





July 2023



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30am Church Service - MPR Canada Day 3:00pm Spiritual Songs
2 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E 2:45pm Community Active Games - MPR	3 9:45am Walking Club - V 4E 10:30am Montessori Group - AR4E 11:00am Unit Decorating - V 4E 2:45pm One to One Visits - V 4E 3:50pm Snoezelen Experience - V 4E	4 9:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	5 9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E	6 9:45am Walking Club - V 4E 10:30am Outdoor Activities - V 4E 11:00am Cool Drinks Social Club - V 2:30pm Resident Sing-Along - AR4E	7 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:15pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR	8 10:30am Church Service - MPR 3:00pm Spiritual Songs
9 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E 2:45pm Community Active Games - MPR	10 9:45am Walking Club - V 4E 10:30am Yoga with Nancy - MPR 2:30pm Courtyard Club - C 2:45pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	11 9:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Comedy Time - V 4E	12 9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E	13 9:45am Walking Club - V 4E 10:00am Outdoor Activities - V 4E 11:00am Cool Drinks Social Club - V 2:00pm Resident Sing-Along - AR4E 2:30pm Entertainment - David Wildsmith - MPR	14 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:15pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR	15 10:30am Church Service - MPR 3:00pm Spiritual Songs
16 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E 2:45pm Community Active Games - MPR	17 9:45am Walking Club - V 4E 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR 2:45pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	18 9:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Tranquil Nature - AR4E	19 9:45am Walking Club - V 4E 10:15am Armchair Travel - V 4E 12:00pm Summer Picnic - MPR 3:00pm Residents Choice (TV) - V 4E	20 9:45am Walking Club - V 4E 10:30am Outdoor Activities - V 4E 11:00am Cool Drinks Social Club - V 2:30pm Resident Sing-Along - AR4E	21 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:15pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR	22 10:30am Church Service - MPR 3:00pm Spiritual Songs
23 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E 2:45pm Community Active Games - MPR	24 9:45am Walking Club - V 4E 10:30am Yoga with Nancy - MPR 2:30pm Patio Pals Club - V 4E 2:45pm One to One Visits - V 4E	25 9:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Entertainment- The Westenders - MPR	26 9:45am Walking Club - V 4E 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4E	27 9:45am Walking Club - V 4E 10:30am Outdoor Activities - V 4E 11:00am Cool Drinks Social Club - V 2:30pm Residents Choice (TV) - V 4E	28 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:15pm Hymn Singing - V 4E 2:30pm Jewish Service - MPR	29 10:30am Church Service - MPR 3:00pm Spiritual Songs
30 10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E 2:45pm Community Active Games - MPR	31 9:45am Walking Club - V 4E 10:30am Montessori Group - AR4E 2:45pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	Some programs may take place outdoors, weather permitting.				

AR4E - Activity Room 4E

C - Courtyard

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E

Programs subject to change.