








# March 2023



## 4 WEST CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00am One To Ones - V 4W <b>10:30am Church Service</b> 10:30am Residents Choice (TV) - V 4W <b>2:00pm Movie - The Lion King (2019) - MPR</b>	<b>2</b> 9:00am One To Ones - V 4W 10:30am Unit Decorating - V 4W 11:00am Reminiscing - Trip Down Memory Lane - V 4W 2:45pm Creative Artists Group - AR4W	<b>3</b> 9:00am One To Ones - V 4W 10:30am Bingo Buddies Club - AR4W <b>2:30pm Jewish Service - MPR</b> 2:30pm Residents Choice (TV) - V 4W	<b>4</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>5</b> 	<b>6</b> 9:00am One To Ones - V 4W 10:30am Guess The Answer! - V 4W 2:30pm Songs, Stories & Jokes by the Campfire - TV4W	<b>7</b>  9:00am One To Ones - V 4W <b>10:30am Community Artists Club - MPR</b> 2:30pm Get Healthy With Heather - TV4W	<b>8</b> 9:00am One To Ones - V 4W <b>10:30am Church Service</b> 10:30am Residents Choice (TV) - V 4W <b>2:00pm Movie - The Love Bug - MPR</b>	<b>9</b> 9:00am One To Ones - V 4W <b>10:30am CommuniTEA Discussion Club - MPR</b> 2:30pm Armchair Travel and Talk - TV4W	<b>10</b> 9:55am One To Ones - V 4W 10:30am Bingo Buddies Club - AR4W <b>2:30pm Jewish Service - MPR</b> 2:30pm Residents Choice (TV) - V 4W	<b>11</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>12</b>	<b>13</b> 10:30am Music Appreciation - V 4W <b>10:30am Yoga with Nancy - MPR</b> 2:30pm Sensory Therapy - TV4W	<b>14</b> 10:30am Creative Artists Group - AR4W 2:30pm Sing With Us - TV4W 3:45pm Walk And Roll Club - V 4W	<b>15</b> <b>10:30am Church Service</b> 10:30am Residents Choice (TV) - V 4W <b>2:00pm Movie - Honey I Shrunk The Kids - MPR</b>	<b>16</b> 10:30am Sweet Scents Baking Club - AR4W <b>2:30pm Entertainment with Kenny J - MPR</b> 2:30pm Tranquil Nature - V 4W	<b>17</b> <b>St. Patrick's Day</b> 10:30am Bingo Buddies Club - AR4W <b>2:30pm Jewish Service - MPR</b> 2:30pm Residents Choice (TV) - V 4W	<b>18</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>19</b> 	<b>20</b> 9:00am One To Ones - V 4W 10:30am Songs, Stories & Jokes by the Campfire - TV4W <b>2:30pm Residents' Council - MPR</b> 2:30pm Sing With Us - TV4W 3:45pm Walk And Roll Club - V 4W	<b>21</b> 9:00am One To Ones - V 4W 10:30am Creative Artists Group - AR4W 2:30pm Get Healthy With Heather - TV4W	<b>22</b> 9:00am One To Ones - V 4W <b>10:30am Church Service</b> 10:30am Residents Choice (TV) - V 4W <b>2:00pm Movie - Baby's Day Out - MPR</b>	<b>23</b> 9:00am One To Ones - V 4W <b>10:30am CommuniTEA Discussion Club - MPR</b> 2:30pm Comedy Club - V 4W	<b>24</b> 10:30am Bingo Buddies Club - AR4W <b>2:30pm Jewish Service - MPR</b> 2:30pm Residents Choice (TV) - V 4W	<b>25</b> <b>10:30am Church Service</b> <b>3:00pm Spiritual Songs</b>
<b>26</b>	<b>27</b> 9:00am One To Ones - V 4W 10:30am Music Appreciation - V 4W <b>10:30am Yoga with Nancy - MPR</b> 2:30pm Cool Rhythms Percussion Band - V 4W	<b>28</b> 9:00am One To Ones - V 4W 10:30am Good Neighbours Discussion Club - V 4W 2:30pm Get Healthy With Heather - TV4W	<b>29</b> 9:00am One To Ones - V 4W <b>10:30am Church Service</b> 10:30am Residents Choice (TV) - V 4W <b>2:00pm Movie - Annie - MPR</b>	<b>30</b> 9:00am One To Ones - V 4W 10:30am Creative Artists Group - AR4W <b>2:30pm Community Melodies - MPR</b>	<b>31</b> 9:00am One To Ones - V 4W 10:30am Bingo Buddies Club - AR4W <b>2:30pm Jewish Service - MPR</b> 2:30pm Residents Choice (TV) - V 4W	

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs subject to change.