





July 2023



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30am Church Service - MPR Canada Day 3:00pm Spiritual Songs
2 10:30am Bingo Buddies Club - AR4W 2:45pm Community Active Games - MPR	3 10:30am Tranquil Nature - V 4W 2:30pm Music Appreciation - V 4W 3:00pm Walk And Roll Club - V 4W	4 10:30am Unit Decorating - V 4W 10:45am Armchair Travel and Talk - TV4W 2:30pm Songs, Stories & Jokes by the Campfire - TV4W	5 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4W	6 10:30am Creative Artists Group - AR4W 2:30pm Good Neighbours Discussion Club - V 4W	7 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	8 10:30am Church Service - MPR 3:00pm Spiritual Songs
9 10:30am Cool Rhythms Percussion Band - V 4W 2:45pm Community Active Games - MPR	10 10:15am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Courtyard Club - C	11 10:30am Brain Teasers - V 4W 11:00am Reminiscing - Trip Down Memory Lane - V 4W 2:30pm Sensory Therapy - TV4W	12 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4W	13 10:30am Creative Artists Group - AR4W 2:30pm Entertainment - David Wildsmith - MPR	14 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	15 10:30am Church Service - MPR 3:00pm Spiritual Songs
16 10:30am Celebration of Culture - TV4W 2:45pm Community Active Games - MPR	17 10:15am Walk And Roll Club - V 4W 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR	18 10:30am Music Appreciation - V 4W 2:30pm Residents Choice (TV) - V 4W	19 10:30am One To Ones - V 4W 12:00pm Summer Picnic - MPR 3:00pm Residents Choice (TV) - V 4W	20 10:30am Comedy Club - V 4W 2:30pm Movie - TV4W	21 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	22 10:30am Church Service - MPR 3:00pm Spiritual Songs
23 10:30am Exploring The Internet - V 4W 2:45pm Community Active Games - MPR	24 10:15am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Patio Pals Club - V 4E	25 10:30am Tranquil Nature - V 4W 2:30pm Entertainment- The Westenders - MPR	26 10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Residents Choice (TV) - V 4W	27 10:30am One To Ones - V 4W 2:30pm Music Appreciation - V 4W	28 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	29 10:30am Church Service - MPR 3:00pm Spiritual Songs
30 10:30am Table Top Activities - AR4W 2:45pm Community Active Games - MPR	31 10:15am Walk And Roll Club - V 4W 10:30am Music Appreciation - V 4W 2:30pm One To Ones - V 4W	Some programs may take place outdoors, weather permitting.				

AR4W - Activity Room 4W

C - Courtyard

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4E - Varied 4E

V 4W - Varied 4W

Programs subject to change.