

January 2023



4 WEST CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year! 2:30pm Entertainment with Mickey Lewin - MPR	2 10:30am Unit Decorating - V 4W 2:30pm Sensory Therapy - TV4W 3:45pm One To Ones - V 4W	3 11:00am Creative Artists Group - AR4W 2:30pm Reminiscing - Trip Down Memory Lane - V 4W	4 10:15am Residents Choice (TV) - V 4W 10:30am Church Service 2:00pm Movie - MPR	5 10:30am Comedy Club - V 4W 2:30pm Tranquil Nature - V 4W 3:45pm Walk And Roll Club - V 4W	6 10:30am Bingo Buddies Club - AR4W 10:30am Music Appreciation - V 4W 2:30pm Jewish Service/ Sabbath Shalom - MPR	7 10:30am Church Service 3:00pm Spiritual Songs
8 10:30am Music Appreciation - V 4W	9 10:30am Yoga with Nancy - MPR 3:45pm One To Ones - V 4W	10 10:30am Creative Artists Group - AR4W 2:30pm Celebration of Culture - TV4W	11 10:15am Residents Choice (TV) - V 4W 10:30am Church Service 2:00pm Movie - MPR	12 10:30am Entertainment with Jay Franco - MPR 2:30pm Exploring The Internet - V 4W 3:45pm Walk And Roll Club - V 4W	13 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service/ Sabbath Shalom - MPR	14 10:30am Church Service 3:00pm Spiritual Songs
15 10:30am Sit and Get Fit - TV4W 2:30pm Sing With Us - TV4W	16 10:30am Tranquil Nature - V 4W 2:30pm One To Ones - V 4W 2:30pm Residents' Council - BR	17 10:30am Comedy Club - V 4W 2:30pm Armchair Travel and Talk - TV4W	18 10:15am Residents Choice (TV) - V 4W 10:30am Church Service 2:00pm Movie - MPR	19 10:30am Creative Artists Group - AR4W 2:30pm Seated Ballroom - MPR	20 10:30am Bingo Buddies Club - AR4W 10:30am Music Appreciation - V 4W 2:30pm Jewish Service/ Sabbath Shalom - MPR	21 10:30am Church Service 3:00pm Spiritual Songs
22 10:30am Music Appreciation - V 4W	23 10:30am Yoga with Nancy - MPR 2:30pm Sensory Therapy - TV4W 3:45pm One To Ones - V 4W	24 10:30am Brain Teasers - V 4W 2:30pm Sing With Us - TV4W	25 10:15am Residents Choice (TV) - V 4W 10:30am Church Service 2:00pm Movie - MPR	26 10:30am Creative Artists Group - AR4W 2:30pm Entertainment with David Wildsmith - MPR	27 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service/ Sabbath Shalom - MPR	28 10:30am Church Service 3:00pm Spiritual Songs
29 10:30am Music Appreciation - V 4W	30 10:30am Sweet Scents Baking Club - AR4W 2:30pm Tranquil Nature - V 4W 3:45pm One To Ones - V 4W	31 10:30am Willowdale Warriors (Sports Games) - V 4W 2:30pm Exploring The Internet - V 4W				

AR4W - Activity Room 4W

BR - Boardroom

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs subject to change.