

January 2018 -St. Mary's 1- THERAPEUTIC PROGAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Year's Day</i> 10:00 Year in Review – MVDR (MV building) 10:15 New Year's Day mass -CH 1:30 Year in Review- RH (SM Building)	2 11:00 Chatterbox 11:00 Music Therapy 1:30 Road to the Olympics- CR 3:00 Fun and Fit	3 9:30 Through the Decades 10:15 RC Mass-CH 10:30 Mindful Colouring 1:30 Moving and Grooving 1:30 Pay It Forward - CR 3:00 Memories and More 6:30 Traditions Around the World - TS	4 9:45 Group Exercises 10:30 Music and Memories 1:30 Bingo-MVDR 2:30 Marian Delight- MVDR 7:00 Music Therapy	5 9:30 Happy Feet 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30 Java Music Club	6 10:00 Music Therapy 10:30 Famous You- RH 2:00 – Music with Ken Lightheart-RH
7 10:15 RC Mass-CH	8 9:30 Country Drive 1:30 Seasonal Sensations 1:30 Curling-RH 3:00 Pet Therapy 6:30 Happy Gang - TS	9 1:30 Road to the Olympics- CR 1:30 Fun and Fit 3:00 On This Day 7:00 Musical Mixers 6:30 Karaoke-MVDR	10 9:30 Through the Decades 10:15 RC Mass-CH 10:30 Mindful Colouring 1:30 Moving and Grooving 1:45 Pay It Forward - CR 3:00 Memories and More 6:15 Floor Hockey - RH	11 9:45 Group Exercises 1:30 Music and Memories 1:30 Bingo-MVDR 2:30 Marian Delight- MVDR 3:30 Fun and Games 6:45 Pub Night-RH 6:15 Fun on 1 7:00 Music Therapy	12 9:30 Happy Feet 10:30 Now and Then 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30 Java Music Club 3:00 Cranium Crunches	13 10:30 – Music with David John Kirby –RH 2:00 SportsCentre - TS
14 10:15 RC Mass-CH	15 9:30 Chatterbox 1:30 Curling-RH 3:00 Pet Therapy 6:30 Happy Gang - TS	16 11:00 Music Therapy 1:30 Road to the Olympics- CR 1:30 Fun and Fit 7:00 Musical Mixers 6:30 Karaoke-MVDR 6:30 Euchre-TS	17 9:30 Through the Decades 10:15 RC Mass-CH 10:30 Mindful Colouring 1:30 Moving and Grooving 1:30 Pay It Forward - CR 3:00 Memories and More 6:15 Floor Hockey - RH	18 9:45 Group Exercises 10:30 Music and Memories 1:30 Happy Hour- RH 3:30 Fun and Games 6:45 Evening Bingo-MVDR 7:00 Music Therapy	19 9:30 Happy Feet 10:30 Now and Then 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30 Java Music Club 3:00 Cranium Crunches	20 10:30 Cranium Crunches-TS 2:00 – Music with Larry and Tara -RH
21 10:15 RC Mass-CH	22 9:30 Chatterbox 10:30 Busy Hands 1:30 Outing 1:30 Alpha -MVBR 6:30 Happy Gang - TS	23 11:00 Music Therapy 1:30 Road to the Olympics- CR 1:30 Fun and Fit 3:00 On this Day 7:00 Musical Mixers 6:30 Karaoke-MVDR 6:30 Euchre-TS	24 9:30 Through the Decades 10:15 RC Mass-CH 10:30 Mindful Colouring 1:30 Moving and Grooving 1:30 Pay It Forward - CR 3:00 Memories and More 6:15 Floor Hockey - RH	25 9:45 Group Exercises 10:30 Busy Hands 1:30 Music and Memories 1:30 Bingo-MVDR 2:30 Marian Delight- MVDR 3:30 Fun and Games 7:00 Music Therapy	26 9:30 Happy Feet 10:30 Now and Then 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30 Java Music Club 3:00 Cranium Crunches	27 10:30 – Music with Michael and Rick – RH 2:00 Discussion & Documentaries – MVDR 3:00 Fun on 1
