

# March 2023



## 4 EAST CALENDAR OF EVENTS

| Sunday                                                                                                                                                             | Monday                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                             | Thursday                                                                                                                                                                             | Friday                                                                                                                                                                     | Saturday                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                                                                                    |                                                                                                                                                   |                                                                                                                                                                                   | <b>1</b><br>9:45am Walking Club - V 4E<br>10:00am Hymn Singing - V 4E<br><b>10:30am Church Service</b><br><b>2:00pm Movie - The Lion King (2019) - MPR</b><br>3:00pm Residents Choice (TV) - V 4E     | <b>2</b><br>9:45am Walking Club - V 4E<br>10:30am Unit Decorating - V 4E<br>11:00am Reminiscing - Trip Down Memory Lane - AR4E<br>2:30pm Colouring and Painting - M - AR4E           | <b>3</b><br>9:45am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:30am One to One Visits - V 4E<br><b>2:30pm Jewish Service - MPR</b>                              | <b>4</b><br><b>10:30am Church Service</b><br><b>3:00pm Spiritual Songs</b>            |
| <b>5</b><br>10:30am Hymn Singing - V 4E<br>2:30pm Music Appreciation - V 4E<br>    | <b>6</b><br>9:45am Walking Club - V 4E<br>10:30am Montessori Group - AR4E<br>11:30am One to One Visits - V 4E<br>2:30pm Snoezelen Experience - V 4E<br>3:00pm Music And Movement - V 4E                                            | <b>7</b><br><b>Purim</b><br>9:30am Walking Club - V 4E<br><b>10:30am Community Artists Club - MPR</b><br>11:45am One to One Visits - V 4E<br>2:30pm Music Appreciation - V 4E<br> | <b>8</b><br>9:45am Walking Club - V 4E<br>10:00am Hymn Singing - V 4E<br><b>10:30am Church Service</b><br><b>2:00pm Movie - The Love Bug - MPR</b><br>3:00pm Residents Choice (TV) - V 4E             | <b>9</b><br>9:45am Walking Club - V 4E<br><b>10:30am CommuniTEA Discussion Club - MPR</b><br>2:30pm Resident Sing-Along - AR4E                                                       | <b>10</b><br>9:45am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:30am One to One Visits - V 4E<br><b>2:30pm Jewish Service - MPR</b>                             | <b>11</b><br><b>10:30am Church Service</b><br><b>3:00pm Spiritual Songs</b>           |
| <b>12</b><br>10:30am Hymn Singing - V 4E<br>2:30pm Music Appreciation - V 4E                                                                                       | <b>13</b><br>9:45am Walking Club - V 4E<br><b>10:30am Yoga with Nancy - MPR</b><br>11:45am One to One Visits - V 4E<br>2:30pm Snoezelen Experience - V 4E<br>3:00pm Music And Movement - V 4E                                      | <b>14</b><br>9:30am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:45am One to One Visits - V 4E<br>2:30pm Music Appreciation - V 4E                                                                                                                        | <b>15</b><br>9:45am Walking Club - V 4E<br><b>10:30am Church Service</b><br>11:00am Hymn Singing - V 4E<br><b>2:00pm Movie - Honey I Shrunk The Kids - MPR</b><br>3:00pm Residents Choice (TV) - V 4E | <b>16</b><br>9:45am Walking Club - V 4E<br>10:30am Baking Social Club - AR4E<br>11:00am Reminiscing - Trip Down Memory Lane - AR4E<br><b>2:30pm Entertainment with Kenny J - MPR</b> | <b>17</b><br><b>St. Patrick's Day</b><br>9:45am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:30am One to One Visits - V 4E<br><b>2:30pm Jewish Service - MPR</b> | <b>18</b><br><b>10:30am Church Service</b><br><b>3:00pm Spiritual Songs</b>           |
| <b>19</b><br>10:30am Hymn Singing - V 4E<br>2:30pm Music Appreciation - V 4E<br> | <b>20</b><br>9:45am Walking Club - V 4E<br>10:30am Montessori Group - AR4E<br>11:30am One to One Visits - V 4E<br><b>2:30pm Residents' Council - MPR</b><br>2:30pm Snoezelen Experience - V 4E<br>3:00pm Music And Movement - V 4E | <b>21</b><br>9:30am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:45am One to One Visits - V 4E<br>2:30pm Music Appreciation - V 4E                                                                                                                        | <b>22</b><br>9:45am Walking Club - V 4E<br><b>10:30am Church Service</b><br>11:00am Hymn Singing - V 4E<br><b>2:00pm Movie - Baby's Day Out - MPR</b><br>3:00pm Residents Choice (TV) - V 4E          | <b>23</b><br>9:45am Walking Club - V 4E<br><b>10:30am CommuniTEA Discussion Club - MPR</b><br>2:30pm Resident Sing-Along - AR4E                                                      | <b>24</b><br>9:45am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:30am One to One Visits - V 4E<br><b>2:30pm Jewish Service - MPR</b>                             | <b>25</b><br><b>10:30am Church Service</b><br><b>3:00pm Spiritual Songs</b>           |
| <b>26</b><br>10:30am Hymn Singing - V 4E<br>2:30pm Music Appreciation - V 4E                                                                                       | <b>27</b><br>9:45am Walking Club - V 4E<br><b>10:30am Yoga with Nancy - MPR</b><br>11:45am One to One Visits - V 4E<br>2:30pm Snoezelen Experience - V 4E<br>3:00pm Music And Movement - V 4E                                      | <b>28</b><br>9:30am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:45am One to One Visits - V 4E<br>2:30pm Music Appreciation - V 4E                                                                                                                        | <b>29</b><br>9:45am Walking Club - V 4E<br><b>10:30am Church Service</b><br>11:00am Hymn Singing - V 4E<br><b>2:00pm Movie - Annie - MPR</b><br>3:00pm Residents Choice (TV) - V 4E                   | <b>30</b><br>9:45am Walking Club - V 4E<br>10:30am Exploring The Internet - AR4E<br><b>2:30pm Community Melodies - MPR</b>                                                           | <b>31</b><br>9:45am Walking Club - V 4E<br>10:30am Bingo Club - AR4E<br>11:30am One to One Visits - V 4E<br><b>2:30pm Jewish Service - MPR</b>                             |  |

AR4E - Activity Room 4E

MPR - Multi-Purpose Room

V 4E - Varied 4E

Programs subject to change.