





Therapeutics Calendar January 2020 → 3rd Floor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*All programs without a floor number are on-unit in the lounge *All church services and standing exercises are in the Chapel *W.R. stands for Windsor Room *Programs are subject to change, please see on-unit white-board each day for program information *Please visit www.svnh.ca for building-wide programs and printable calendars</p>						
			 <p>New Years Day No Recreation Staff Today <i>Happy Birthday Georgina!</i></p>			
<p>5 2:00 Floor Hockey (2nd) <i>MENU WEEK 2</i></p>	<p>6 2:00 Massages (All floors) 6:00 Hymn Sing (4th)</p>	<p>7 <i>Old Christmas</i> 10:30 Standing Exercises 2:00 Music with East Coast Connections ♪ (Chapel) 6:00 Bowling (W.R.)</p>	<p>8 10:00 R.C. Mass 2:00– Music Therapy</p>	<p>9 1:30 United Church 2:00 Mind Matters (2nd)</p>	<p>10 <i>Library Day</i> 10:30– Exercises 2:00– One to One Visits With Amy <i>Happy Birthday Gloria & Connie!</i></p>	<p>4 2:00 Music with the Trilites ♪ (Chapel)</p> <p>11 2:00 Music with Tony Quinn ♪ (Chapel)</p>
<p>12 10:30 Exercises 2:00 Art Expression (W.R.) <i>MENU WEEK 3</i></p>	<p>13 10:30 Music & Relaxation (Chapel) 2:00 Choir Practice (Chapel) 6:00 Hymn Sing (5th)</p>	<p>14 <i>Old Christmas</i> 10:30 Standing Exercises 2:00– Coloring with Victoria 6:00 Bingo (W.R.) <i>Happy Birthday Helen!</i></p>	<p>15 10:00 R.C. Mass 2:00 Music with Patsy Roach ♪ (Chapel)</p>	<p>16 10:30- Exercises 1:30 Anglican Church 2:00– Canteen Cart</p>		<p>18 2:00 Music with Emily ♪ (Chapel)</p>
<p>19 10:00 R.C. Mass <i>MENU WEEK 4</i></p>	<p>20 10:30– Music & Movement (Chapel) 2:00 Bingo (W.R.) 6:00 Hymn Sing (6th)</p>	<p>21 10:30 Standing Exercises 2:00 Music with Memory Lane ♪ (Chapel) 6:00 Bowling (W.R.)</p>	<p>22 10:00 R.C. Mass 6:00 Crafty Cronies (W.R.)</p>	<p>23 10:00 Scripture Group 10:30– Exercises 2:00 Music with Greg & the Gang ♪ (Chapel) 6:00 Bocce (2nd)</p>	<p>24 <i>Library Day</i> 10:00 Visit with the Daycare (W.R.)</p>	<p>25 Chinese New Year 2:00 Music with Silver & Gold Fiddlers ♪ (Chapel)</p>
<p>26 10:00 R.C. Mass 1:30 Fancy Nails <i>MENU WEEK 1</i></p>	<p>27 2:00 Resident’s Council (W.R.) 6:00 Hymn Sing (2nd) <i>Happy Birthday Margaret!</i></p>	<p>28 10:30 Standing Exercises 2:00 Resident & Family Centered Care (Chapel) 6:00 Bingo (W.R.)</p>	<p>29 10:00 R.C. Mass 6:00 Crafty Cronies (W.R.)</p>	<p>30 10:30– Exercises 2:00 Mind Matters (2nd)</p>	<p>31 2:00– Fresh Bread</p>	<p>Leisure activities are available upon request for example: -Coloring/Painting -Puzzles/Games -Music on an iPod (See recreation staff on your floor to access these activities)</p>