28 10:15 RC Mass-CH	29 11:00 Chatterbox 1:30 Alpha- MVBR 1:30 Curling-RH 3:00 Pet Therapy 6:30 Happy Gang - TS	30 11:00 Music Therapy 1:30 Road to the Olympics- CR 1:30 Fun and Fit 7:00 Musical Mixers 6:30 Karaoke-MVDR 6:30 Euchre-TS	31 9:30 Through the Decades 10:15 RC Mass-CH 10:30 Mindful Colouring 1:30 Moving and Grooving 1:30 Pay It Forward - CR 3:00 Memories and More 6:15 Floor Hockey - RH			

MVDR = Marian Villa Dining Room **CR** = Craft Room **TS** = Town Square **RH** = Recreation Hall **CH**= Chapel

January 2018 -St. Mary's 2- THERAPEUTIC PROGAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Year's Day</i> 10:00 Year in Review – MVDR (MV building) 10:15 New Year's Day mass -CH 1:30 Year in Review-RH (SM Building)	2 11:00 Personal Touch (1:1) 1:30 Road to the Olympics-CR 3:00 Curling	3 10:15 RC mass-CH 1:30 Pay It Forward - CR 2:30 Mocktails- CR 6:30 Traditions Around the World - TS	4 11:00 Manicures with Volunteers 11:00 Mindful Colouring 10:30 Group Exercise 10:30 Men's Club-MVDR 1:30 Bingo-MVDR 2:30 Marian Delight-MVDR 1:45 Famous You (1:1) 4:00 Music Therapy	5 9:30 Country Drive – See Brittany 11:00 NO Worship Service –CH 1:30 Shuffleboard-TS 1:30 Community Outing – See Brittany	6 10:30 Famous You- RH 2:00 – Music with Ken Lightheart-RH
7 10:15 RC mass-CH	8 11:00 Happy Feet 1:30 Curling - RH 3:00 Java Music Club 6:30 Happy Gang – TS	9 11:00 Personal Touch (1:1) 1:30 Road to the Olympics-CR 3:00 Curling 6:30 Karaoke-MVDR 6:30 Euchre-TS	10 10:15 RC mass-CH 1:45 Pay It Forward - CR 2:15 Music and Memories (1:1) 2:30 Travel Log 6:15 Floor Hockey - RH	11 11:00 Manicures with Volunteers 10:30 Group Exercise 1:30 Bingo-MVDR 1:45 Famous You (1:1) 2:30 Marian Delight-MVDR 4:00 Music Therapy 6:45 Pub & Music with Jim Ashby-RH	12 11:00 Cranium Crunches 11:00 Worship Service – CH 1:30 Shuffleboard-TS	13 10:30 – Music with David John Kirby –RH 2:00 SportsCentre - TS
14 10:15 RC mass-CH	15 1:30 Curling - RH 6:30 Happy Gang - TS	16 11:00 Personal Touch (1:1) 1:30 Road to the Olympics-CR 3:00 Curling 6:30 Karaoke-MVDR 6:30 Euchre-TS	17 10:15 RC mass-CH 1:30 Pay It Forward - CR 3:00 Mocktails- CR 6:15 Floor Hockey - RH	18 11:00 Manicures with Volunteers 10:30 Men's Club-MVDR 10:30 Group Exercise 1:30 Happy Hour-RH 1:45 Famous You (1:1) 4:00 Music Therapy 6:45 Evening Bingo-MVDR	19 11:00 Cranium Crunches 11:00 Worship Service – CH 1:30 Shuffleboard-TS	20 10:30 Cranium Crunches-TS 2:00 – Music with Larry and Tara -RH
21 10:15 RC mass-CH	22 11:00 Happy Feet 2:00 Alpha -MVBR 3:00 Java Music Club 6:30 Happy Gang – TS	23 11:00 Personal Touch (1:1) 1:30 Road to the Olympics-CR 3:00 Curling 6:30 Karaoke-MVDR 6:30 Euchre-TS	24 10:15 RC mass-CH 1:30 Pay It Forward - CR 2:15 Music and Memories (1:1) 2:30 Travel Log 6:15 Floor Hockey - RH	25 11:00 Manicures with Volunteers 11:00 Mindful Colouring 10:30 Group Exercise 10:30 Men's Club-MVDR 1:30 Bingo-MVDR 1:45 Famous You (1:1) 2:30 Marian Delight-MVDR 4:00 Music Therapy	26 11:00 Worship Service – CH 1:30 Shuffleboard-TS 1:30 Community Outing – See Brittany	27 10:30 – Music with Michael and Rick – RH 2:00 Discussion & Documentaries - MVDR
