**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** |  |  | 1Statutory Holiday | 2  |
| 310:15 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** | 610:15 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** | 910:30 Music with Michael Semenuk -RH |
| 1010:15 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 |
| 1710:15 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** | 2010:15 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-RH6:45 BINGO -MVDR | 22**11:00 Happy & Healthy**2:00 Birthday Party with Music by Finula –MVDR6:30 Ageless Grace-RH | 23**1:30 Trivia** |
| 2410:15 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 | 2710:15 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** | 2910:30 Music with Joel Horvath –RH**1:30 Trivia**6:30 Ageless Grace-RH | 30 |
| 3110:15 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 – 3:30Thursday 1:00 – 3:30Friday 1:00 - 3:30 | **Programs in bold are specific to Marian Villa 2** |  |  | 1New Year’s Day(Stat Holiday) | 2 |
| 310:15 Mass – Chapel | 4**9:30 Green Thumb****10:45 Group Exercise**2:00-3:00 Marian Delight – MVDR6:30 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 – RH6:15 Movie Night – RH | 8**10:00 Happy and Healthy****10:30 Shuffleboard – TS** | 910:30 Music with Michael Semenuk –RH |
| 1010:15 Mass – Chapel | 11**9:30 Green Thumb****10:45 Group Exercise**2:00-3:00 Marian Delight – MVDR6:30 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** |
| 1710:15 Mass – Chapel | 18**9:30 Green Thumb****10:45 Group Exercise****2:00 Bingo** 2:00-3:00 Marian Delight – MVDR6:30 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 – RH6:45 Evening Bingo – MVDR | 22**9:30 Happy and Healthy****10:30 Shuffleboard – TS**2:00 Birthday Party – MVDR6:30 Ageless Grace – RH | 23 |
| 2410:15 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 | 2910:30 Music w/ Joel Horvath – RH1:30 Calendar Distribution6:30 Ageless Grace – RH | 30 |
| 3110:15 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 – 3:30Wednesday 1:00 – 3:30Friday 9:30 – 12:00 | **Programs in bold are specific to Marian Villa 3** |  |  | 1New Year’s Day(Stat Holiday) | 2 |
| 310:15 Mass –Chapel | 4**10:30 Mind Aerobics****2:00 Green Thumb**2:00-3:00 Marian Delight – MVDR6:30 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 – RH6:15 Movie Night – RH | 8**8:00 Breakfast Club****10:30 Shuffleboard – TS** | 910:30 Music with Michael Semenuk –RH |
| 1010:15 Mass –Chapel | 11**10:30 Travel Log****2:00 Green Thumb**2:00-3:00 Marian Delight – MVDR6:30 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** |
| 1710:15 Mass –Chapel | 18**10:30 Mind Aerobics****2:00 Green Thumb****2:00 Bingo – MV2 lounge**2:00-3:00 Marian Delight – MVDR6:30 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 – RH6:45 Evening Bingo – MVDR | 22**9:30 Touch and Music****10:30 Shuffleboard – TS**2:00 Birthday Party – MVDR6:30 Ageless Grace – RH | 23 |
| 2410:15 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** | 2710:15 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 | 2910:30 Music w/ Joel Horvath – RH1:30 Calendar Distribution6:30 Ageless Grace – RH | 30 |
| 3110:15 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 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** |  |  | 1Statutory Holiday | 2**9:30 Anything Goes** |
| 310:15 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 Therapy11:00 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 | 73:00 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** | 910:30 Music with Michael Semenuk -RH |
| 1010:15 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 |
| 1710:15 MassChapel | 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 | 213:00 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 |
| 2410:15 MassChapel | 252:00-3:00 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 | 282:00 Happy Hour –RH**4:30 Supper Club** | 2910:30 Music with Joel Horvath –RH**1:30 Anything Goes****4:00 Traveling Cart****6:30 Ageless Grace-RH** | 30 |
| 3110:15 MassChapel |

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**January 2016 Marian Villa 5 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY**  | **THURSDAY** | **FRIDAY**  | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Wellness Centre Gym**Tuesday 1:00 – 3:30Thursday 1:00 – 3:30Friday 1:00 - 3:30 | **Programs in bold are specific to Marian Villa 5** |  |  | 1New Year’s Day(Stat Holiday) | 2 |
| 310:15 Mass –Chapel | 4**9:30 Fun & Games****10:45 Green Thumb**2:00-3:00 Marian Delight – MVDR6:30 Happy Gang Planning Night – MVDR | 5**10:30 Spa Time** | 610:15 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 – RH6:15 Movie Night – RH | 8**10:30 Shuffleboard – TS****1:30 Card Club****2:00 Travelling Cart** | 910:30 Music with Michael Semenuk –RH |
| 1010:15 Mass –Chapel | 11**9:30 Fun & Games****10:45 Green Thumb**2:00-3:00 Marian Delight – MVDR6:30 Happy Gang – MVDR | 12**10:30 Spa Time****10:30 Pet Therapy w/ Osina** | 1310:15 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** |
| 1710:15 Mass –Chapel  | 18**9:30 Fun & Games****10:45 Green Thumb****2:00 Bingo – MV2 lounge**2:00-3:00 Marian Delight – MVDR6:30 Happy Gang – MVDR | 19**9:30 Pet Therapy w/ Osina****10:30 Spa Time** | 2010:15 Mass – CH**10:45 Group Exercise****11:00 Rosary Group****2:30 Travel Log**6:15 Floor Hockey – RH | 213:00 Drumming – RH6:45 Evening Bingo – MVDR | 22**10:30 Shuffleboard – TS****1:30 Card Club****2:00 Birthday Party – MVDR**6:30 Ageless Grace – RH | 23 |
| 2410:15 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** | 2710:15 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** | 2910:30 Music w/ Joel Horvath – RH**1:30 Card Club**1:30 Calendar Distribution6:30 Ageless Grace – RH | 30 |
| 3110:15 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**