**October 2015 Marian Villa 1 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to**  **Marian Villa 1** | **Wellness Centre Gym**  **Monday 1:00 – 3:30**  **Wednesday 1:00 – 3:30**  **Friday 9:30 – 12:30** |  | 1  **10:00 Balance Group**  3:00 Drumming-RH | 2  10:00 George Sings TS  **11:00 Happy & Healthy**  1:30 Card Club -MVDR  2:00Alpha Program-RH  6:30 Ageless Grace -RH | 3  1:30 Polish Duo - TS |
| 4  10:15 Mass - Ch. | 5  **9:30 Cards & Board Games**  **10:45 Exercise**  2:00 Bingo and Marian Delight – MVDR  **3:15 Spirituality Group** | 6  **11:00 Mind Aerobics**  **4:45 Dinner and Movie-RH** | 7  10:15 Mass – Ch.  **11:00 Exercise**  **1:30** **Green Thumb**  **4:00 Java Music Club**  6:15 Floor Hockey -RH | 8  **10:00 Balance Group**  **1:30 Manicures**  6:45 Pub Night with Wally Maggs- RH | 9  11:00 Church – Ch.  **1:30 Trivia**  1:30 Card Club -MVDR  2:00 Alpha Program-RH  6:30 Ageless Grace -RH | 10 |
| 11  10:15 Mass - Ch. | 12  **Thanksgiving**  10:30 Music with John Moorehouse - RH | 13 Amy is off today  10:30 Anglican Church – Ch.  **1:30 Baking- CR** | 14  10:15 Mass – Ch.  **8:30 Breakfast Club**  **11:00 Exercise**  **1:30** **Green Thumb**  **4:00 Java Music Club**  6:15 Floor Hockey -RH | 15  **10:00 Balance Group**  **1:30 Manicures**  3:00 Drumming-RH  6:45 Evening Bingo -MVDR | 16  11:00 Church – Ch.  **1:30 Trivia**  1:30 Card Club –MVDR  2:00 Ageless Grace-RH  2:00 Alpha Program-RH | 17 Jen is working today |
| 18  10:15 Mass – Ch. | 19  **9:30 Cards & Board Games**  **10:45 Exercise**  2:00 Card Bingo and Marian Delight – MVDR  **3:15Hymn Sing** | 20  2:00 Mocha Shrine Concert Band -RH | 21  10:15 Mass – Ch.  **11:00 Exercise**  1:30-Art with Robin-CR  **1:30** **Green Thumb**  **4:00 Java Music Club**  6:15 Floor Hockey -RH | 22  **10:00 Balance Group**  2:00 Happy Hour -RH  **6:15 Card Making-Lounge** | 23  10:30 Music w/ Genevieve Fisher - RH  2:00 Birthday Party w/ Beth Hickey -MVDR  2:00 Wheel Chair Yoga - RH  3:00 Alpha Program – RH  6:30 Ageless Grace -RH | 24 |
| 25  10:15 Mass -  Ch. | 26  **9:30 Cards & Board Games**  **10:45 Exercise**  2:00 Bingo and Marian Delight – MVDR | 27  **10:00 Shopping**  **-See Jen**  **2:00 Baking- CR**  2:00 Resident’s Council Meeting -RH | 28  10:15 Mass - Ch.  **11:00 Exercise**  **1:30** **Green Thumb**  **4:00 Java Music Club** | 29  **10:00 Balance Group**  **1:30 Manicures**  **6:15 Coffee and Conversation-lounge** | 30  **11:00 Happy & Healthy**  2:00 Halloween Party –RH  2:00 Alpha Program-RH  6:30 Ageless Grace -RH | 31 |