28 10:15 RC mass-CH	29 11:00 Happy Feet 1:30 Curling - RH 2:00 Alpha-MVBR 6:30 Happy Gang – TS	30 11:00 Personal Touch (1:1) 1:30 Road to the Olympics-CR 3:00 Curling 6:30 Karaoke-MVDR 6:30 Euchre-TS	31 10:15 RC mass-CH 1:30 Pay It Forward - CR 3:00 Mocktails- CR 6:15 Floor Hockey - RH			

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January 2018 -St. Mary's 3- THERAPEUTIC PROGAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Year's Day</i> 10:00 Year in Review – MVDR (MV building) 10:15 New Year's Day mass -CH 1:30 Year in Review-RH (SM Building)	2 9:30 Curling 1:30 Road to the Olympics-CR 4:00 Music Therapy	3 10:15 RC mass-CH 1:30 Mocktails- CR 1:30 Pay It Forward – CR 6:30 Traditions Around the World - TS	4 9:30 Mindful Colouring 10:00 Group Exercise 10:15 Manicures with Volunteers 10:30 Men's Club-MVDR 1:30 Bingo-MVDR 2:30 Marian Delight-MVDR 3:00 Famous You (1:1)	5 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30 Community Outing – See Brittany	6 10:30 Famous You- RH 2:00 – Music with Ken Lightheart-RH
7 10:15 RC mass-CH	8 9:30 Happy Feet 1:30 Java Music Club 1:30 Curling - RH 2:00 Pet Therapy 6:30 Happy Gang - TS	9 9:30 Curling 1:30 Road to the Olympics-CR 6:30 Karaoke-MVDR 6:30 Euchre-TS	10 10:15 RC mass-CH 1:15 Music and Memories (1:1) 1:30 Travel Log 1:45 Pay It Forward – CR 6:15 Floor Hockey - RH	11 10:00 Group Exercise 10:15 Manicures with Volunteers 1:30 Bingo-MVDR 2:30 Marian Delight-MVDR 6:45 Pub & Music with Jim Ashby-RH	12 9:30 Cranium Crunches 11:00 Worship Service –CH 1:30 Shuffleboard-TS 3:00 Famous You (1:1)	13 10:30 – Music with David John Kirby –RH 2:00 SportsCentre - TS
14 10:15 RC mass-CH	15 2:00 Pet Therapy 1:30 Curling - RH 6:30 Happy Gang - TS	16 9:30 Curling 1:30 Road to the Olympics-CR 4:00 Music Therapy 6:30 Karaoke-MVDR 6:30 Euchre-TS	17 10:15 RC mass-CH 1:30 Pay It Forward – CR 1:30 Mocktails- CR 6:15 Floor Hockey - RH	18 10:00 Group Exercise 10:15 Manicures with Volunteers 10:30 Men's Club-MVDR 1:30 Happy Hour-RH 3:00 Famous You (1:1) 6:45 Evening Bingo-MVDR	19 9:30 Cranium Crunches 11:00 Worship Service –CH 1:30 Shuffleboard-TS	20 10:30 Cranium Crunches-TS 2:00 – Music with Larry and Tara -RH
21 10:15 RC mass-CH	22 9:30 Happy Feet 1:30 Java Music Club 2:00 Pet Therapy 1:30 Alpha-MVBR 6:30 Happy Gang - TS	23 9:30 Curling 1:30 Road to the Olympics-CR 4:00 Music Therapy 6:30 Karaoke-MVDR 6:30 Euchre-TS	24 10:15 RC mass-CH 1:30 Pay It Forward – CR 1:15 Music and Memories (1:1) 1:30 Travel Log 6:15 Floor Hockey - RH	25 9:30 Mindful Colouring 10:00 Group Exercise 10:15 Manicures with Volunteers 10:30 Men's Club-MVDR 1:30 Bingo-MVDR 2:30 Marian Delight-MVDR 3:00 Famous You (1:1)	26 9:30 Country Drive– See Brittany 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30 Community Outing – See Brittany	27 10:30 – Music with Michael and Rick – RH 2:00 Discussion & Documentaries - MVDR
