**January 2016 St. Mary’s 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 St. Mary’s 1** |  |  | 1  Statutory Holiday | 2 |
| 3  10:15 Mass-Chapel | 4  **9:30 Parlour Visits**  **1:30 Music Therapy**  2:00-3:00 Marian Delight- MVDR  **4:00 Fun and Games**  **6:00 Yarn Crafts** | 5  **9:45 Coffee & Conversation**  **10:30 1:1 Visits**  10:30 Anglican Church-Chapel  **1:30 Happy & Healthy**  **4:00 Reading Group**  **6:00 What’s Cooking?** | 6  10:15 Mass-Chapel  **1:30 Anything Goes**  **4:00 Sing Along**  6:15 Floor Hockey -RH | 7  **4:00 Fun and Games**  **6:00 Art with Wendy** | 8  **9:30 Memories & More**  **4:00 Mind Aerobics**  **6:00 Music and Manicures** | 9  10:30 Music with Michael Semenuk -RH |
| 10  10:15 Mass-Chapel | 11  **9:30 Parlour Visits**  **1:30 Music Therapy**  2:00-3:00 Marian Delight- MVDR  **4:00 Fun and Games**  **6:00 Yarn Crafts** | 12  **9:30 Music with Dorothy**  **10:30 1:1 Visits**  **1:30 Happy & Healthy**  **4:00 Reading Group**  **6:00 What’s Cooking?** | 13  10:15 Mass-Chapel  **1:30 Anything Goes**  **4:00 Sing Along**  6:15 Floor Hockey -RH | 14  3:00 Drumming-RH  6:45 Pub and Music by Tony Bycroft -RH | 15  **9:30 Memories & More**  **4:00 Music & Manicures**  **6:30 Ageless Grace-RH** | 16 |
| 17  10:15 Mass-Chapel | 18  **9:30 Parlour Visits**  **1:30 Waffle Afternoon -MVDR**  **1:30 Music Therapy**  2:00-3:00 Marian Delight- MVDR  **4:00 Fun and Games**  **6:00 Yarn Crafts** | 19  **9:45 Coffee & Conversation**  **10:30 1:1 Visits**  **1:30 Happy & Healthy**  **4:00 Reading Group**  **6:00 What’s Cooking?** | 20  10:15 Mass- Chapel  **1:30 Anything Goes**  **4:00 Sing Along**  6:15 Floor Hockey -RH | 21  **4:00 Fun and Games**  **6:00 Art with Wendy**  6:45 BINGO -MVDR | 22  **9:30 Memories & More**  2:00 Birthday Party with Music by Finula –MVDR  **4:00 Music & Manicures**  **6:30 Ageless Grace-RH** | 23  **9:45 Baking** |
| 24  10:15 Mass  Chapel | 25  **1:30 Music Therapy**  2:00-3:00 Marian Delight- MVDR  **4:00 Fun and Games**  **6:00 Yarn Crafts** | 26  2:00 Resident’s Council Meeting –RH  **4:00 Reading Group**  **6:00 What’s Cooking?** | 27  10:15 Mass-Chapel  **1:30 Anything Goes**  **4:00 Sing Along**  6:15 Floor Hockey -RH | 28  2:00 Happy Hour –RH  **4:30 Supper Club** | 29  **8:30 Breakfast Club**  10:30 Music with Joel Horvath –RH  **4:00 Music & Manicures**  **6:30 Ageless Grace-RH** | 30 |
| 31  10:15 Mass-Chapel |

