**January 2016 Marian Villa 1 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Wellness Centre Gym**  **Monday 1:00 – 3:30**  **Wednesday 1:00 – 3:30**  **Friday 9:30 – 12:00** | **Programs in Bold are specific to MV1** |  |  | 1  Statutory Holiday | 2 |
| 3  10:15 Mass - Ch. | 4  **10:45 Exercise**  **1:30 BINGO –MV1 Lounge**  2:00-3:00 Marian Delight- MVDR | 5  **11:00 Mind Aerobics**  **1:30 Baking -CR** | 6  10:15 Mass – Ch.  **11:00 Exercise**  **1:30** **Green Thumb**  **4:00 Java Music Club**  6:15 Floor Hockey -RH | 7  **11:00 Balance Group**  **1:30 Manicures**  3:00 Drumming-RH  **4:30 Dinner and a Movie –see Jen** | 8  **11:00 Happy & Healthy**  **1:30 Trivia** | 9  10:30 Music with Michael Semenuk -RH |
| 10  10:15 Mass - Ch. | 11  **9:30 Travel Log**  **10:45 Exercise**  **1:30 Card Bingo –MV1 Lounge**  2:00-3:00 Marian Delight- MVDR | 12  **11:00 Mind Aerobics**  **1:30 Baking -CR** | 13  **8:30 Breakfast Club**  10:15 Mass – Ch.  **11:00 Exercise**  **1:30 Green Thumb**  **4:00 Java Music Club**  6:15 Floor Hockey-RH | 14  **11:00 Balance Group**  **1:30 Manicures**  6:45 Pub and Music by Tony Bycroft -RH | 15  **11:00 Happy & Healthy**  6:30 Ageless Grace-RH | 16 |
| 17  10:15 Mass – Ch. | 18  **10:45 Exercise**  **1:30 Waffle Afternoon -MVDR**  2:00-3:00 Marian Delight- MVDR | 19  **11:00 Mind Aerobics**  **1:30 Crafts** | 20  10:15 Mass – Ch.  **11:00 Exercise**  **1:30** **Green Thumb**  **4:00 Java Music Club**  6:15 Floor Hockey-RH | 21  **1:30 Manicures**  3:00 Drumming-RH  6:45 BINGO -MVDR | 22  **11:00 Happy & Healthy**  2:00 Birthday Party with Music by Finula –MVDR  6:30 Ageless Grace-RH | 23  **1:30 Trivia** |
| 24  10:15 Mass -  Ch. | 25  **9:30 Travel Log**  **10:45 Exercise**  **1:30 BINGO –MV1 Lounge**  2:00-3:00 Marian Delight- MVDR | 26  **9:45 Shopping and Lunch Outing – See Jen**  2:00 Resident’s Council Meeting -RH | 27  10:15 Mass - Ch.  **11:00 Exercise**  **1:30** **Green Thumb**  **4:00 Java Music Club**  6:15 Floor Hockey-RH | 28  **11:00 Balance Group**  2:00 Happy Hour –RH  **6:15 Coffee & Conversation** | 29  10:30 Music with Joel Horvath –RH  **1:30 Trivia**  6:30 Ageless Grace-RH | 30 |
| 31  10:15 Mass – Ch. |