28 10:15 RC mass-CH	29 9:30 Happy Feet 1:30 Java Music Club 2:00 Pet Therapy 1:30 Alpha-MVBR 1:30 Curling - RH 6:30 Happy Gang - TS	30 9:30 Curling 1:30 Road to the Olympics-CR 4:00 Music Therapy 6:30 Karaoke-MVDR 6:30 Euchre-TS	31 10:15 RC mass-CH 1:30 Pay It Forward – CR 1:30 Mocktails- CR 6:15 Floor Hockey - RH			

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January 2018 -St. Mary's 4- THERAPEUTIC PROGAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Year's Day</i> 10:00 Year in Review – MVDR (MV building) 10:15 New Year's Day mass -CH 1:30 Year in Review-RH (SM Building)	2 1:30 Road to the Olympics-CR	3 10:15 RC mass-CH 1:30 Pay It Forward – CR 4:00 Music Therapy 6:30 Traditions Around the World - TS	4 9:30 Manicures 10:30 Men's Club-MVDR 1:30-Bingo-MVDR 2:30 Marian Delight-MVDR	5 9:30 Java Music Club 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30-Travel Log 1:45 Famous You 1-1	6 10:30 Famous You- RH 2:00 – Music with Ken Lightheart-RH
7 10:15 RC mass-CH	8 9:30 Someone's in The Kitchen 1:30 Curling-RH 6:30 Happy Gang - TS	9 11:00 Group Exercise 1:30 Pay it Forward-Kit 1:30 Road to the Olympics-CR 6:30 Karaoke-MVDR 6:30 Euchre-TS	10 10:15 RC mass-CH 1:30 Expressive Art 1:45 Pay It Forward – CR 4:00 Music Therapy 6:15 Floor Hockey - RH	11 9:30 Manicures 1:30-Bingo-MVDR 2:30 Marian Delight-MVDR 6:45 Pub & Music with Jim Ashby-RH	12 9:30 Outing See Jen 11:00 Worship Service –CH 1:30 Shuffleboard-TS	13 10:30 – Music with David John Kirby –RH 2:00 SportsCentre - TS
14 10:15 RC mass-CH	15 9:30 Someone's in The Kitchen 1:30 Curling-RH 6:30 Happy Gang - TS	16 11:00 Group Exercise 1:30 Pay it Forward-Kit 1:30 Road to the Olympics-CR 6:30 Karaoke-MVDR 6:30 Euchre-TS	17 10:15 RC mass-CH 1:30 Expressive Art 1:30 Pay It Forward – CR 4:00 Music Therapy 6:15 Floor Hockey - RH	18 9:30 Manicures 10:30 Men's Club-MVDR 11:00 Happy Feet 1:30 Happy Hour-RH 3:45 Mind Aerobics 6:45-Bingo-MVDR	19 11:00 Worship Service –CH 1:00 Outing-See Jen 1:30 Shuffleboard-TS 1:30-Travel Log	20 10:30 Cranium Crunches-TS 2:00 – Music with Larry and Tara -RH
21 10:15 RC mass-CH	22 1:30 Alpha-MVBR 6:30 Happy Gang - TS	23 11:00 Group Exercise 1:30 Pay it Forward-Kit 1:30 Road to the Olympics-CR 6:30 Karaoke-MVDR 6:30 Euchre-TS	24 10:15 RC mass-CH 1:30 Expressive Art 1:30 Pay It Forward – CR 4:00 Music Therapy 6:15 Floor Hockey - RH	25 9:30 Manicures 10:30 Men's Club-MVDR 11:00 Happy Feet 1:30-Bingo-MVDR 2:30 Marian Delight-MVDR 3:00 Mind Aerobics	26 9:30 Java Music Club 11:00 Worship Service –CH 1:30 Famous You 1-1 1:30 Shuffleboard-TS	27 10:30 – Music with Michael and Rick – RH 2:00 Discussion & Documentaries - MVDR
28 10:15 RC mass-CH	29 9:30 Someone's in The Kitchen 1:30 Curling-RH 1:30 Alpha-MVBR 6:30 Happy Gang - TS	30 11:00 Group Exercise 1:30 Pay it Forward-Kit 1:30 Road to the Olympics-CR 6:30 Karaoke-MVDR 6:30 Euchre-TS	31 10:15 RC mass-CH 1:30 Expressive Art 1:30 Pay It Forward – CR 4:00 Music Therapy 6:15 Floor Hockey - RH			

