

# August 2023



## 4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:30am Music Appreciation - V 4W 2:30pm Comedy Club - V 4W	<b>2</b> 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	<b>3</b> 10:15am Walk And Roll Club - V 4W 10:30am Music Appreciation - V 4W 2:30pm Tranquil Nature - V 4W	<b>4</b> 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	<b>5</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>6</b> 2:30pm Outdoor Activities - C	<b>7</b> 10:15am Walk And Roll Club - V 4W 2:30pm Courtyard Club - C	<b>8</b> 10:30am Reminiscing - Trip Down Memory Lane - V 4W 2:30pm Music Appreciation - V 4W 2:30pm Unit Decorating - V 4W	<b>9</b> 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	<b>10</b> 10:45am Creative Artists Group - AR4W 2:30pm Entertainment - Rhonda Silver - MPR 2:30pm Sing With Us - TV4W	<b>11</b> 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	<b>12</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>13</b> 2:30pm Outdoor Activities - C	<b>14</b> 10:15am Walk And Roll Club - V 4W 10:30am Table Top Activities - AR4E 10:30am Yoga with Nancy - MPR 2:30pm Willowdale Warriors (Sports Games) - V 4W	<b>15</b> 10:30am Celebration of Culture - TV4W 2:30pm Sensory Therapy - AR4E	<b>16</b> 10:30am Residents Choice (TV) - V 4W 12:00pm Summer BBQ - MPR	<b>17</b> 10:45am Creative Artists Group - AR4W 2:30pm Movie - TV4W	<b>18</b> 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	<b>19</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>20</b> 2:30pm Outdoor Activities - C	<b>21</b> 10:15am Walk And Roll Club - V 4W 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR	<b>22</b> 10:30am Cool Rhythms Percussion Band - V 4W 2:30pm Sensory Therapy - AR4E	<b>23</b> 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	<b>24</b> 10:45am Creative Artists Group - AR4W 4:00pm Entertainment - Neshama (Harmony Duo) - MPR	<b>25</b> 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	<b>26</b> 10:30am Church Service - MPR 3:00pm Spiritual Songs
<b>27</b> 2:30pm Outdoor Activities - C	<b>28</b> 10:30am Armchair Travel and Talk - TV4W 10:30am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Patio Pals Club - V 4E 3:00pm Cool Drinks Social Club - V	<b>29</b> 10:30am Good Neighbours Discussion Club - V 4W 2:30pm Sensory Therapy - AR4E	<b>30</b> 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	<b>31</b> 10:45am Creative Artists Group - AR4W 2:30pm Good Neighbours Discussion Club - V 4W		

AR4E - Activity Room 4E  
V - Varied

AR4W - Activity Room 4W  
V 4E - Varied 4E

C - Courtyard  
V 4W - Varied 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

Programs subject to change.

