**October 2015 St. Mary’s 1 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY**  | **THURSDAY** | **FRIDAY**  | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Programs in bold are specific to St. Mary’s 1** |  | **Wellness Centre Gym****Monday 1:00 – 3:30****Wednesday 1:00 – 3:30****Friday 9:30 – 12:30** | 13:00 Drumming-RH**3:15 Games Galore** **4:00 Rolls and Strolls** | 210:00 George Sings TS**4:00 Music & Manicure**6:30 Ageless Grace -RH | 31:30 Polish Duo - TS |
| 410:15 Mass-Chapel | 5**9:30 Parlour Visits**2:00 Bingo and Marian Delight – MVDR**3:00 Music Therapy****4:00 Traveling Cart****6:00 Fun and Fit** | 6**1:30 Happy & Healthy****4:00 Reading Group****6:00 What’s Cookin?** | 710:15 Mass-Chapel**1:30-Anything Goes****4:00 Mind aerobics**6:15 Floor Hockey -RH | 8**1:15 Spirituality Group****3:15 Games Galore** **4:00 Musical Mixers**6:45 Pub Night featuring Wally Maggs-RH | 9**9:30 Movement & Music**11:00 Church, Chapel**4:00 Music & Manicure**6:30 Ageless Grace -RH | 10 |
| 1110:15 Mass-Chapel | 12**Thanksgiving**10:30 Music with John Moorehouse - RH | 1310:30 Anglican Church-Chapel**4:00 Reading Group****9:30 Dorothy Sings** **6:00 What’s Cookin?** | 1410:15 Mass-Chapel**1:30-Anything Goes****4:00 Mind aerobics**6:15 Floor Hockey -RH | 15**1:15 Spirituality Group**3:00 Drumming-RH**4:00 Rolls and Strolls****6:00 Art with Wendy**6:45 Evening Bingo -MVDR | 1611:00 Church –Chapel**4:00 Music & Manicure**3:00 Ageless Grace -MVDR | 17 |
| 1810:15 Mass-Chapel | 192:00 Bingo and Marian Delight – MVDR**2:00 Hymn Sing****3:00 Music Therapy****4:00 Traveling Cart****6:00 Fun and Fit** | 20**9:30 Country Drive****4:00 Reading Group**2:00 Mocha Shrine Band-RH**6:00 What’s cookin?** | 2110:15 Mass- Chapel**10:30 Art with Robin-CR****4:00 Mind aerobics**6:15 Floor Hockey -RH | 222:00 Happy Hour –RH**3:15 Games Galore****4:00 Musical Mixers****6:00 Art with Wendy** | 2310:30 Music with Genevieve Fisher - RH2:00 Birthday Party with music by Beth Hickey –MVDR**4:00 Music & Manicure**6:30 Ageless Grace -RH | 24 |
| 2510:15 MassChapel | 26**9:30 Parlour Visits**2:00 Bingo and Marian Delight – MVDR**3:00 Music Therapy****4:00 Traveling Cart****6:00 Fun and Fit** | 27**1:30 Happy & Healthy**2:00 Resident’s Council Meeting – RH**3:00 Hymn Sing****4:00 Reading Group****6:00 What’s Cookin?** | 2810:15 Mass-Chapel**1:30-Anything Goes****4:00 Mind aerobics**6:15 Floor Hockey -RH | 29**3:00 Games Galore****4:30 Supper Club** | 30**9:30 Movement & Music**2:00 Halloween Party-RH**4:00 Music & Manicure**6:30 Ageless Grace -RH | 31 |