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

**January 2016 St. Mary’s 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**  **St. Mary’s 2** |  |  | 1  New Year’s Day  (Stat Holiday) | 2 |
| 3  10:15 Mass-Chapel | 4  **11:00 Music Therapy**  2:00-3:00 Marian Delight- MVDR | 5 | 6  10:15 Mass-Chapel  **10:30 Java Music Club**  **1:15 Balance Group**  **2:30 Curling**  6:15 Floor Hockey -RH | 7  **11:00 Manicures**  (volunteers)  **10:00 Exercise Group**  3:00 Drumming-RH  6:15 Movie Night- RH | 8  **9:30 Green Thumb**  **11:00 Happy and Healthy** | 9  10:30 Music with Michael Semenuck- RH |
| 10  10:15 Mass-Chapel | 11  **11:00 Music Therapy**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 12  **9:30 Bocce**  **2:30 Mind Aerobics** | 13  10:15 Mass-Chapel  **10:30 Java Music Club**  **1:15 Balance Group**  **2:30 Travel Log**  6:15 Floor Hockey -RH | 14  **10:00 Exercise Group**  **11:00 Manicures**  (volunteers)  6:45 Pub with Tony Bycroft | 15  **9:30 Green Thumb**  6:30 Ageless Grace - RH | 16 |
| 17  10:15 Mass-Chapel | 18  **11:00 Music Therapy**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  6:30 Happy Gang - TS | 19  **9:30 Bocce**  **2:30 Mind Aerobics** | 20  10:15 Mass, Chapel  **10:30 Java Music Club**  **1:15 Balance Group 2:30 Curling**  6:15 Floor Hockey -RH | 21  **10:00 Exercise Group**  **11:00 Manicures**  (volunteers)  3:00 Drumming-RH  6:45 BINGO in MVDR | 22  **9:30 Green Thumb**  **11:00 Happy and Healthy**  6:30 Ageless Grace - RH | 23 |
| 24  10:15 Mass-Chapel | 25  **11:00 Music Therapy**  2:00-3:00 Marian Delight- MVDR | 26  **2:30 Mind Aerobics** | 27  10:15 Mass-Chapel  **10:30 Java Music Club**  **1:15 Balance Group**  **2:30 Travel Log**  6:15 Floor Hockey -RH | 28  **10:00 Exercise Group**  **11:00 Manicures**  (volunteers)  2:00 Happy Hour  2:00 Music on SM4 | 29  **9:30 Green Thumb**  10:30 Friday Morning Music with Joel Horvath- RH  2:00 Birthday Party- MVDR  6:30 Ageless Grace - RH | 30 |
| 31  10:15 Mass-Chapel |

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

**January 2016 St. Mary’s 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 St. Mary’s 3** |  |  | 1  New Year’s Day  (Stat Holiday) | 2 |
| 3  10:15 Mass Chapel | 4  **9:30 Music and Memories**  2:00-3:00 Marian Delight- MVDR | 5  **1:30 Pet Therapy**  **2:00 Exercise Group**  **3:00 Chimes and Harmony** | 6  **9:30 Cranium Crunches**  10:15 Mass-Chapel  **1:30 Curling**  6:15 Floor Hockey -RH | 7  **10:30 Manicures**  (volunteers)  **1:30 Java Music Club**  **2:15 Balance Group**  3:00 Drumming-RH  6:15 Movie Night- RH | 8 | 9  10:30 Music with Michael Semenuck- RH  **1:30 Arts and Crafts** |
| 10  10:15 Mass-Chapel | 11  **9:30 Music and Memories**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  6:30 Happy Gange-TS | 12  **11:00 Mind Aerobics**  **2:00 Exercise Group**  **3:00Chimes and Harmony** | 13  **9:30 News and Views**  10:15 Mass-Chapel  **1:30 Curling**  6:15 Floor Hockey -RH | 14  **10:30 Manicures**  (volunteers)  **1:30 Java Music Club**  **2:15 Balance Group**  6:45 Pub with Tony Bycrof | 15  **1:30 Fun and Fit**  6:30 Ageless Grace - RH | 16 |
| 17  10:15 Mass-Chapel | 18  **9:30 Music and Memories**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 19  **11:00 Mind Aerobics**  **2:00 Exercise Group**  **3:00 Chimes and Harmony** | 20  **9:30 Cranium Crunches**  10:15Mass-Chapel  **1:30 Curling**  6:15 Floor Hockey -RH | 21  **10:30 Manicures**  (volunteers)  **1:30 Java Music Club**  **2:15 Balance Group**  3:00 Drumming-RH  6:45 BINGO in MVDR | 22  **1:30 Fun and Fit**  **6:30 Ageless Grace - RH** | 23 |
| 24  10:15 Mass-Chapel | 25  **9:30 Music and Memories**  2:00-3:00 Marian Delight- MVDR | 26  **2:00 Exercise Group**  **3:00 Chimes /Harmony** | 27  **9:30 News and Views**  10:15 Mass-Chapel  **1:30 Curling**  6:15 Floor Hockey -RH | 28  **10:30 Manicures**  (volunteers)  **1:30 Java Music Club**  2:00 Happy Hour  2:00 Music on SM4  **2:15 Balance Group** | 29  10:30 Friday Morning Music with Joel Horvath- RH  **1:30 Fun and Ft**  2:00 Birthday Party- MVDR  6:30 Ageless Grace - RH | 30 |
| 31  10:15 Mass-Chapel |

