



# Therapeutics Calendar January 2019 → 5th Floor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Leisure activities are available upon request for example:</b> -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)		<b>1</b> 	<b>2</b> 10:00 – RC Mass  <b>January calendars being delivered!</b>	<b>3</b> 10:30 – Exercises  2:00 – Mind Matters (2nd floor)	<b>4</b> <i>Library Day</i>  10:30 – Music Therapy  <i>Sara is on 4th floor today!</i>	<b>5</b> 2:00 – Sounds By Dan (Chapel)
<b>6</b> 10:00 – Communion Service	<b>7</b> 10:30 – Exercises  2:00 – Hymn Sing (Chapel)	<b>8</b> 10:30 – Standing Exercises (Chapel) 2:00 – Atlantic Tides (Chapel) 6:00 – Crafty Cronies	<b>9</b> 10:00 – RC Mass  1:30 – United Church Service	<b>10</b> 10:30 – Exercises 2:00 – Treat Trolley & One-on-One Visits with Sara	<b>11</b> 10:00 – Day Care Visit (Windsor Room) 2:00 – Graphic Illustration & Talk (Windsor Room)	<b>12</b> 2:00 – Music with Cynthia Davies (Chapel)
<b>13</b>	<b>14</b> 10:30 – Exercises 2:00 – Bingo! (5th Floor) 2:30 – Music Therapy	<b>15</b> 10:30 – Standing Exercises (Chapel) 2:00 – Memory Lane (Chapel) 6:00 – Crafty Cronies	<b>16</b> 2:00 – Music With Patsy Roache (Chapel)	<b>17</b> 10:30 – Exercises 1:30 – Anglican Church Service 2:00 – Mind Matters	<b>18</b>   <i>Sara is on 4th floor today!</i>	<b>19</b> 2:00 – Music with The Trilites (Chapel)
<b>20</b>	<b>21</b> 10:30 – Exercises  2:00 – Treat Trolley & One-on-One Visits with Sara	<b>22</b> 2:00 – Art Expression (Windsor Room)  6:00 – Crafty Cronies	<b>23</b> 2:00 – Trivia! (4th Floor Dining Room)	<b>24</b> 10:30 – Exercises  2:00 – Greg & The Gang (Chapel)	<b>25</b> 10:00 – Day Care Visit  <i>Sara is on 4th floor this afternoon!</i>	<b>26</b> 2:00 – Tunes By Tony (Chapel)
<b>27</b> 	<b>28</b> 10:30 – Exercises  2:30 – Music & Movement (Chapel)	<b>29</b> 2:00 – Resident’s Council (Windsor Room)  6:00 – Crafty Cronies	<b>30</b> 2:00 – One-on-One Visits with Sara	<b>31</b> 10:30 – Music & Movement (Dining Room)  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 <a href="http://www.svnh.ca">www.svnh.ca</a> for building-wide programs and printable calendars	

**Birthdays:** Martha M. (2<sup>nd</sup>), Therese B. (9<sup>th</sup>), Celina B. (18<sup>th</sup>) & Janice N. (22<sup>nd</sup>)