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January 2018 -St. Mary's 5- THERAPEUTIC PROGAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Year's Day</i> 10:00 Year in Review – MVDR (MV building) 10:15 New Year's Day mass -CH 1:30 Year in Review-RH (SM Building)	2 9:45 Music Therapy 1:30 Road to the Olympics-CR	3 10:00 Trivia with Mary 10:15 RC mass-CH 1:30 Pay It Forward - CR 6:30 Traditions Around the World - TS	4 9:30 Pet Therapy 10:30 Men's Club-MVDR 1:30-Bingo-MVDR 2:30 Marian Delight-MVDR	5 9:45 Group Exercises 10:30 Java Music Club 11:00 Worship Service –CH 1:30 Shuffleboard-TS. 2:30-Travel Log 2:45 Famous You 1-1	6 10:30 Famous You- RH 2:00 – Music with Ken Lightheart-RH
7 10:15 RC mass-CH	8 10:30 Someone's in the Kitchen 1:30 Curling-RH 3:00 Mind Aerobics 6:30 Happy Gang - TS	9 1:30 Road to the Olympics-CR 3:00 Pay it Forward-Kits 6:30 Euchre-TS 6:30 Karaoke-MVDR	10 10:00 Trivia with Mary 10:15 RC mass-CH 1:45 Pay It Forward - CR 3:00 Millennium Memoires 6:15 Floor Hockey - RH	11 9:30 Pet Therapy 1:30-Bingo-MVDR 2:30 Marian Delight-MVDR 6:45 Pub & Music with Jim Ashby-RH	12 9:45 Group Exercises 11:00 Worship Service –CH 1:30 Shuffleboard-TS 1:30 Outing-See Jen	13 10:30 – Music with David John Kirby –RH 2:00 SportsCentre - TS
14 10:15 RC mass-CH	15 10:30 Someone's in the Kitchen 1:30 Curling-RH 3:00 Mind Aerobics 6:30 Happy Gang - TS	16 9:45 Music Therapy 1:30 Road to the Olympics-CR 3:00 Pay it Forward-Kits 6:30 Euchre-TS 6:30 Karaoke-MVDR	17 10:00 Trivia with Mary 10:15 RC mass-CH 1:30 Pay It Forward - CR 3:45 Millennium Memoires 6:15 Floor Hockey - RH	18 9:30 Pet Therapy 10:30 Men's Club-MVDR 1:30 Happy Hour-RH 6:45-Bingo-MVDR	19 9:30 Outing-See Jen 9:45 Group Exercises 11:00 Worship Service –CH 1:30 Shuffleboard-TS 2:30-Travel Log	20 10:30 Cranium Crunches-TS 2:00 – Music with Larry and Tara -RH
21 10:15 RC mass-CH	22 1:30 Alpha -MVBR 6:30 Happy Gang - TS	23 9:45 Music Therapy 1:30 Road to the Olympics-CR 3:00 Pay it Forward-Kits 6:30 Euchre-TS 6:30 Karaoke-MVDR	24 10:00 Trivia with Mary 10:15 RC mass-CH 1:30 Pay It Forward - CR 3:00 Millennium Memoires 6:15 Floor Hockey - RH	25 9:30 Pet Therapy 10:30 Men's Club-MVDR 1:30-Bingo-MVDR 2:30 Marian Delight-MVDR	26 9:45 Group Exercises 10:30 Java Music Club 11:00 Worship Service –CH 1:30 Shuffleboard-TS 3:00 Famous you 1-1	27 10:30 – Music with Michael and Rick – RH 2:00 Discussion & Documentaries - MVDR
28 10:15 RC mass-CH	29 10:30 Someone's in the Kitchen 1:30 Curling-RH 1:30 Alpha -MVBR 3:00 Mind Aerobics 6:30 Happy Gang - TS	30 9:45 Music Therapy 1:30 Road to the Olympics-CR 3:00 Pay it Forward-Kits 6:30 Euchre-TS 6:30 Karaoke-MVDR	31 10:00 Trivia with Mary 10:15 RC mass-CH 1:30 Pay It Forward - CR 3:45 Millennium Memoires 6:15 Floor Hockey - RH			

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