

Village Music Therapist / TR Coordinator Shane Sullivan, MT-BC 203-594-5279  
THE VILLAGE THERAPEUTIC RECREATION CHOICES at Waveny LifeCare Network ([www.waveny.org](http://www.waveny.org))

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>Election Day 3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 Morning Greeting 10:30 Small Group Exercise 11:00 Crossword Puzzle 1:30 Creative Corner 2:30 Garden Stroll 3:00 <b>Sunday Matinee</b> "Ray"	10:00 Morning Greeting 10:30 Moving Monday 11:00 <b>Memorabilia Monday</b> Discussion and Reminiscing of "Olden Days" 1:30 Sunshine Room Visits 2:30 Reminiscing With Senses 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Groovy Tuesday 11:00 <b>Election Day</b> Past Presidents and Patriotic Songs 1:30 Reading Aloud Election Stories 3:00 Wild Animals: A Virtual Safari 4:00 Live Music & Relaxation	10:00 Morning Greeting 10:30 Mindfulness and Stretching 11:00 Group Exercise 2 <sup>nd</sup> Floor 11:00 <b>Worship Service</b> Small Group Religious Service with Live Music 1:30 Song Reminiscing 2:30 Bingo Game 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Silver Sneakers 11:00 <b>Rhythm Circle on Main St.</b> Explore a variety of percussion instruments in active music making 1:30 Garden Visits 3:00 Community Music Experience 4:00 Creative Expressions Group	10:00 Morning Greeting 10:30 Working Out The Week 11:00 <b>The Waveny Singers</b> Weekly music therapy group 1:30 Saxophone Day 2:00 Faithful Fridays w/ Rev. Tom 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Small Group Exercise 11:00 Thanksgiving Bingo 1:30 Railroad Day 2:30 Group Crossword Puzzles
<b>8</b>	<b>9</b>	<b>10</b>	<b>Veterans Day 11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 Morning Greeting 10:30 Zumba 11:00 Crossword Puzzle 1:30 Garden Visits 2:30 Art In The Making 3:00 <b>Sunday Matinee</b> "How To Lose a Guy In 10 Days"	10:00 Morning Greeting 10:30 Moving Monday 11:00 <b>Good Nutrition Day</b> Talk About Food 1:30 Food Trivia 2:30 Songs About Food Singalong 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Groovy Tuesday 11:00 <b>Wake up little Suzy</b> Songs With Girls' Names In The Title 1:30 Art in the Making 3:00 Reading Aloud 4:00 Live Music and Relaxation	10:00 Morning Greeting 10:30 Mindfulness & Stretching 11:00 Group Exercise 2 <sup>nd</sup> Floor 11:00 <b>Worship Service</b> Religious service with live music 1:30 Famous Veterans, Who Am I? 2:00 Patriotic Sing-a-long 2:30 Noodle Balloon Game 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Silver Sneakers 11:00 <b>Music and Movement</b> A social music program that utilizes adaptive equipment to facilitate participation for all 1:30 Virtual Trip to the Farm 3:00 Community Music Experience 4:00 Creative Expressions Group	10:00 Morning Greeting 10:30 Working Out The Week 11:00 <b>The Waveny Singers</b> Weekly music therapy group led by Shane Sullivan MT-BC 1:30 Fantasia Anniversary 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Small Group Exercise 11:00 Let's Talk Turkey 1:30 Heirloom Day 2:30 Small Group Music & Relaxation
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00 Morning Greeting 10:30 Exercise To The Oldies 11:00 Crossword Puzzle 1:30 Pet Appreciation Day 2:30 Walk In The Garden 3:00 <b>Sunday Matinee</b> "Cats"	10:00 Morning Greeting 10:30 Moving Monday 11:00 <b>Dutch American Heritage Day; Fun Facts About Holland</b> 1:30 Bingo Game 2:30 Word Search 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Groovy Tuesday 11:00 <b>Take a Hike Day</b> Virtual Hike Through the Rain Forest 1:30 Reading Aloud Hiking Stories 3:00 Birds In The Amazon 4:00 Live Music and Relaxation	10:00 Morning Greeting 10:30 Mindfulness and Stretching 11:00 Group Exercise 2 <sup>nd</sup> Floor 11:00 <b>Worship Service</b> Religious service with live music 1:30 Getting to Know You-Discussions Group 2:30 Picture a Word Game 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Silver Sneakers 11:00 <b>Adaptive Bowling</b> Group bowling on Main St. adapted to meet residents physical needs 1:30 Afternoon Tea 3:00 Community Music Experience 4:00 Creative Expressions Group	10:00 Morning Greeting 10:30 Working Out The Week 11:00 <b>The Waveny Singers</b> Weekly music therapy group led by Shane Sullivan MT-BC 1:30 Puzzles, Games, and Trivia 2:00 Faithful Fridays w/ Rev. Tom 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Small Group Exercise 11:00 World "Hello" Day 1:30 Up, Up, and Away puzzle 2:30 Bingo
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>Thanksgiving Day 26</b>	<b>27</b>	<b>28</b>
10:00 Morning Greeting 10:30 Moving a Long Exercise 11:00 Crossword Puzzle 1:30 It's About "Pumpkin Pie" Time... 2:30 Music & Relaxation 3:00 <b>Sunday Matinee</b> "About Schmidt"	10:00 Morning Greeting 10:30 Moving Monday 11:00 <b>"Sixteen Tons" Day</b> Interesting Facts About Coal and Salt Mining 1:30 Move To The Music 2:30 Rat Pack Singalong 3:30 Thankfulness Tree	10:00 Morning Greeting 10:30 Groovy Tuesday 11:00 <b>Legend of D.B. Cooper Day</b> Solving the Mystery 1:30 Word in a Word Game 3:00 Ladies Fashion Through the Times 4:00 Live Music and Relaxation	10:00 Morning Greeting 10:30 Mindfulness and Stretching 11:00 Group Exercise 2 <sup>nd</sup> Floor 11:00 <b>Worship Service</b> Religious service with live music 1:30 Reading Group 2:30 November Trivia 3:00 1:1 Music Therapy by Appt.	10:00 Morning Greeting 10:30 Pre-Feast Workout 11:00 <b>Thanksgiving Potpourri</b> An inclusive mix of themed group activities on Main St. 1:30 All Time Favorite Pie Day 3:00 Community Music Experience 4:00 Creative Expressions Group	10:00 Morning Greeting 10:30 Working Out The Week 11:00 <b>The Waveny Singers</b> Weekly music therapy group led by Shane Sullivan MT-BC 1:30 Native American Heritage Day 3:00 1:1 Music Therapy by Appt. 4:00 <b>"Shop Talk" Men's Group</b> What Is It? What Is It Used For?	10:00 Morning Greeting 10:30 Small Group Exercise 11:00 Small Business Saturday 1:30 Grand Ole Opry's Birthday 2:30 Who What When Where Trivia
<b>29</b>	<b>30</b>					
10:00 Morning Greeting 10:30 Moving About Exercise 11:00 Crossword Puzzle 1:30 Creative Corner: Art and Music 2:30 Virtual Trip to Baby Animal Zoo 3:00 <b>Sunday Matinee</b> "Tosca"	10:00 Morning Greeting 10:30 Moving Monday 11:00 <b>Notable Quotable Day</b> Fun Quotes From Famous People 1:30 Wheel of Fortune 2:30 Toss That Bean Bag 3:00 1:1 Music Therapy by Appt.					