**November 2015 – St. Mary’s 1 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| 1  10:15 Mass-Chapel | 2  **9:30 Parlour Visits**  2:00 Card Bingo & Marian Delight -MVDR  **3:00 Music Therapy**  **4:00 Travel Cart**  **6:00 Fun and Fit** | 3  **9:30 Country Drive**  **4:00 Reading Group**  **6:00 What’s Cookin?** | 7  10:15 Mass-Chapel  **1:30 Piano music with Grace 1 SM DR**  **4:00 Yarn Crafts**  6:15 Floor Hockey -RH | 5  10:30 Greek Liturgy-CH  **2:15 Sing-a-Long**  3:00 Drumming-RH  **4:00 Ball Toss**  **6:00 Art with Wendy** | 6  10:00 George Sings TS  11 Church-Chapel/RH  **3:00 Spirituality Gr.**  **4:00 Music & Manicures**  **6:30 Ageless Grace** | 7  Annual Christmas Bazaar  & Rummage Sale  10:00-3:00 pm |
| 8  10:15 Mass-Chapel | 9  2:00 Bingo & Marian Delight -MVDR  **3:00 Music Therapy** | 10  **9:30 Dorothy Sings**  10:30 Anglican Church Service-**CH** | 11  **Remembrance Day**  10:15 Mass-CH  10:45 Remembrance Day Service-CH | 12  **1:15 Spirituality Gr.**  **2:15 Sing-a-Long**  **4:00 Ball Toss**  6:45 Pub Night with Joel -RH | 13  11:00 Church-Chapel/RH  **3:30** | 14  10:30 Wally Maggs performs - RH |
| 15  10:15 Mass-Chapel | 16  10:30 Bill Sings – MVDR  **2:00 Hymn Sing**  2:00 Card Bingo & Marian Delight -MVDR  **3:00 Music Therapy**  **4:00 Travel Cart**  **6:00 Fun and Fit** | 17  10:00-3:00 pm  Dressing Room  Clothing Sale-RH  **4:00 Reading Group**  **6:00 What’s Cookin?** | 18  10:15 Mass-**CH**  **10:30 Art with Robin CR**  **4:00 Yarn Crafts**  6:15 Floor Hockey -RH | 19  **1:15 Spirituality Gr.**  2:00 Happy Hour –RH  **2:15 Sing-a-Long**  3:00 Drumming-RH  **4:00 Ball Toss**  **6:00 Art with Wendy**  6:45 Evening BINGO - MVDR | 20 Jen is off today  11 Church-Chapel/RH  **3:00 Spirituality Gr.**  **4:00 Music & Manicures**  **6:30 Ageless Grace** | 21  1:30 Polish Duo -TS |
| 22  10:15 Mass-Chapel | 23  2:00 Bingo & Marian Delight -MVDR  **3:00 Music Therapy**  **6:00 Fun and Fit** | 24  **1:30 Happy & Healthy**  2:00 Residents Council -RH  **3:00 Hymn Sing**  **4:00 Reading Group**  **6:00 What’s Cookin?** | 25  10:15 Mass-**CH**  **4:00 Yarn Crafts**  6:15 Floor Hockey -RH | 26  2:00 Memorial Service-CH  **2:15 Sing-a-Long**  **4:00 Art with Wendy**  **6:00 Fun and Games** | 27  10:30 Music with Randy Grey – RH  2:00 Birthday Party Music with Finula - MVDR  **4:00 Music & Manicures**  **6:30 Ageless Grace** | 28  1:30 Polish Duo -TS |
| 29  10:15 Mass-Chapel | 30  **9:30 Parlour Visits**  2:00 Card Bingo & Marian Delight -MVDR  **3:00 Music Therapy**  **4:00 Travel Cart**  **6:00 Fun and Fit** |  |  | **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** |  |