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

**January 2016 Marian Villa 2 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Wellness Centre Gym**  Tuesday 1:00 – 3:30  Thursday 1:00 – 3:30  Friday 1:00 - 3:30 | **Programs in bold are specific to Marian Villa 2** |  |  | 1  New Year’s Day  (Stat Holiday) | 2 |
| 3  10:15 Mass – Chapel | 4 **9:30 Green Thumb**  **10:45 Group Exercise**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang Planning Night – MVDR | 5  **9:30 Spa Time** | 6  **9:30 Fun & Games**  10:15 Mass – CH  **2:45 Chimes**  6:15 Floor Hockey – RH | 7  **9:30 Mind Aerobics**  **11:00 Music Therapy**  **1:30 Travel Log**  3:00 Drumming – RH  6:15 Movie Night – RH | 8  **10:00 Happy and Healthy**  **10:30 Shuffleboard – TS** | 9  10:30 Music with Michael Semenuk –RH |
| 10  10:15 Mass – Chapel | 11  **9:30 Green Thumb**  **10:45 Group Exercise**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang – MVDR | **12**  **9:30 Spa Time**  **9:30 Pet Therapy w/ Osina** | 13  **9:30 Fun & Games**  10:15 Mass – CH  **2:45 Chimes**  6:15 Floor Hockey – RH | 14  **9:30 Mind Aerobics**  **11:00 Music Therapy**  **1:30 Baking - CR**  6:45 Pub w/ Tony Bycroft – RH | 15  **9:30 Happy and Healthy**  **10:30 Shuffleboard – TS**  6:30 Ageless Grace – RH | 16  **9:30 Bocce** |
| 17  10:15 Mass – Chapel | 18  **9:30 Green Thumb**  **10:45 Group Exercise**  **2:00 Bingo**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang – MVDR | 19  **9:30 Spa Time**  **10:00 Pet Therapy w/ Osina** | 20  **9:30 Fun & Games**  10:15 Mass – CH  **1:30 Travel Log**  **2:45 Chimes**  6:15 Floor Hockey – RH | 21  **9:30 Mind Aerobics**  **11:00 Music Therapy**  **1:30 Talk N Taste**  3:00 Drumming – RH  6:45 Evening Bingo – MVDR | 22  **9:30 Happy and Healthy**  **10:30 Shuffleboard – TS**  2:00 Birthday Party – MVDR  6:30 Ageless Grace – RH | 23 |
| 24  10:15 Mass – Chapel | 25  **9:30 Green Thumb**  **10:45 Group Exercise**  2:00-3:00 Marian Delight – MVDR | 26  **9:30 Spa Time**  **10:30 Pet Therapy w/ Osina** | 27  **9:30 Fun & Games**  10:15 Mass – CH  **2:45 Chimes**  6:15 Floor Hockey – RH | 28  **11:00 Music Therapy**  2:00 Happy Hour – RH | 29  10:30 Music w/ Joel Horvath – RH  1:30 Calendar Distribution  6:30 Ageless Grace – RH | 30 |
| 31  10:15 Mass – Chapel |

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

**January 2016 Marian Villa 3 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Wellness Centre Gym**  Monday 1:00 – 3:30  Wednesday 1:00 – 3:30  Friday 9:30 – 12:00 | **Programs in bold are specific to Marian Villa 3** |  |  | 1  New Year’s Day  (Stat Holiday) | 2 |
| 3  10:15 Mass –Chapel | 4  **10:30 Mind Aerobics**  **2:00 Green Thumb**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang Planning Night – MVDR | 5  **11:00 Exercise Group**  **1:30 Traveling Cart** | 6  **9:30 Happy and Healthy**  10:15 Mass – CH  **10:45 Fun & Games**  6:15 Floor Hockey – RH | 7  **1:30 Music Therapy**  **3:00 Spa Time**  3:00 Drumming – RH  6:15 Movie Night – RH | 8  **8:00 Breakfast Club**  **10:30 Shuffleboard – TS** | 9  10:30 Music with Michael Semenuk –RH |
| 10  10:15 Mass –Chapel | 11  **10:30 Travel Log**  **2:00 Green Thumb**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang – MVDR | **12**  **10:00 Pet Therapy w/ Osina**  **11:00 Exercise Group**  **1:30 Arts & Crafts** | 13  **9:30 Happy and Healthy**  10:15 Mass – CH  **10:45 Fun & Games**  6:15 Floor Hockey – RH | 14  **1:30 Music Therapy**  **3:00 Spa Time**  6:45 Pub w/ Tony Bycroft – RH | 15  **9:30 Touch and Music**  **10:30 Shuffleboard – TS**  6:30 Ageless Grace – RH | 16  **10:45 Bocce** |
| 17  10:15 Mass –Chapel | 18  **10:30 Mind Aerobics**  **2:00 Green Thumb**  **2:00 Bingo – MV2 lounge**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang – MVDR | 19  **10:30 Pet Therapy w/ Osina**  **11:00 Exercise Group**  **1:30 Traveling Cart** | 20  **9:30 Happy and Healthy**  10:15 Mass – CH  **10:45 Fun & Games**  6:15 Floor Hockey – RH | 21  **1:30 Music Therapy**  **3:00 Spa Time**  3:00 Drumming – RH  6:45 Evening Bingo – MVDR | 22  **9:30 Touch and Music**  **10:30 Shuffleboard – TS**  2:00 Birthday Party – MVDR  6:30 Ageless Grace – RH | 23 |
| 24  10:15 Mass –Chapel | 25  **10:30 Travel Log**  **2:00 Green Thumb**  2:00-3:00 Marian Delight – MVDR | 26  **9:30 Pet Therapy w/ Osina**  **11:00 Exercise Group**  **1:30 Talk & Taste** | 27  10:15 Mass – CH  **10:45 Fun & Games**  6:15 Floor Hockey – RH | 28  **9:30 Spa Time**  **1:30 Music Therapy**  2:00 Happy Hour – RH | 29  10:30 Music w/ Joel Horvath – RH  1:30 Calendar Distribution  6:30 Ageless Grace – RH | 30 |
| 31  10:15 Mass –Chapel |