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

**October 2015 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**10:00 Exercise Group****12 Meditation**3:00 Drumming-RH**4:00 Music and Memories**6:15 Movie Night- RH | 21:30 Card Club –MVDR2:00 Alpha Program RH6:30 Ageless Grace - RH | 31:30 Polish Duo - TS |
| 410:15 Mass-Chapel | 5**11:00 Music Therap****1:15 Balance Group**2:00 Bingo and Marian Delight - MVDR6:30 Happy Gang- TS | 6**9:45 Acorns and Oak Trees****2:00 Exercise Group****12 Meditation** | 710:15 Mass-Chapel**11:00 Mind Aerobics****11:30 Rosary Group****1:15 Balance Group****2:30 Fun and Fit**6:15 Floor Hockey -RH | 8**10:00 Exercise Group****12 Meditation****4:00 Music and Memories**6:45 Pub ft. Wally Maggs -RH | 911:00 Church Service, Chapel1:30 Card Club –MVDR2:00 Alpha Program- RH6:30 Ageless Grace - RH | 10 |
| 1110:15 Mass-Chapel | 12Thanksgiving10:30 Music with John Moorehouse -TS | 13**9:45 Acorns and Oak Trees****11:00 Exercise Group****12 Meditation**10:30 Anglican Church,Chapel**2:30 Java Music Club** | 1410:15 Mass-Chapel**11:00 Mind Aerobics****11:30 Rosary Group****1:15 Balance Group****2:30 Fun and Fit**6:15 Floor Hockey -RH | 15**10:00 Exercise Group****12 Meditation**3:00 Drumming-RH**4:00 Music and Memories**6:45 Evening BINGO -MVDR | 161:30 Card Club –MVDR11:00 Church Service, Chapel11:00 Country Drive (invite Only)2:00 Alpha Program -RH3:00 Ageless Grace - MVDR | 17 |
| 1810:15 Mass-Chapel | 19**11:00 Music Therapy****1:15 Balance Group**2:00 Card Bingo and Marian Delight - RH6:30 Happy Gang- TS | 20**9:45 Acorns and Oak Trees****11:00 Exercise Group****12 Meditation**2:00 Mocha Shrine Concert Band -RH | 2110:15 Mass, Chapel**11:00 Mind Aerobics****1:15 Balance Group****2:30 Fun and Fit**6:15 Floor Hockey -RH | 22**9:30 Music and Memories****10:00 Exercise Group****12 Meditation**2:00 Happy Hour | 2310:30 Music w/2:00 Birthday Party – MVDR2:00 Wheel Chair Yoga RH3:00 Alpha Program-RH6:30 Ageless Grace - RH | 24 |
| 2510:15 Mass-Chapel | 26**11:00 Music Therapy****1:15 Balance Group**2:00 Bingo and Marian Delight - MVDR | 27 **9:45 Acorns and Oak Trees****11:00 Exericse Group****12 Meditation****12:00 Lunch Bunch (invite only)****2:30 Java Music Club**2:00 Residents Council –RH**3:00 Hymn Sing** | 2810:15 Mass-Chapel**11:00 Mind Aerobics****11:30 Rosary Group****1:15 Balance Group****2:30 Fun and Fit** | 29**10:00 Exercise Group****4:00 Music and Memories** | 302:00 Halloween Party –RH2:00 Alpha Program MVDR6:30 Ageless Grace - RH | 31 |

