**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** | 1  3:00 Drumming-RH  **3:15 Games Galore**  **4:00 Rolls and Strolls** | 2  10:00 George Sings TS  **4:00 Music & Manicure**  6:30 Ageless Grace -RH | 3  1:30 Polish Duo - TS |
| 4  10:15 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?** | 7  10:15 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 |
| 11  10:15 Mass-Chapel | 12  **Thanksgiving**  10:30 Music with John Moorehouse - RH | 13  10:30 Anglican Church-Chapel  **4:00 Reading Group**  **9:30 Dorothy Sings**  **6:00 What’s Cookin?** | 14  10:15 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 | 16  11:00 Church –Chapel  **4:00 Music & Manicure**  3:00 Ageless Grace -MVDR | 17 |
| 18  10:15 Mass-Chapel | 19  2:00 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?** | 21  10:15 Mass- Chapel  **10:30 Art with Robin-CR**  **4:00 Mind aerobics**  6:15 Floor Hockey -RH | 22  2:00 Happy Hour –RH  **3:15 Games Galore**  **4:00 Musical Mixers**  **6:00 Art with Wendy** | 23  10:30 Music with Genevieve Fisher - RH  2:00 Birthday Party with music by Beth Hickey –MVDR  **4:00 Music & Manicure**  6:30 Ageless Grace -RH | 24 |
| 25  10:15 Mass  Chapel | 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?** | 28  10:15 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 | 2  1:30 Card Club –MVDR  2:00 Alpha Program RH  6:30 Ageless Grace - RH | 3  1:30 Polish Duo - TS |
| 4  10:15 Mass-Chapel | 5  **11:00 Music Therap**  **1:15 Balance Group**  2:00 Bingo and Marian Delight - MVDR  6:30 Happy Gang- TS | 6  **9:45 Acorns and Oak Trees**  **2:00 Exercise Group**  **12 Meditation** | 7  10:15 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 | 9  11:00 Church Service, Chapel  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 -TS | 13  **9:45 Acorns and Oak Trees**  **11:00 Exercise Group**  **12 Meditation**  10:30 Anglican Church,Chapel  **2:30 Java Music Club** | 14  10:15 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 | 16  1:30 Card Club –MVDR  11:00 Church Service, Chapel  11:00 Country Drive  (invite Only)  2:00 Alpha Program -RH  3:00 Ageless Grace - MVDR | 17 |
| 18  10:15 Mass-Chapel | 19  **11:00 Music Therapy**  **1:15 Balance Group**  2:00 Card Bingo and Marian Delight - RH  6:30 Happy Gang- TS | 20  **9:45 Acorns and Oak Trees**  **11:00 Exercise Group**  **12 Meditation**  2:00 Mocha Shrine Concert Band -RH | 21  10:15 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 | 23  10:30 Music w/  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  **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** | 28  10:15 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** | 30  2:00 Halloween Party –RH  2:00 Alpha Program MVDR  6:30 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-RH  6:15 Movie Night- RH | 2  1:30 Card Club –MVDR  2:00 Alpha Program -RH  6:30 Ageless Grace -RH | 3  1:30 Polish Duo - TS |
| 4  10:15 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 | 9  11:00 Church Service, Chapel  1:30 Card Club -MVDR  6:30 Ageless Grace -RH | 10 |
| 11  10:15 Mass-Chapel | 12  Thanksgiving  10:30 Music with John Moore -TS | 13  10:30Anglican 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-RH  6:45 Evening BINGO -MVDR | 16  **9:30 Fun and Fit**  11:00Church Service-Chapel  1:30 Card Club -MVDR  11:00 Country Drive  (invite Only)  2:00 Alpha Program-RH  3:00 Ageless Grace -MVDR | 17 |
| 18  10:15 Mass-Chapel | 19  **9:30 Music and Memories**  2:00 Card Bingo and Marian Delight – MVDR  6:30 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- RH  2:00 Birthday Party - MVDR  2:00 Wheel Chair Yoga-RH  3:00 Alpha Program RH | 24 |
| 25  10:15 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 -RH  2:00 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-RH  6:15 Movie Night- RH | 2  **9:30 Bocce**  1:30 Card Club –MVDR  2:00 Alpha Program-RH  6:30 Ageless Grace -RH | 3  1:30 Polish Duo - TS |
| 4  10:15 Mass-Chapel | 5  **11:00 Music and Memories**  2:00 Bingo and Marian Delight – MVDR | 6  **10:30 Mind Aerobics** | 7  10:15 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-Chapel  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 Moore -TS | 13  10:30 Anglican Church, Chapel  **10:30 Mind Aerobics** | 14  10:15 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-RH  6:45 Evening BINGO -MVDR | 16  **9:30 Bocce**  11:00 Church Service-Chapel  1:30 Card Club -MVDR  11:00 Country Drive  (invite Only)  2:00 Alpha Program-RH  3:00 Ageless Grace -MVDR | 17 |
| 18  10:15 Mass-Chapel | 19  **11:00 Music and Memories**  2:00 Card Bingo and Marian Delight – MVDR  6:30 Happy Gang -TS | 20  **10:30 Mind Aerobics**  2:00 Mocha Shrine Concert Band -RH | 21  10:15 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 Fisher  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  **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 | 28  10:15 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 –RH  2:00 Alpha Program-MVDR  6:30 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 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-RH  6:16 Movie Night- RH | 2  **10:00 Group Exercise**  11:00 News and Views  1:30 Card Club –MVDR  2:00 Alpha Program-RH  6:30 Ageless Grace -RH | 3  1:30 Polish Duo - TS |
| 4  10:15 Mass-Chapel | 5  **9:45 Music Therapy**  2:00 Bingo and Marian Delight - MVDR | 6  **9:30 Cranium Crunches**  **1:30 Music and Memories** | 7  10:15 Mass-Chapel  **10:00 Trivia with Mary**  1:30 Java Music Club-SM4  6:15 Floor Hockey -RH | 8  **3:00 Bowling**  6:45 Pub ft. Wally Maggs -RH | 9  **11:00 Group Exercise**  11:00 Church Service, Chapel  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 Moore -TS | 13  10:30 Anglican Church,chapel  **9:30 Cranium Crunches**  **1:30 Music and Memories** | 14  10:15 Mass-Chapel  **10:00 Trivia with Mary**  1:30 Java Music Club-SM4  6:15 Floor Hockey -RH | 15  **9:30 Pet Therapy /w Finnie**  **3:00 Bowling**  3:00 Drumming-RH  6:45 Evening BINGO -MVDR | 16  11:00 Church Service, Chapel  1:30 Card Club –MVDR  11:00 Country Drive  (invite Only)  2:00 Alpha Program-RH  3:00 Ageless Grace -MVDR | 17 |
| 18  10:15 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** | 21  10:15 Mass-Chapel  **10:00 Trivia with Mary**  1:30 Java Music Club-SM4  6:15 Floor Hockey -RH | 22  **9:30 Pet Therapy /w Finnie**  **11:00 Bowling**  2:00 Happy Hour-RH | 23  10:30 Music w/ Geneveive Fisher- RH  **11:00 Group Exercise**  2:00 Birthday Party – MVDR  2:00 Wheel Chair Yoga-RH  3:00 Alpha Program-RH  6:30 Ageless Grace -RH | 24  **11:00 Mind Aerobics** |
| 25  10:15 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 | 28  10:15 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 –RH  2:00 Alpha Program \_MVDR  6:30 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**