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**January 2016 Marian Villa 4 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Wellness Centre Gym**  **Tuesday 1:00 – 3:30**  **Thursday 1:00 – 3:30**  **Friday 1:00-3:30** | **Programs in bold are specific to**  **Marian Villa 4** |  |  | 1  Statutory Holiday | 2  **9:30 Anything Goes** |
| 3  10:15 Mass-Chapel | 4  **10:30 Music and Manicures**  2:00-3:00 Marian Delight- MVDR  **4:00 Fun on Four**  **6:00 Mind aerobics** | 5  **10:00 Pet Therapy 11:00 Healthy Rhythms**  **4:00 Musical Mixers**  **6:00 What’s Cookin?** | 6  **9:30 Ball Toss**  **10:15 Baking -CR**  10:15 Mass-Chapel  **4:00 Rolls & Strolls**  **6:00 Movie Night**  6:15 Floor Hockey-RH | 7  3:00 Drumming-RH  **4:00 Whats in the news?**  **6:00 Working together** | 8  **10:30 Coffee & Conversation**  **1:30 Anything Goes**  **4:00 Traveling cart**  **6:00 Music and Manicures** | 9  10:30 Music with Michael Semenuk -RH |
| 10  10:15 Mass-Chapel | 11  **10:30 Music and Manicures**  2:00-3:00 Marian Delight- MVDR  **4:00 Fun on Four**  **6:00 Mind aerobics** | 12  **9:30 Happy & Healthy**  **11:00 Healthy Rhythms**  **4:00 Musical Mixers**  **6:00 What’s Cookin?** | 13  **10:15 Baking -CR**  10:15 Mass-Chapel  **2:30 Dorothy Sings**  **6:00 Chats & Chocolate**  6:15 Floor Hockey-RH | 14  **4:00 Whats in theNews?**  6:45 Pub and Music by Tony Bycroft -RH | 15  **1:30 Anything Goes**  **4:00 Traveling Cart**  **6:30 Ageless Grace-RH** | 16 |
| 17  10:15 Mass  Chapel | 18  **10:30 Music and Manicures**  **1:30 Waffle Afternoon -MVDR**  2:00-3:00 Marian Delight- MVDR  **4:00 Fun on Four**  **6:00 Mind aerobics** | 19  **10:00 Pet Therapy**  **11:00 Healthy Rhythms**  **4:00 Musical Mixers**  **6:00 What’s Cookin?** | 20  **9:30 Ball Toss**  **10:15 Baking -CR**  10:15 Mass-Chapel  **6:00 Movie Night**  6:15 Floor Hockey-RH | 21  3:00 Drumming-RH  **4:00 Whats in the news?**  **6:00 Working together**  6:45 BINGO -MVDR | 22  **10:30 Coffee & Conversation**  2:00 Birthday Party with Music by Finula –MVDR  **4:00 Traveling Cart**  **6:30 Ageless Grace-RH** | 23 |
| 24  10:15 Mass  Chapel | 25  2:00-3:00 Marian Delight- MVDR  **4:00 Fun on Four**  **6:00 Mind aerobics** | 26  **11:00 Healthy Rhythms**  **4:00 Musical Mixers**  **6:00 What’s Cookin?** | 27  **9:30 Ball Toss**  **10:15 Baking -CR**  10:15 Mass-Chapel  **6:00 Chats & Chocolate**  6:15 Floor Hockey-RH | 28  2:00 Happy Hour –RH  **4:30 Supper Club** | 29  10:30 Music with Joel Horvath –RH  **1:30 Anything Goes**  **4:00 Traveling Cart**  **6:30 Ageless Grace-RH** | 30 |
| 31  10:15 Mass  Chapel |

