 23  10:15 Mass, Chapel  **1:30 Anything Goes**  **4:00 Traveling Cart**  **6:00 Games Night** | 24  2:00 Happy Hour - RH  **4:00 Garden walks**  **6:00 Movie Night** | 25  10:30 Music with Ross Ward -RH  2:00 Birthday Party -MVDR  **4:00 One on Ones**  **6:00 Music & Manicures** | 26 |
| 27  10:15 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?** | 30  10:15 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 | 2  Camp Woodeden  (Invite Only) | 3  Camp 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 |
| 6  10:15 Mass- Chapel | 7 Labour Day  1:30 Ice Cream Sundae Social -TS  6:00 Movie Night -Rec Hall | **8**  10:30 Anglican Service -Chapel  **11:00 Bocce Ball**  **12:00 Meditation**  **2:30 Java Music Club** | 9  10:15 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 | 12  10:30 Music with Michael Semenuk - RH |
| 13  10:15 Mass- Chapel | **14**  **11:00 Music Therapy**  **1:15 Balance (ST) Group**  2:00 Bingo and Marian Delight - MVDR  6:30 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 – MVDR  2:00 Alpha Program, RH | 19  1:30 Polish Duo- TS |
| 20  10:15 Mass- Chapel | 21  **11:00 Music Therapy**  **1:15 Balance (ST) Group**  2:00 Bingo and Marian Delight - MVDR  6:30 Happy Gang | **22**  **9:30 Acorns and Oak Tree**  **12:00 Meditation**  **12:00 Lunch Bunch (Invite Only)**  **2:30 Java Music Club** | 23  10:15 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 -MVDR  6:30 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** | 1  Camp Woodeden  (invitation only)  **3:00 Chimes and Harmony** | 2 | 3  Camp Woodeden  (invitation only)  **10:30 Manicures (Vol)**  **2:15 Balance Group**  3:00 Drumming –RH | 4  11:00 Church, Chapel/RH  **11:00 Fun and Fit** | 5 |
| 6  **10:15** Mass- Chapel | 7  Labour Day  1:30 Ice Cream Sundae Social -TS  6:00 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 | 12  10:30 Music with Michael Semenuk - RH |
| 13  **10:15** Mass- Chapel | **14**  **9:30 Music and Memories**  2:00 Bingo and Marian Delight – MVDR  6:30 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 -RH  6:45 Evening BINGO -MVDR | 18  **11:00 Fun and Fit**  11:00 Church, Chapel/RH  1:30 Card Club – MVDR  2:00 Alpha Program, RH | 19  1:30 Polish Duo- TS |
| 20  **10:15** Mass- Chapel | 21  **9:30 Music and Memories**  2:00 Card Bingo and Marian Delight – MVDR  6:30 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** | 25  10:30 Music with Ross Ward -Rh  2:00 Birthday Party  2:00 Alpha Program, RH | 26  Lisa Working  **10:30 Country Drive**  (invitation only) |
| **27**  **10:15** Mass- Chapel | **28**  **2:00** Bingo and Marian Delight – MVDR  6:30 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 | 4  11:00 Church, Chapel/RH  **11:00 Green Thumb**  1:30 Card Club – MVDR  2:00 Alpha Program,RH | 5 |
| 6  **10:15** Mass- Chapel | 7  Labour Day  1:30 Ice Cream Sundae Social -TS  6:00 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 | 12  10:30 Music with Michael Semenick- RH |
| 13  **10:15** Mass- Chapel | **14**  **11:00 Famous Faces**  2:00 Bingo and Marian Delight – MVDR  6:30 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- RH  6:45 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 – MVDR  2:00 Alpha Program, RH | 19  1:30 Polish Duo- TS |
| 20  **10:15** Mass- Chapel | 21  **11:00 Famous Faces**  2:00 Bingo and Marian Delight – MVDR  6:30 Happy Gang- TS | **22**  **10:30 Mind Aerobics**  12:00 Lunch Bunch  (Invite only)  **3:00** **Hymn Sing** | 23  10:15 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 | 25  10:30 Music with Ross Ward -Rh  **11:00 Green Thumb**  2:00 Birthday Party  2:00 Alpha Program, RH | 2 |
| **27**  **10:15** Mass- Chapel | **28**  2:00 Bingo and Marian Delight – MVDR  6:30 Happy Gang -TS | **29**  **10:30 Mind Aerobics**  10:00 Chimes- SM3  2:00 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) | 3  Camp 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 | 7  Labour Day  1:30 Ice Cream Sundae Social -TS  6:00 Movie Night -Rec Hall | **8**  **9:30 Cranium Crunches**  10:30 Anglican Service- Chapel  **1:30 Music Memories** | 9  10:15 Mass,Chapel  1:30 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 | 12  10:30 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 -RH  6:45 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 – MVDR  2:00 Alpha Program, RH | 19  1:30 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 –CH  1:30 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 –RH  2:00 Birthday Party  2:00 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** |  |