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**January 2016 St. Mary’s 4 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 St. Mary’s 4** |  |  | 1  New Year’s Day  (Stat Holiday) | 2 |
| 3  10:15 Mass-Chapel | 4  **10:30 Cranium Crunches**  2:00-3:00 Marian Delight- MVDR | 5  **9:30 Music Therapy**  **10:30 Mind Aerobics** | 6  10:15 Mass-Chapel  **1:30 Java Music Club**  6:15 Floor Hockey -RH | 7  **9:30 Manicures**  (Volunteers)  **11:00 Exercise Program**  3:00 Drumming-RH  6:15 Movie Night -RH | 8  **9:30 Curling** | 9  10:30 Music with Michael Semenuck- RH |
| 10  10:15 Mass-Chapel | **11**  **10:30 Cranium Crunches**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  6:30 Happy Gang -TS | 12  **9:30 Music Therapy 10:30 Mind Aerobics** | 13  10:15 Mass –Chapel  **10:30 Happy and Healthy**  **1:30 Java Music Club**  6:15 Floor Hockey -RH | 14  **9:30 Manicures**  (Volunteers)  **11:00 Exercise Program**  6:45 Pub with Tony Bycroft | 15  11:00 Church Service-Chapel  6:30 Ageless Grace - RH | 16 |
| 17  10:15 Mass-Chapel | 18  **10:30 Cranium Crunches**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  6:30 Happy Gang- TS | 19  **9:30 Music Therapy 10:30 Mind Aerobics** | 20  10:15 Mass-Chapel  **10:30 Happy and Healthy**  **1:30 Java Music Club**  6:15 Floor Hockey -RH | 21  **9:30 Manicures**  (Volunteers)  **11:00 Exercise Program**  3:00 Drumming-RH  6:45 BINGO in MVDR | 22  **9:30 Curling**  6:30 Ageless Grace - RH | 23 |
| 24  10:15 Mass-Chapel | 25  **10:30 Cranium Crunches**  2:00-3:00 Marian Delight- MVDR | 26  **9:30 Music Therapy 10:30 Mind Aerobics** | 27  10:15 Mass-Chapel  **1:30 Java Music Club**  6:15 Floor Hockey -RH | 28  **9:30 Manicures**  (Volunteers)  **9:30 Music and Memories**  **11:00 Exercise Program**  2:00 Happy Hour  **2:00 Music with**  **Larry** | 29  10:30 Friday Morning Music with Joel Horvath- RH  2:00 Birthday Party- MVDR  **6:30 Ageless Grace - RH** | 30 |
| 31  10:15 Mass-Chapel |

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**January 2016 St. Mary’s 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**  **St. Mary’s 5** |  |  | 1  New Year’s Day  (Stat Holiday)  **10:00 Group Exercise** | 2 |
| 3  10:15 Mass-Chapel | 4  **9:45 Music Therapy**  2:00-3:00 Marian Delight- MVDR | 5  **9:30 Cranium Crunches**  **1:30 Fun and Fit** | 6  **10:00 Trivia with Mary**  10:15 Mass-Chapel  6:15 Floor Hockey -RH | 7  **3:00 Curling**  3:00 Drumming-RH  6:15 Movie Night- RH | 8  **10:00 Group Exercise**  **1:30 Music and Memories**  6:30 Ageless Grace - RH | **9**  10:30 Music with Michael Semenuck- RH |
| 10  10:15 Mass-Chapel | 11  **9:45 Music Therapy**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  **3:30 Mind Aerobics**  6:30 Happy Gang -TS | 12  **9:30 News and Views**  **1:30 Fun and Fit**  **2:00 Hymn Sing** | 13  **10:00 Trivia with Mary**  10:15 Mass-Chapel  6:15 Floor Hockey -RH | 14  **9:30 Pet Therapy**  **3:00 Curling**  6:45 Pub with Tony Bycroft- RH | 15  **10:00 Group Exercise**  **1:30 Music and Memories**  6:30 Ageless Grace - RH | 16 |
| 17  10:15 Mass-Chapel | 18  **9:45 Music Therapy**  2:00 St.Mary’s BINGO SM3  2:00-3:00 Marian Delight- MVDR  **3:30 Mind Aerobics**  6:30 Happy Gang -TS | 19  **9:30 Cranium Crunches**  **1:30 Fun and Fit** | 20  **10:00 Trivia with Mary**  10:15 Mass-Chapel  6:15 Floor Hockey -RH | 21  **9:30 Pet Therapy**  **3:00 Curling**  3:00 Drumming-RH  6:45 BINGO in MVDR | 22  **10:00 Group Exercise**  **1:30 Music and Memories**  6:30 Ageless Grace - RH | 23 |
| 24  10:15 Mass-Chapel | 25  **9:45 Music Therapy**  2:00-3:00 Marian Delight- MVDR | 26  **9:30 News and Views**  **1:30 Fun and Fit** | 27  **10:00 Trivia with Mary**  10:15 Mass-Chapel  6:15 Floor Hockey -RH | 28  **11:00 Curling**  2:00 Happy Hour  2:00 Music on SM4 | 29  **10:00 Group Exercise**  10:30 Friday Morning Music with Joel Horvath- RH  2:00 Birthday Party- MVDR  6:30 Ageless Grace - RH | 30  Katherine Works  **11:00 Mind Aerobics** |
| 31  10:15 Mass-Chapel |

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