

# July 2023



## 3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 10:30am Church Service - MPR <b>Canada Day</b> 3:00pm Spiritual Songs
<b>2</b> 2:45pm Community Active Games - MPR	<b>3</b> 10:30am OA - V 3W 2:30pm Video corner - TV3W	<b>4</b> 10:00am Unit Decorating - V 3W 10:30am Residents Choice (TV) - TV3W 2:30pm Music Trivia - TV3W	<b>5</b> 10:30am Church Service - MPR 2:00pm Movie - MPR	<b>6</b> 10:30am Table Top Activities - AR3W 2:30pm Music Appreciation - TV3W	<b>7</b> 10:30am Residents Choice (TV) - TV3W 2:30pm Jewish Service - MPR	<b>8</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>9</b> 10:30am OA - V 3W 2:30pm Armchair Travel - TV3W 2:45pm Community Active Games - MPR	<b>10</b> 10:30am Yoga with Nancy - MPR 2:30pm Courtyard Club - C	<b>11</b> 10:30am Armchair Travel - TV3W 2:30pm OA - V 3W	<b>12</b> 10:30am Church Service - MPR 2:00pm Movie - MPR	<b>13</b> 10:30am OA - V 3W 2:30pm Entertainment - David Wildsmith - MPR	<b>14</b> 10:30am Residents Choice (TV) - TV3W 2:30pm Jewish Service - MPR	<b>15</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>16</b> 2:45pm Community Active Games - MPR	<b>17</b> 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR	<b>18</b> 10:30am Reminiscing - Trip Down Memory Lane - TV3W 2:30pm Percussion band - TV3W	<b>19</b> 12:00pm Summer Picnic - MPR 3:00pm Music Appreciation - TV3W	<b>20</b> 10:30am Table Top Activities - AR3W 2:30pm OA - V 3W	<b>21</b> 10:30am OA - V 3W 2:30pm Jewish Service - MPR	<b>22</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>23</b> 2:45pm Community Active Games - MPR	<b>24</b> 10:30am Yoga with Nancy - MPR 2:30pm Armchair Travel - TV3W	<b>25</b> 10:30am Residents Choice (TV) - TV3W 2:30pm Entertainment- The Westenders - MPR	<b>26</b> 10:30am Church Service - MPR 2:00pm Movie - MPR	<b>27</b> 10:30am Domino club - AR3W 2:30pm Video corner - TV3W	<b>28</b> 10:30am OA - V 3W 2:30pm Jewish Service - MPR	<b>29</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>30</b> 2:45pm Community Active Games - MPR	<b>31</b> 2:30pm Comedy Club - TV3W	<b>Some programs may take place outdoors, weather permitting.</b>				

AR3W - Activity Room 3W

C - Courtyard

MPR - Multi-Purpose Room

TV3W - TV Room 3W

V 3W - Varied 3W

Programs subject to change.