**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**

**November 2015 – St. Mary’s 2 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| 1  10:15 Mass-Chapel | 2  **11:00 Music Therapy**  2:00 Bingo and Marian Delight-MVDR | 3  **9:45 Acorns/Oak Trees**  **12 Meditation**  **2:30 Mind Aerobics** | 4  10:15 Mass-**CH**  **11:30 Rosary Gr.**  **2:30 Fun and Fit**  6:15 Happy Gang Outing  6:15 Floor Hockey-RH | 5  10:30 Greek Liturgy-**CH**  3:00 Drumming  6:15 Movie Night | 6  **9:30 Green Thumb**  11 Church-Chapel/RH  **12:30 Meditation**  1:30 Card Club  **1:30 Church Reading**  6:30Ageless Grace -RH | 7 |
| 8  10:15 Mass-Chapel | 9  **11:00 Music Therapy**  2:00 Bingo and Marian Delight-MVDR | 10  **9:45 Acorns/Oak Trees**  10:30 Anglican Church-**CH**  **12 Meditation**  **2:30 Mind Aerobics** | 11  Remembrance Day  10:15 Mass-**CH**  **10:45 Remembrance Day Service-Chapel** | 12  **9:30 Music and Memories**  **12 Meditation**  6:45 Pub Night with Joel Horvath- RH | 13  **9:30 Green Thumb**  **9:30 Shopping Trip (Invite Only)**  11 Church-Chapel/RH  **12:30 Meditation**  1:30 Card Club  **1:30 Church Reading** | 14  10:30 Music with Wally Maggs- RH  1:30 Country Drive |
| 15  10:15 Mass-Chapel | 16  10:15 Music with Bill- TS  **11:00 Music Therapy**  2:00 Bingo and Marian Delight-MVDR  6:30 Happy Gang - TS | 17  **9:45 Acorns/Oak Trees**  **12 Meditation**  **3:00 Hymn Sing** | 18  10:15 Mass-**CH**  **10:30 Java Music Club**  **11:30 Rosary Gr.**  **2:30 Fun and Fit**  6:15 Floor Hockey-RH | 19  **12 Meditation**  2:00 Happy Hour- RH  6:45 BINGO- MVDR  3:00 Drumming | 20  **9:30 Green Thumb**  11 Church/Chapel/RH  1:30 Card Club  **12:30 Meditation**  **1:30 Church Reading**  6:30Ageless Grace -RH | 21  1:30 Polish Duo |
| 22  10:15 Mass-Chapel | 23  **11:00 Music Therapy**  2:00 Bingo and Marian Delight-MVDR  5:00 Happy Gang - RH | 24  **9:45 Acorns/Oak Trees**  **12 Meditation**  2:00 Residents Council -RH  **2:30 Mind Aerobics** | 25  10:15 Mass-**CH**  **10:30 Java Music Club**  **11:30 Rosary Gr.**  **2:30 Fun and Fit**  6:15 Floor Hockey-RH | 26  **9:30 Music and Memories**  2pm Memorial Service-Chapel/RH | 27  **9:30 Green Thumb**  10:30 Music with Randy Grey- TS  **1:30 Church Reading Gr.**  2:00 Birthday Party- MVDR  6:30Ageless Grace -RH | 28  1:30 Polish Duo |
| 29  10:15 Mass-Chapel | 30  2:00 Bingo and Marian Delight-MVDR  6:30 Happy Gang - TS |  |  | **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** |  |

