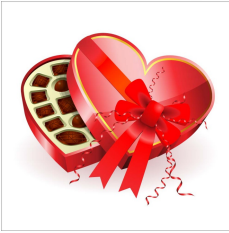

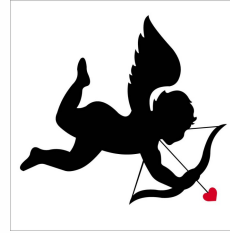



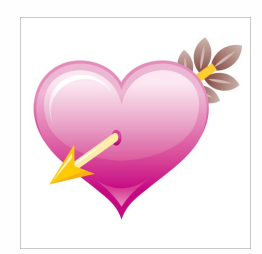
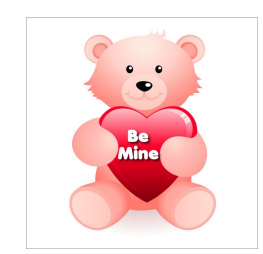


February 2023



4 WEST Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00am One To Ones 10:30am Church Service 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	2 9:00am One To Ones - V 4W 10:30am Unit Decorating - V 4W 10:45am Creative Artists Group - AR4W 2:30pm Sensory Therapy - TV4W	3 9:00am One To Ones - V 4W 10:30am Bingo Buddies Club - AR4W 10:30am Music Appreciation - V 4W 2:30pm Jewish Service - MPR 2:30pm Residents Choice (TV) - V 4W	4 10:30am Church Service 3:00pm Spiritual Songs
5 FEBRUARY  AMETHYST	6 9:00am One To Ones - V 4W 10:30am Black History Month - Good Neighbours Discussion Club - V 4W 2:30pm Sing With Us - TV4W	7 9:20am One To Ones - V 4W 11:00am Table Top Activities - AR4W 2:30pm Get Healthy With Heather - TV4W	8 9:00am One To Ones 10:30am Church Service 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	9 9:00am One To Ones - V 4W 10:30am Creative Artists Group - AR4W 2:30pm Brain Teasers - V 4W	10 9:00am One To Ones - V 4W 10:30am Bingo Buddies Club - AR4W 10:30am Music Appreciation - V 4W 2:30pm Jewish Service - MPR 2:30pm Residents Choice (TV) - V 4W	11 10:30am Church Service 3:00pm Spiritual Songs
12 2:30pm Entertainment with Kenny Joseph - MPR	13 9:00am One To Ones - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Armchair Travel and Talk - TV4W	14 Happy Valentine's Day 9:00am One To Ones - V 4W 10:30am Valentine's Day Creative Artists Group - AR4W 2:30pm Get Healthy With Heather - TV4W 	15 10:30am Church Service 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	16 9:00am One To Ones - V 4W 10:30am CommuniTEA Discussion Club - MPR 2:30pm Sensory Therapy - TV4W	17 9:00am One To Ones - V 4W 10:30am Bingo Buddies Club - AR4W 10:30am Music Appreciation - V 4W 2:30pm Jewish Service - MPR 2:30pm Residents Choice (TV) - V 4W	18 10:30am Church Service 3:00pm Spiritual Songs
19 	20 Family Day 10:30am Music Appreciation - V 4W 2:30pm One To Ones - V 4W	21 9:00am One To Ones - V 4W 10:30am Celebration of Culture - TV4W 2:30pm Get Healthy With Heather - TV4W	22 9:00am One To Ones 10:30am Church Service 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	23 9:00am One To Ones - V 4W 10:30am Entertainment with Jay Franco - MPR 2:30pm Creative Artists Group - AR4W	24 10:30am Music Appreciation - V 4W 2:30pm Jewish Service - MPR 2:30pm Residents Choice (TV) - V 4W	25 10:30am Church Service 3:00pm Spiritual Songs
26 9:00am One To Ones - V 4W 10:30am Bingo Buddies Club - AR4W 2:45pm Armchair Travel and Talk - TV4W	27 10:30am Music Appreciation - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Residents' Council - BR 2:30pm Walk And Roll Club - V 4W	28 9:00am One To Ones - V 4W 10:30am Comedy Club - V 4W 2:30pm Get Healthy With Heather - TV4W				

AR4W - Activity Room 4W

BR - Boardroom

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs subject to change.