





Therapeutics Calendar January 2020 → 5th 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</p> <p>No Recreation Staff Today</p>			
<p>5</p> <p>10:30 Exercises</p> <p><i>MENU WEEK 2</i></p>	<p>6</p> <p>10:30 Coffee Time (5) 2:00 Massages (All floors) 6:00 Hymn Sing (4th)</p>	<p>7 <i>Old Christmas</i></p> <p>10:30 Standing Exercises 2:00 Music with East Coast Connections ♪ (Chapel) 6:00 Bowling (W.R.)</p>	<p>8</p> <p>10:00 R.C. Mass 1:30 Exercises</p>	<p>9</p> <p>1:30 United Church 2:00 Mind Matters (2nd) 6:00 Bocce (5th)</p> <p><i>Happy Birthday Therese!</i></p>	<p>10 <i>Library Day</i></p> <p>10:00 Visit with the Daycare (W.R.)</p>	<p>11</p> <p>2:00 Music with Tony Quinn ♪ (Chapel)</p>
<p>12</p> <p>2:00 Art Expression (W.R.)</p> <p><i>MENU WEEK 3</i></p>	<p>13</p> <p>10:30 Music & Relaxation (Chapel) 2:00 Choir Practice (Chapel) 6:00 Hymn Sing (5th)</p>	<p>14</p> <p>10:30 Standing Exercises 2:00 Sensational Senses 6:00 Bingo (W.R.)</p>	<p>15</p> <p>10:00 R.C. Mass 10:00 Music Therapy 2:00 Music with Patsy Roach ♪ (Chapel)</p>	<p>16</p> <p>1:30 Anglican Church 2:15 Tea Social</p>	<p>17</p> <p>10:30 Exercises</p>	<p>18</p> <p>2:00 Music with Emily ♪ (Chapel)</p> <p><i>Happy Birthday Celina!</i></p>
<p>19</p> <p>10:00 R.C. Mass 2:00 Floor Hockey (5th)</p> <p><i>MENU WEEK 4</i></p>	<p>20</p> <p>10:30 Music & Movement (Chapel) 2:00 Bingo (W.R.) 6:00 Hymn Sing (6th)</p>	<p>21</p> <p>10:30 Standing Exercises 2:00 Music with Memory Lane ♪ (Chapel) 6:00 Bowling (W.R.)</p> <p><i>Happy Birthday Shirley!</i></p>	<p>22</p> <p>10:00 R.C. Mass</p> <p>6:00 Crafty Cronies (W.R.)</p>	<p>23</p> <p>10:00 Scripture Group 10:30 Exercises 2:00 Music with Greg & the Gang ♪ (Chapel)</p>	<p>24 <i>Library Day</i></p> <p>10:00 Visit with the Daycare (W.R.)</p>	<p>25 Chinese New Year</p> <p>2:00 Music with Silver & Gold Fiddlers ♪ (Chapel)</p> <p><i>Happy Birthday Robert!</i></p>
<p>26</p> <p>10:00 R.C. Mass 2:30 Fancy Nails</p> <p><i>MENU WEEK 1</i></p>	<p>27</p> <p>2:00 Resident's Council (W.R.) 6:00 Hymn Sing (2nd)</p>	<p>28</p> <p>10:30 Standing Exercises 2:00 Resident & Family Centred Care (Chapel) 6:00 Bingo (W.R.)</p>	<p>29</p> <p>10:00 R.C. Mass</p> <p>6:00 Crafty Cronies (W.R.)</p>	<p>30</p> <p>10:30 Exercises 2:00 Mind Matters (2nd)</p>	<p>31</p> <p>2:00 Balloon Ball</p>	<p>Leisure activities are available upon request for example:</p> <ul style="list-style-type: none"> -Coloring/Painting -Puzzles/Games -Music on an iPod <p>(See recreation staff on your floor to access these activities)</p>