**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**

**October 2015 Marian Villa 2 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to Marian Villa 2** | **Wellness Centre Gym**  **Tuesday 1:00 – 3:30 Thursday 1:00 – 3:30 Friday 1:00 – 3:30** |  | 1  **9:45 Mind Aerobics**  **11:00 Music Therapy**  **1:30 Sing A Long**  3:00 Drumming-RH  6:30 Movie Night - RH | 2  10:00 Shuffleboard - TS  **10:30 Happy and Healthy**  1:30 Card Club – MVDR  2:00 Alpha Program - RH  6:30 Ageless Grace - RH | 3  10:00 Halloween Craft-MVDR  1:30 Polish Duo - TS |
| 4  10:15 Mass –Ch. | 5  **10:45 Group Exercise**  2:00 Bingo and Marian Delight - MVDR | 6  **9:30 Spa Time**  **1:30 News and Views** | 7  **9:30 Fun & Games**  10:15 Mass - Ch.  **11:00 Pet Therapy**  **2:45 Chimes**  6:15 Floor Hockey - RH | 8  **9:45 Mind Aerobics**  **1:30 Baking -CR**  6:45 Pub with Wally Maggs-RH | 9  10:00 Shuffleboard - TS  **10:30 Happy and Healthy**  11:00 Church Service – Ch.  1:30 Card Club – MVDR  2:00 Alpha Program - RH  6:30 Ageless Grace - RH | 10 |
| 11  10:15 Mass –Ch. | 12  Thanksgiving  10:30 Music with John Moorhouse-RH | 13  **9:30 Spa Time**  10:30 Anglican Church – Ch.  **3:15 Spirituality Group** | 14  **9:30 Fun & Games**  10:15 Mass - Ch.  **11:00 Pet Therapy**  1:30 Creative Art – MVDR  **2:45 Chimes**  6:15 Floor Hockey - RH | 15  **9:45 Mind Aerobics**  **11:00 Music Therapy**  **1:30 Sing A Long**  3:00 Drumming-RH  6:45 Evening Bingo-MVDR | 16  10:00 Shuffleboard - TS  **10:30 Happy and Healthy**  11:00 Church Service - Ch.  1:30 Card Club – MVDR  2:00 Alpha Program - RH  6:30 Ageless Grace - RH | 17 |
| 18  10:15 Mass - Ch. | 19  **10:45 Group Exercise**  2:00 Card Bingo and Marian Delight - MVDR | 20  **9:30 Spa Time**  2:00 Mocha Shrine Band - RH | 21  **9:30 Fun & Games**  10:15 Mass - Ch.  **11:00 Pet Therapy**  **2:45 Chimes**  6:15 Floor Hockey - RH | 22  **11:00 Music Therapy**  2:00 Happy Hour-RH | 23  10:30 Music with Genevieve Fisher-RH  2:00 Birthday Party –MVDR  2:00 Wheel Chair Yoga - RH  3:00 Alpha Program - RH  6:30 Ageless Grace - RH | 24 |
| 25  10:15 Mass - Ch. | 26  **10:45 Group Exercise**  2:00 Bingo and Marian Delight – MVDR  **3:15 Spirituality Group** | 27  **9:30 Spa Time**  2:00 Residents’ Council - RH | 28  **9:30 Fun & Games**  10:15 Mass - Ch.  **11:00 Pet Therapy** | 29  **11:00 Music Therapy** | 30  10:00 Shuffleboard - TS  2:00 Halloween Party - RH  2:00 Alpha Program- MVDR 6:30 Ageless Grace - RH | 31 |

