



Therapeutics Calendar January 2019 → 2nd Floor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Leisure activities are available upon request for example: -Coloring/Painting -Outside strolls -Tablet Games -Puzzles/Games -Music on an iPod -Letter/Mail Assistance (See recreation staff on your floor to access these activities)		1	2 10:00 – RC Mass	3 10:15 –Exercises 2:00 –Mind Matters (2nd floor)	4 2:00 –Tuck Cart (Canteen) 1:1 Visits	5 2:00 –Sounds By Dan (Chapel)
6 10:00 –Communion Service	7 10:00 –Coffee Time 2:00 –Hymn Sing (Chapel)	8 10:30 –Standing Exercises (Chapel) 2:00-Atlantic Tides (Chapel)	9 10:00 – RC Mass 1:30 –United Church	10 10:15 –Exercises 2:30 –Music Therapy Group	11 10:00 –Day Care Visit 2:00 - Graphic Illustration & Talk (Windsor Room)	12 2:00 –Music with Cyntia Davies (Chapel)
13	14 10:15 –Exercises 2:00 –Bingo (5th Floor)	15 10:30 –Standing Exercises (Chapel) 2:00 –Memory Lane (Chapel) 6:30 Crafty Cronies	16 10:00 – RC Mass 2:00 –Music With Patsy Roache	17 10:15 –Exercises 1:30 – Anglican Church Service 2:00 –Mind Matters (2nd floor)	18 2:00 –Tuck Cart (Canteen) 1:1 Visits	19 2:00 –Music with The Trilites (Chapel)
20	21 9:30 –Music Therapy Group	22 2:00 –Art Expressions (Windsor Room) 6:30 Crafty Cronies	23 10:00 – RC Mass 2:00 –Afternoon with Colleen	24 10:15 –Exercises 2:00 –Greg & The Gang (Chapel)	25 10:00 –Day Care Visit	26 2:00 –Tunes By Tony (Chapel)
27	28 10:00 –Coffee Time 2:30 –Music & Movement (Chapel)	29 2:00 –Resident's Council (Windsor Room) 6:30 Crafty Cronies	30 10:00 – RC Mass 2:00 –Afternoon with Colleen	31 10:15 –Exercises 2:00 –Mind Matters (2nd floor)	*All programs without a floor number are on-unit in the lounge *All church services and standing exercises are in the Chapel *Programs are subject to change, please see on-unit whiteboard each day for program information *Please visit www.svnh.ca for building-wide programs and printable calendars	

Birthdays: Dorothea .S 26th