






May 2023



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Some programs may take place outdoors, weather permitting.</p>	<p>1</p> <p>9:45am Walking Club - V 4E 10:30am Seated Ballroom - MPR 2:30pm One to One Visits - V 4E 2:45pm Unit Decorating - V 4E 3:00pm Snoezelen Experience - V 4E</p>	<p>2</p> <p>9:45am Walking Club - V 4E 10:30am Community Artists Club - MPR 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>3</p> <p>9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E</p>	<p>4</p> <p>9:45am Walking Club - V 4E 10:30am Baking Social Club - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:30pm Resident Sing-Along - AR4E 3:00pm Outdoor Activities - V 4E</p>	<p>5</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR</p>	<p>6</p> <p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>
<p>7</p> <p>10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>8</p> <p>9:45am Walking Club - V 4E 10:30am Board Games Bonanza - MPR 2:30pm One to One Visits - V 4E 3:00pm Music And Movement - V 4E</p>	<p>9</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>10</p> <p>9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E</p>	<p>11</p> <p>9:45am Walking Club - V 4E 10:30am Coffee & Tea Social Club - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:30pm Entertainment - Michael Khinkis - MPR 3:00pm Resident Sing-Along - AR4E</p>	<p>12</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR</p>	<p>13</p> <p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>
<p>MOTHER'S DAY 10:30am Hymn Singing - V 4E Special Dinner Menu 2:30pm Music Appreciation - V 4E</p> 	<p>15</p> <p>9:45am Walking Club - V 4E 10:30am Yoga with Nancy - MPR 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E</p>	<p>16</p> <p>9:45am Walking Club - V 4E 10:30am CommuniTEA Discussion Club - MPR 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>17</p> <p>9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E</p>	<p>18</p> <p>9:45am Walking Club - V 4E 10:30am Colouring and Painting - AR4E 2:30pm Resident Sing-Along - AR4E 3:00pm Songs, Stories & Jokes by the Campfire (4E/4W) - TV4W</p>	<p>19</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR</p>	<p>20</p> <p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>
<p>21</p> <p>10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>VICTORIA DAY</p> <p>9:45am Walking Club - V 4E 10:30am Montessori Group - AR4E 2:30pm One to One Visits - V 4E 3:00pm Music And Movement - V 4E</p>	<p>23</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Entertainment - David Wildsmith - MPR</p>	<p>24</p> <p>9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E</p>	<p>25</p> <p>9:45am Walking Club - V 4E 10:30am Exploring The Internet - AR4E 2:30pm Community Melodies - MPR 3:00pm Resident Sing-Along - AR4E</p>	<p>26</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR</p>	<p>27</p> <p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>
<p>28</p> <p>10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>29</p> <p>9:45am Walking Club - V 4E 10:30am Yoga with Nancy - MPR 2:30pm One to One Visits - V 4E 2:30pm Residents' Council - MPR 3:00pm Tranquil Nature - V 4W</p>	<p>30</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>31</p> <p>9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E</p>			

AR4E - Activity Room 4E

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4E - Varied 4E

V 4W - Varied 4W

Programs subject to change.