**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**

**October 2015 Marian Villa 3 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to Marian Villa 3** | **Wellness Centre Gym**  **Tuesday 1:00 – 3:30 Thursday 1:00 – 3:30 Friday 9:30 – 11:30** |  | 1  **10:30 Spirituality Group**  **1:30 Music Therapy**  **3:00 Spa Time**  3:00 Drumming-RH  6:30 Movie Night - RH | 2  **9:30 Happy and Healthy**  10:00 Shuffleboard- TS  1:30 Card Club – MVDR  2:00 Alpha Program--RH  6:30 Ageless Grace - RH | 3  10:00 Halloween Craft-MVDR  1:30 Polish Duo - TS |
| 4  10:15 Mass-Chapel | 5  2:00 Bingo and Marian Delight - MVDR | 6  **9:30 Music w/ Derek**  **11:00 Exercise Group**  **1:30 Tea & Trivia** | 7  10:15 Mass - Chapel  **10:15 Pet Therapy**  **10:45 Fun & Games**  **1:30 Mind Aerobics**  6:15 Floor Hockey - RH | 8 Amy H away  **10:30 Spirituality Group**  **3:00 Spa Time**  6:45 Pub with Wally Maggs-RH | 9  **8:00 Breakfast Club**  **9:30 Happy and Healthy**  11:00 Church Service – Ch.  10:00 Shuffleboard- TS  1:30 Card Club - MVDR  6:30 Ageless Grace - RH | 10 |
| 11  10:15 Mass-Chapel | 12  Thanksgiving  10:30 Music with John Moorhouse - RH | 13  10:30 Anglican Church – Ch.  **11:00 Exercise Group** | 14  10:15 Mass - Chapel  **10:00 Creative Art**  **10:15 Pet Therapy**  **1:30 Mind Aerobics**  6:15 Floor Hockey - RH | 15  **10:30 Spirituality Group**  **1:30 Music Therapy**  **3:00 Spa Time**  3:00 Drumming-RH  6:45 Evening Bingo-MVDR | 16  **9:30 Happy and Healthy**  10:00 Shuffleboard- TS  11:00 Church Service – Ch.  1:30 Card Club – MVDR  2:00 Alpha Program--RH  6:30 Ageless Grace - RH | 17 |
| 18  10:15 Mass-Chapel | 19  **10:45 Touch & Music**  2:00 Card Bingo and Marian Delight - MVDR | 20  **9:30 Music w/ Derek**  **11:00 Exercise Group**  **1:30 Spelling Bee**  2:00 Mocha Shrine Band - RH | 21  10:15 Mass – Chapel  **10:15 Pet Therapy**  **10:45 Fun & Games**  6:15 Floor Hockey - RH | 22  **10:30 Spirituality Group**  **10:30 Spa Time**  **1:30 Music Therapy**  2:00 Happy Hour-RH | 23  10:30 Music with Genevieve Fisher - RH  2:00 Birthday Party –MVDR  2:00 Wheel Chair Yoga RH  3:00 Alpha Program-RH  6:30 Ageless Grace - RH | 24 |
| 25  10:15 Mass -Chapel | 26  **10:45 Touch & Music**  2:00 Bingo and Marian Delight - MVDR | 27  **11:00 Exercise Group**  **1:30 Sing A Long**  2:00 Residents’ Council - RH | 28  10:15 Mass - Chapel  **10:15 Pet Therapy**  **10:45 Fun & Games** | 29  **1:30 Music Therapy** | 30  10:00 Shuffleboard- TS  2:00 Halloween Party - RH  2:00 Alpha Program – MVDR  6:30 Ageless Grace - RH | 31 |

**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**

**October 2015 Marian Villa 4 THERAPEUTIC PROGRAMS**

| **s** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to Marian Villa 4** |  | **Wellness Centre Gym**  **Monday 1:00 – 3:30**  **Wednesday 1:00 – 3:30**  **Friday 9:30 – 12:30** | 1  3:00 Drumming-RH  **1:30 Musical Mixers**  **4:00 Traveling Cart** | 2  10:00 Music with George- TS  **1:30 Anything Goes**  **4:00 Music & Manicures**  6:30 Ageless Grace -RH | 3  1:30 Polish Duo - TS |
| 4  10:15 Mass-Chapel | 5  **10:30 Music and Manicure**  2:00 Bingo and Marian Delight –MVDR  **4:00 Traveling Cart**  **6:45Fun and Fit** | 6  **9:30 Happy & Healthy** 10:30 Anglican Church – Ch.  **11:00 Healthy Rhythms**  **4:00 Reading Group**  **6:00 What’s Cookin?** | 7  **9:30 Ball Toss**  10:15 Mass-Chapel  **10:15 Baking –CR**  **1:30 Cranium Crunches**  6:15 Floor Hockey -RH | 8  **1:30 Musical Mixers**  **4:00 Traveling Cart**  6:45 Pub Night with Wally Maggs –RH | 9  **10:30 Coffee and Conversation**  11:00 Church – Ch.  **4:00 Music & Manicures**  6:30 Ageless Grace -RH | 10 |
| 11  10:15 Mass-Chapel | 12  **Thanksgiving**  10:30 John Moorehouse- RH | 13 Amy is off today  **11:00 Healthy Rhythms**  **4:00 Reading Group**  **6:00 What’s Cookin?** | 14  10:15 Mass-Chapel  **10:15 Baking -CR**  **2:30 Dorothy Sings**  6:15 Floor Hockey -RH | 15  **10:00 Pet Therapy**  3:00 Drumming-RH  **3:00 Spirituality Group**  **4:00 Traveling Cart**  6:45 Evening Bingo –MVDR | 16  **10:30 Coffee and Conversation**  11:00 Church – Ch.  2:00 Ageless Grace –RH  **4:00 Music & Manicures** | 17 |
| 18  10:15 Mass  Chapel | 19  2:00 Card Bingo and Marian Delight –MVDR  **4:00 Traveling Cart**  **6:45 Fun and Fit** | 20  **9:30 Country Drive**  **11:00 Healthy Rhythms**  2:00 Mocha Shrine Concert Band –RH  **4:00 Reading Group**  **6:00 What’s Cookin?** | 21  **9:30 Art with Robin-CR**  10:15 Mass-Chapel  **1:30 Cranium Crunches**  6:15 Floor Hockey -RH | 22  **1:30 Musical Mixers**  2:00 Happy Hour –RH  **3:00 Spirituality Group**  **4:00 Art with Sierra** | 23  10:30 Music with Genevieve Fisher - RH  2:00 Birthday Party with music by Beth Hickey -MVDR  **4:00 Music and Manicures**  6:30 Ageless Grace -RH | 24 |
| 25  10:15 Mass  Chapel | 26  **10:30-Music and Manicures**  2:00 Bingo and Marian Delight –MVDR | 27  **11:00 Healthy Rhythms**  2:00 Resident’s Council Meeting –RH\  **2:00 Hymn Sing**  **4:00 Reading Group**  **6:45 Fun on Four** | 28  **9:30 Ball Toss**  **10:15 Baking –CR**  10:15 Mass-Chapel  **1:30 Cranium Crunches** | 29  **10:00 Pet Therapy**  **1:30 Musical Mixers**  **4:30 Supper Club** | 30  **10:30 Coffee and Conversation**  2:00 Halloween Party –RH  **4:00 Music & Manicures**  6:30 Ageless Grace -RH | 31 |

