



Therapeutics Calendar January 2019 → 4th 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 January calendars being delivered! | 3 2:00 – Mind Matters (2nd floor) | 4 <i>Library Day</i> 10:30 – Exercises 2:00 – Treat Trolley & One-on-One Visits with Sara | 5 2:00 – Sounds By Dan (Chapel) |
| 6 10:00 – Communion Service | 7 2:00 – Hymn Sing (Chapel) 3:00 – Music Therapy | 8 10:30 – Standing Exercises (Chapel) 2:00 – Atlantic Tides (Chapel) | 9 10:00 – RC Mass 1:30 – United Church Service | 10 <i>Sara is on 5th floor today!</i> | 11 10:00 – Day Care Visit (Windsor Room) 2:00 – Graphic Illustration & Talk (Windsor Room) | 12 2:00 – Music with Cynthia Davies (Chapel) |
| 13 | 14 2:00 – Bingo (5th Floor) | 15 10:30 – Standing Exercises (Chapel) 2:00 – Music with Memory Lane (Chapel) 6:00 – Crafty Cronies | 16 2:00 – Music With Patsy Roache (Chapel) | 17 1:30 – Anglican Church Service 2:00 – Mind Matters (2nd floor) | 18 10:30 – Exercises 2:30 – Music Therapy | 19 2:00 – Music with The Trilites (Chapel) |
| 20 | 21 <i>Sara is on 5th floor today!</i> | 22 2:00 – Art Expression (Windsor Room) 6:00 – Crafty Cronies | 23 10:30 – Exercises 2:00 – Trivia! | 24 2:00 – Greg & The Gang (Chapel) | 25 10:00 – Day Care Visit 10:30 – Music Therapy 2:00 – Treat Trolley & One-on-One Visits with Sara | 26 2:00 – Tunes By Tony (Chapel) |
| 27 | 28 2:30 – Music & Movement (Chapel) | 29 2:00 – Resident’s Council (Windsor Room) 6:00 – Crafty Cronies | 30 10:30 – Exercises 3:00 – One-on-One Visits with Sara | 31 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: Greg O. (11th) & Kay D. (29th)