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

**October 2015 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 9:00 – 11:30** | **Programs in bold are specific to St. Mary’s 3** |  | 1**10:30 Manicures (Vol)****1:30 Java Music Club****2:15 Balance Group**3:00 Drumming-RH6:15 Movie Night- RH | 21:30 Card Club –MVDR2:00 Alpha Program -RH6:30 Ageless Grace -RH | 31:30 Polish Duo - TS |
| 410:15 Mass Chapel | 5**9:30 Music and Memories**2:00 Bingo and Marian Delight – MVDR | 6**2:00 Exercise Group** **2:30 Chimes and Harmony** | 7**9:30 Cranium Crunches**10:15 Mass-Chapel**1:30 Travel Log**6:15 Floor Hockey -RH | 8**10:30 Manicures (Vol)****1:30 Java Music Club****2:15 Balance Group**6:45 Pub ft. Wally Maggs -RH | 911:00 Church Service, Chapel1:30 Card Club -MVDR6:30 Ageless Grace -RH | 10 |
| 1110:15 Mass-Chapel | 12Thanksgiving10:30 Music with John Moore -TS | 1310:30Anglican Church Chapel**11:00 Mind Aerobics****1:30 Pet Therapy/w Izzie****2:00 Exercise Group** **2:30 Chimes and Harmony** | 14**9:30 Cranium Crunches**10:15 Mass-Chapel**1:30 Bocce**6:15 Floor Hockey -RH | 15**10:30 Manicures (Vol)****1:30 Java Music Club****2:15 Balance Group**3:00 Drumming-RH6:45 Evening BINGO -MVDR | 16**9:30 Fun and Fit**11:00Church Service-Chapel1:30 Card Club -MVDR11:00 Country Drive (invite Only)2:00 Alpha Program-RH3:00 Ageless Grace -MVDR | 17 |
| 1810:15 Mass-Chapel | 19**9:30 Music and Memories**2:00 Card Bingo and Marian Delight – MVDR6:30 Happy Gang -TS | 20**11:00 Mind Aerobics****1:30 Pet Therapy/w Izzie****2:00 Exercise Group** 2:00 Mocha Shrine Concert Band -RH**2:30 Chimes and Harmony** | 21**9:30 Cranium Crunches**10:30 Mass-Chapel**1:30 Travel Log**6:15 Floor Hockey -RH | 22**10:30 Manicures (Vol)**2:00 Happy Hour-RH**2:15 Balance Group** | 23**11:00 Fun and Fit**10:30 Music w/ Genevieve Fisher- RH2:00 Birthday Party - MVDR2:00 Wheel Chair Yoga-RH3:00 Alpha Program RH | 24 |
| 2510:15 Mass-Chapel | 26**9:30 Music and Memories**2:00 Bingo and Marian Delight – MVDR | 27**11:00 Mind Aerobics**12:00 Lunch Bunch (invite only)**1:30Pet Therapy/w Izzie****2:00 Exercise Group** 2:00 Residents Council- RH**2:30 Chimes /Harmony** | 28**9:30 Cranium Crunches**10:15 Mass-Chapel**1:30 Bocce** | 29**10:30 Manicures (Vol)****1:30 Java Music Club****2:15 Balance Group** | 30**11:00 Fun and Fit**2:00 Halloween Party -RH2:00 Alpha Program MVDR | 31 |

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

**October 2015 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 9:00 -11:30** | **Programs in bold are specific to St. Mary’s 4** |  | 1**9:30 Manicures (Vol.)****11:00 Exercise Program**3:00 Drumming-RH6:15 Movie Night- RH | 2**9:30 Bocce**1:30 Card Club –MVDR2:00 Alpha Program-RH 6:30 Ageless Grace -RH | 31:30 Polish Duo - TS |
| 410:15 Mass-Chapel | 5**11:00 Music and Memories**2:00 Bingo and Marian Delight – MVDR | 6**10:30 Mind Aerobics** | 710:15 Mass-Chapel**1:30** **Java Music Club** 6:15 Floor Hockey -RH | 8**9:30 Manicures (Vol.)****11:00 Exercise Program**6:45 Pub ft. Wally Maggs -RH | 9**9:30 Bocce**11:00 Church Service-Chapel1:30 Card Club –MVDR2:00 Alpha Program-RH6:30 Ageless Grace -RH | 10 |
| 1110:15 Mass-Chapel | 12Thanksgiving10:30 Music with John Moore -TS | 1310:30 Anglican Church, Chapel**10:30 Mind Aerobics** | 1410:15 Mass –Chapel**10:30 Pet Therapy with Simon****1:30** **Java Music Club** 6:15 Floor Hockey -RH | 15**9:30 Manicures (Vol.)****11:00 Exercise Program**3:00 Drumming-RH6:45 Evening BINGO -MVDR | 16**9:30 Bocce**11:00 Church Service-Chapel 1:30 Card Club -MVDR11:00 Country Drive (invite Only)2:00 Alpha Program-RH3:00 Ageless Grace -MVDR | 17 |
| 1810:15 Mass-Chapel | 19**11:00 Music and Memories**2:00 Card Bingo and Marian Delight – MVDR6:30 Happy Gang -TS | 20**10:30 Mind Aerobics**2:00 Mocha Shrine Concert Band -RH | 2110:15 Mass-Chapel**11:00 Happy and Healthy****1:30** **Java Music Club** 6:15 Floor Hockey -RH | 22**9:30 Manicures (Vol.)****11:00 Exercise Program**2:00 Happy Hour-RH | 23**9:30 Bocce**10:30 Music w/ Geneveive Fisher2:00 Birthday Party - MVDR2:00 Wheel Chair Yoga-RH3:00 Alpha Program-RH6:30 Ageless Grace -RH | 24 |
| 2510:15 Mass-Chapel | 26**11:00 Famous Faces**2:00 Bingo and Marian Delight – MVDR | 27**10:30 Mind Aerobics****12:00 Lunch Bunch (invite only)**2:00 Residents Council -RH | 2810:15 Mass-Chapel**10:30 Pet Therapy with Simon****1:30** **Java Music Club**  | 29**9:30 Manicures (Vol.)****11:00 Exercise Program** | 30**9:30 Bocce**2:00 Halloween Party –RH2:00 Alpha Program-MVDR6:30 Ageless Grace - RH | 31 |