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**January 2016 Marian Villa 5 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Wellness Centre Gym**  Tuesday 1:00 – 3:30  Thursday 1:00 – 3:30  Friday 1:00 - 3:30 | **Programs in bold are specific to Marian Villa 5** |  |  | 1  New Year’s Day  (Stat Holiday) | 2 |
| 3  10:15 Mass –Chapel | 4  **9:30 Fun & Games**  **10:45 Green Thumb**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang Planning Night – MVDR | 5  **10:30 Spa Time** | 6  10:15 Mass – CH  **10:45 Group Exercise**  **11:00 Rosary Group**  **1:30 Mind Aerobics**  6:15 Floor Hockey – RH | 7  **2:30 Travel Log**  3:00 Drumming – RH  6:15 Movie Night – RH | 8  **10:30 Shuffleboard – TS**  **1:30 Card Club**  **2:00 Travelling Cart** | 9  10:30 Music with Michael Semenuk –RH |
| 10  10:15 Mass –Chapel | 11  **9:30 Fun & Games**  **10:45 Green Thumb**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang – MVDR | 12  **10:30 Spa Time**  **10:30 Pet Therapy w/ Osina** | 13  10:15 Mass – CH  **10:45 Group Exercise**  **11:00 Rosary Group**  **1:30 Mind Aerobics**  6:15 Floor Hockey – RH | 14  **3:00 Java Music Club**  6:45 Pub w/ Tony Bycroft – RH | 15  **10:30 Shuffleboard – TS**  **1:30 Card Club**  **2:00 Travelling Cart**  6:30 Ageless Grace – RH | 16  **1:30 Trivia & Hot Chocolate** |
| 17  10:15 Mass –Chapel | 18  **9:30 Fun & Games**  **10:45 Green Thumb**  **2:00 Bingo – MV2 lounge**  2:00-3:00 Marian Delight – MVDR  6:30 Happy Gang – MVDR | 19  **9:30 Pet Therapy w/ Osina**  **10:30 Spa Time** | 20  10:15 Mass – CH  **10:45 Group Exercise**  **11:00 Rosary Group**  **2:30 Travel Log**  6:15 Floor Hockey – RH | 21  3:00 Drumming – RH  6:45 Evening Bingo – MVDR | 22  **10:30 Shuffleboard – TS**  **1:30 Card Club**  **2:00 Birthday Party – MVDR**  6:30 Ageless Grace – RH | 23 |
| 24  10:15 Mass –Chapel | 25  **9:30 Fun & Games**  **10:45 Green Thumb**  2:00-3:00 Marian Delight – MVDR | 26  **10:00 Pet Therapy w/ Osina**  **10:30 Spa Time** | 27  10:15 Mass – CH  **10:45 Group Exercise**  **1:30 Mind Aerobics**  6:15 Floor Hockey – RH | 28  **10:30 Sing A Long**  **3:00 Java Music Club** | 29  10:30 Music w/ Joel Horvath – RH  **1:30 Card Club**  1:30 Calendar Distribution  6:30 Ageless Grace – RH | 30 |
| 31  10:15 Mass –Chapel |

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