

# February 2023



## 4 EAST Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:45am Walking Club - V 4E <b>10:30am Church Service</b> <b>2:00pm Movie - MPR</b> 3:00pm Residents Choice (TV) - V 4E	<b>2</b> 9:45am Walking Club - V 4E 10:30am Unit Decorating - V 4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:30pm Resident Sing-Along - AR4E	<b>3</b> 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:30am One to One Visits - V 4E <b>2:30pm Jewish Service - MPR</b>	<b>4</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>5</b> 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E	<b>6</b> 10:30am Montessori Group - AR4E 11:30am One to One Visits - V 4E 2:30pm Snoezelen Experience - V 4E	<b>7</b> 9:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:30am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	<b>8</b> 9:45am Walking Club - V 4E <b>10:30am Church Service</b> <b>2:00pm Movie - MPR</b> 3:00pm Residents Choice (TV) - V 4E	<b>9</b> 9:45am Walking Club - V 4E 10:30am Armchair Travel - V 4E 2:30pm Resident Sing-Along - AR4E	<b>10</b> 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:30am One to One Visits - V 4E <b>2:30pm Jewish Service - MPR</b>	<b>11</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>12</b> 10:30am Hymn Singing - V 4E <b>2:30pm Entertainment with Kenny Joseph - MPR</b>	<b>13</b> <b>10:30am Yoga with Nancy - MPR</b> 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	<b>14</b> <b>Happy Valentine's Day</b> 9:30am Walking Club - V 4E 10:30am Coffee & Tea Social Club - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 11:30am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	<b>15</b> 9:45am Walking Club - V 4E <b>10:30am Church Service</b> <b>2:00pm Movie - MPR</b> 3:00pm Residents Choice (TV) - V 4E	<b>16</b> 9:45am Walking Club - V 4E 10:30am Colouring and Painting - M - AR4E <b>10:30am CommuniTEA Discussion Club - MPR</b> 2:30pm Resident Sing-Along - AR4E	<b>17</b> 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:30am One to One Visits - V 4E <b>2:30pm Jewish Service - MPR</b>	<b>18</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>19</b> 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E	<b>20</b> <b>Family Day</b> 10:30am Montessori Group - AR4E 11:30am One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	<b>21</b> 9:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:30am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	<b>22</b> 9:45am Walking Club - V 4E <b>10:30am Church Service</b> <b>2:00pm Movie - MPR</b> 3:00pm Residents Choice (TV) - V 4E	<b>23</b> 9:45am Walking Club - V 4E <b>10:30am Entertainment with Jay Franco - MPR</b> 2:30pm Resident Sing-Along - AR4E	<b>24</b> 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:30am One to One Visits - V 4E <b>2:30pm Jewish Service - MPR</b>	<b>25</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>26</b> 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E	<b>27</b> <b>10:30am Yoga with Nancy - MPR</b> 2:30pm One to One Visits - V 4E <b>2:30pm Residents' Council - BR</b> 3:00pm Snoezelen Experience - V 4E	<b>28</b> 9:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:30am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E				

AR4E - Activity Room 4E

BR - Boardroom

MPR - Multi-Purpose Room

V 4E - Varied 4E

Programs subject to change.