**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**

**November 2015 – St. Mary’s 3 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| 1  10:15 Mass-Chapel | 2  **9:30 Music and Memories**  2:00 Bingo and Marian Delight-MVDR | 3  **11:00 Mind Aerobics**  **1:30 Pet Therapy**  2:00 Exercise Class  **3:00 Chimes/Harmony** | 7  10:15 Mass-**CH**  **1:30 Bocce**  6:15 Happy Gang – TS  6:15 Floor Hockey-RH | 5  10:30 Greek Liturgy-**CH**  **1:30 Java Music Club**  2:15 Balance Group  3:00 Drumming  6:15 Movie Night | 6  11 Church-Chapel/RH  1:30 Card Club  **1:30 Fun and Fit**  6:30 Ageless Grace -RH | 7 |
| 8  10:15 Mass-Chapel | 9  **9:30 Music and Memories**  2:00 Bingo and Marian Delight-MVDR | 10  10:30 Anglican Church-**CH**  **1:30 Pet Therapy**  2:00 Exercise Class  **3:00 Chimes/Harmony** | 11  Remembrance Day  10:15 Mass-**Ch**  **10:45 Remembrance Day Service Chapel/RH** | 12  **1:30 Java Music Club**  2:15 Balance Group  6:45 Pub Night with Joel Horvath- RH | 13  **9:30 Shopping Trip (invite only)**  11 Church-Chapel/RH  **1:30 Fun and Fit**  1:30 Card Club  **3:00 Spirituality Gr.** | 14  10:30 Music with Wally Maggs- RH  1:30 Country Drive |
| 15  10:15 Mass-Chapel | 16  10:15 Music with Bill- TS  2:00 Bingo and Marian Delight-MVDR  6:30 Happy Gang - TS | 17  **11:00 Mind Aerobics**  2:00 Exercise Class  **1:30 Pet Therapy**  **3:00 Chimes/Harmony** | 18  **9:30 News and Views**  10:15 Mass-**CH**  **1:30 Bocce**  6:15 Floor Hockey-RH | 19  2:00 Happy Hour- RH  6:45 BINGO- MVDR  2:15 Balance Group  3:00 Drumming | 20  11 Church-Chapel/RH  **1:30 Fun and Fit**  1:30 Card Club  6:30 Ageless Grace -RH | 21  1:30 Polish Duo |
| 22  10:15 Mass-Chapel | 23  2:00 Bingo and Marian Delight-MVDR  5:00 Happy Gang - RH | 24  **11:00 Mind Aerobics**  2:00 Residents Council -RH  2:00 Exercise Class  **3:00 Chimes/Harmony** | 25  **9:30 Cranium Crunches**  10:15 Mass-**CH**  **1:30 Bocce**  6:15 Floor Hockey-RH | 26  2:00 Memorial Service Chapel/RH  2:15 Balance Group | 27  10:30 Music with Randy Grey- TS  **1:30 Fun and Fit**  2:00 Birthday Party- MVDR  **3:00 Spirituality Gr.**  6:30 Ageless Grace -RH | 28  1:30 Polish Duo |
| 29  10:15 Mass-Chapel | 30  2:00 Bingo and Marian Delight-MVDR  6:30 Happy Gang - TS |  |  | **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** |  |

**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**

**November 2015 – St. Mary’s 4 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| 1  10:15 Mass-Chapel | 2  **11:00 Music and Memories**  2:00 Bingo and Marian Delight-MVDR | 3  **10:30 Mind Aerobics** | 7  10:15 Mass-CH  **1:30 Java Music Club**  6:15 Happy Gang Outing  6:15 Floor Hockey-RH | 5  10:30 Greek Liturgy-**CH**  **11:00 Group Exercise**  3:00 Drumming  6:15 Movie Night | 6  **9:30 Bocce**  **11:00 Green Thumb**  11 Church-Chapel/RH  1:30 Card Club  6:30 Ageless Grace-RH | 7 |
| 8  10:15 Mass-Chapel | 9  **11:00 Music and Memories**  2:00 Bingo and Marian Delight-MVDR | 10  10:15 Anglican Church Service-**CH**  **10:30 Mind Aerobics** | 11  Remembrance Day  10:15 Mass-**CH**  **10:45 Remembrance Day Service-Chapel** | 12  **11:00 Group Exercise**  6:45 Pub Night with Joel Horvath- RH | 13  **11:00 Green Thumb**  11 Church-Chapel/RH  1:30 Card Club | 14  10:30 Music with Wally Maggs- RH  1:30 Country Drive |
| 15  10:15 Mass-Chapel | 16  10:15 Music with Bill- TS  2:00 Bingo and Marian Delight-MVDR  6:30 Happy Gang -TS | 17 | 18  10:15 Mass-**CH**  **11:00 Happy and Healthy**  **1:30 Java Music Club** 6:15 Floor Hockey-RH | 19  **11:00 Group Exercise**  3:00 Drumming  2:00 Happy Hour- RH  6:45 BINGO- MVDR | 20  **9:30 Shopping Trip (Invite Only)**  **11:00 Green Thumb**  11 Church-Chapel/RH  1:30 Card Club  6:30 Ageless Grace-RH | 21  1:30 Polish Duo |
| 22  10:15 Mass-Chapel | **23**  2:00 Bingo and Marian Delight-MVDR  5:00 Happy Gang -TS | 24  **10:30 Mind Aerobics**  2:00 Residents Council -RH | 25  10:15 Mass-**CH**  **10:30 Pet Therapy with Simon**  **1:30 Java Music Club**  6:15 Floor Hockey-RH | 26  **11:00 Group Exercise**  2:00 Memorial Service Chapel/RH | 27  10:30 Music with Randy Grey- TS  **11:00 Green Thumb**  2:00 Birthday Party- MVDR  6:30 Ageless Grace-RH | 28  1:30 Polish Duo |
| 29  10:15 Mass-Chapel | 30 Lisa is Off  2:00 Bingo and Marian Delight-MVDR  6:30 Happy Gang -TS |  |  | **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** |  |