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**October 2015 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**3:00 Bowling**3:00 Drumming-RH6:16 Movie Night- RH | 2**10:00 Group Exercise**11:00 News and Views1:30 Card Club –MVDR2:00 Alpha Program-RH6:30 Ageless Grace -RH | 31:30 Polish Duo - TS |
| 410:15 Mass-Chapel | 5 **9:45 Music Therapy**2:00 Bingo and Marian Delight - MVDR | 6**9:30 Cranium Crunches****1:30 Music and Memories** | 710:15 Mass-Chapel**10:00 Trivia with Mary**1:30 Java Music Club-SM46:15 Floor Hockey -RH | 8**3:00 Bowling**6:45 Pub ft. Wally Maggs -RH | 9**11:00 Group Exercise**11:00 Church Service, Chapel1:30 Card Club –MVDR2:00 Alpha Program-RH6:30 Ageless Grace -RH | 10 |
| 1110:15 Mass-Chapel | 12Thanksgiving10:30 Music with John Moore -TS | 1310:30 Anglican Church,chapel**9:30 Cranium Crunches****1:30 Music and Memories** | 1410:15 Mass-Chapel**10:00 Trivia with Mary**1:30 Java Music Club-SM46:15 Floor Hockey -RH | 15**9:30 Pet Therapy /w Finnie****3:00 Bowling**3:00 Drumming-RH6:45 Evening BINGO -MVDR | 1611:00 Church Service, Chapel1:30 Card Club –MVDR11:00 Country Drive (invite Only)2:00 Alpha Program-RH3:00 Ageless Grace -MVDR | 17 |
| 1810:15 Mass-Chapel | 19**9:45 Music Therapy**2:00 Card Bingo and Marian Delight - MVDR**3:30 Mind Aerobics**6:30 Happy Gang -TS | 20**9:30 Cranium Crunches****10:30 Faith, Hope & Love**2:00 Mocha Shrine Concert Band –RH**2:00 Hymn Sing** | 2110:15 Mass-Chapel**10:00 Trivia with Mary**1:30 Java Music Club-SM46:15 Floor Hockey -RH | 22**9:30 Pet Therapy /w Finnie****11:00 Bowling**2:00 Happy Hour-RH | 2310:30 Music w/ Geneveive Fisher- RH**11:00 Group Exercise**2:00 Birthday Party – MVDR2:00 Wheel Chair Yoga-RH3:00 Alpha Program-RH6:30 Ageless Grace -RH | 24**11:00 Mind Aerobics** |
| 2510:15 Mass-Chapel | 26**9:45 Music Therapy**2:00 Bingo and Marian Delight - MVDR | 27**9:30 Cranium Crunches****10:30 Faith, Hope & Love****12:00 Lunch Bunch (invite)****1:30 Music & Memories**2:00 Residents Council -RH | 2810:15 Mass-Chapel**10:00 Trivia with Mary**1:30 Java Music Club-SM4 | 29**9:30 Pet Therapy /w Finnie****3:00 Bowling** | 30**11:00 Group Exercise**2:00 Halloween Party –RH2:00 Alpha Program \_MVDR6:30 Ageless Grace - RH | 31 |

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