**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**

**October 2015 Marian Villa 5 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to Marian Villa 5** | **Wellness Centre Gym**  **Tuesday 1:00 – 3:30 Thursday 1:00 – 3:30 Friday 1:00 – 3:30** |  | 1  **10:45 Mind Aerobics**  3:00 Drumming-RH  6:30 Movie Night - RH | 2  10:00 Shuffleboard - TS  1:30 Card Club – MVDR  2:00 Alpha Program - Ch.  6:30 Ageless Grace - RH | 3  10:00 Halloween Craft-MVDR  1:30 Polish Duo - TS |
| 4  10:15 Mass-Chapel | 5  2:00 Bingo and Marian Delight - MVDR  **3:30 Happy and Healthy** | 6  **10:45 Music w/ Derek**  **1:30 Spirituality Group** | 7  **9:30 Pet Therapy**  10:15 Mass – Chapel  **10:45 Group Exercise**  **11:00 Rosary Group**  6:15 Floor Hockey – RH | 8  **10:45 Mind Aerobics**  **3:00 Java Music Club**  6:45 Pub with Wally Maggs-RH | 9  10:00 Shuffleboard - TS  11:00 Church Service – Ch.  1:30 Card Club – MVDR  2:00 Alpha Program-RH  6:30 Ageless Grace - RH | 10 |
| 11  10:15 Mass -  Chapel | 12  Thanksgiving  10:30 Music with John Moorehouse - RH | 13  10:30 Anglican Church – Ch.  1:00 Outing: Scenic Tour  **1:30 Spirituality Group** | 14  **9:30 Pet Therapy**  10:15 Mass – Chapel  **10:45 Group Exercise**  **11:00 Rosary Group**  6:15 Floor Hockey – RH | 15  **10:45 Mind Aerobics**  3:00 Drumming-RH  6:45 Evening Bingo-MVDR | 16  10:00 Shuffleboard - TS  11:00 Church Service – Ch.  1:30 Card Club – MVDR  2:00 Alpha Program-RH  6:30 Ageless Grace - RH | 17 |
| 18  10:15 Mass-Chapel | 19  2:00 Card Bingo and Marian Delight - MVDR | 20  **10:45 Music w/ Derek**  2:00 Mocha Shrine Band - RH | 21  **9:30 Pet Therapy**  10:15 Mass – Chapel  **10:45 Group Exercise**  **11:00 Rosary Group**  6:15 Floor Hockey – RH | 22  **1:30 Spirituality Group**  2:00 Happy Hour-RH | 23  10:30 Music with Genevieve Fisher-RH  2:00 Birthday Party –MVDR  2:00 Wheel Chair Yoga - RH  3:00 Alpha Program-RH  6:30 Ageless Grace - RH | 24 |
| 25  10:15 Mass-Chapel | 26  2:00 Bingo and Marian Delight - MVDR | 27  2:00 Residents’ Council - RH | 28  **9:30 Pet Therapy**  10:15 Mass – Chapel  **10:45 Group Exercise**  **11:00 Rosary Group** | 29  **3:00 Java Music Club** | 30  10:00 Shuffleboard - TS  2:00 Halloween Party - RH  2:00 Alpha program – MVDR  6:30 Ageless Grace - RH | 31 |

**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**