**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**

**November 2015 – St. Mary’s 5 THERAPEUTIC PROGRAMS**

| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| --- | --- | --- | --- | --- | --- | --- |
| 1  10:15 Mass-Chapel | 2  **9:45 Music Therapy**  2:00 Bingo and Marian Delight-MVDR  **3:30 Mind Aerobics** | 3  **9:30 Cranium Crunches**  **1:30 Music and Memories** | 7  10:15 Mass-CH  **3:00 Green Thumb**  6:15 Happy Gang Outing  6:15 Floor Hockey- RH | 5  **9:30 Pet Therapy**  10:30 Greek Liturgy-**CH**  **3:00 Bowling**  3:00 Drumming  6:15 Movie Night | 6  11 Church-Chapel/RH  **11:00 News and Views**  1:30 Card Club  6:30 Ageless Grace -RH | 7 |
| 8  10:15 Mass-Chapel | 9  **9:45 Music Therapy**  2:00 Bingo and Marian Delight-MVDR | 10  **9:30 Cranium Crunches**  10:30AnglicanChurch-CH  **1:30 Music and Memories** | 11  Remembrance Day  10:15 Mass-CH  **10:45 Remembrance Day Service-CH/RH** | 12  **9:30 Pet Therapy**  **11:00 Bowling**  6:45 Pub Night with Joel Horvath- RH | 13  11 Church-Chapel/RH  1:30 Card Club  6:30 Ageless Grace -RH | 14  10:30 Music with Wally Maggs- RH  1:30 Country Drive |
| 15  10:15 Mass-Chapel | 16  **9:45 Music Therapy**  10:15 Music with Bill- TS  2:00 Bingo and Marian Delight-MVDR  **3:30 Mind Aerobics**  6:30 Happy Gang -TS | 17  **10:15 Spirituality Gr.**  **2:00 Hymn Sing** | 18  10:15 Mass-CH  **3:00 Green Thumb**  6:15 Floor Hockey- RH | 19  **9:30 Pet Therapy**  2:00 Happy Hour- RH  3:00 Drumming  6:45 BINGO- MVDR | 20  **9:30 Shopping Trip (Invite Only)**  11 Church-Chapel/RH  1:30 Card Club  6:30 Ageless Grace -RH | 21  1:30 Polish Duo |
| 22  10:15 Mass-Chapel | 23  **9:45 Music Therapy**  2:00 Bingo and Marian Delight-MVDR  **3:30 Mind Aerobics**  5:00 Happy Gang - TS | 24  **9:30 Cranium Crunches**  **10:15 Spirituality Gr. 1:30 Music and Memories** | 25  10:15 Mass**-Ch**  **3:00 Green Thumb**  6:15 Floor Hockey- RH | 26  **9:30 Pet Therapy**  **11:00 Bowling**  2:00 Memorial Service-Chapel/RH | 27  10:30 Music with Randy Grey- TS  2:00 Birthday Party- MVDR  6:30 Ageless Grace -RH | 28  1:30 Polish Duo |
| 29  10:15 Mass-Chapel | 30  **9:45 Music Therapy**  2:00 Bingo and Marian Delight-MVDR  **3:30 Mind Aerobics**  6:30 Happy Gang - TS |  |  | **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** |  |

**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**