

# September 2023



## 4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
9:45am Walking Club - V 4E <b>10:30am Courtyard Hymn Singing - C</b> 11:45am One to One Visits - V 4E <b>2:30pm Jewish Service - MPR</b>	<b>10:30am Church Service - MPR</b> 3:00pm Spiritual Songs	10:30am Catholic Service - MPR <b>2:30pm Reminiscing - Trip Down Memory Lane</b>	<b>Labour Day</b> 9:45am Walking Club - V 4E <b>10:30am Courtyard Club - C</b> 2:00pm Snoezelen Experience - V 4E 2:15pm Unit Decorating - V 4E 2:45pm One to One Visits - V 4E 3:00pm Exploring The Internet - AR4E	9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:00pm Outdoor Activities - V 4E 2:15pm Cool Drinks Social Club - V 2:30pm Music Appreciation - V 4E	9:45am Walking Club - V 4E <b>10:30am Church Service - MPR</b> <b>2:00pm Movie - MPR</b> 3:00pm Residents Choice (TV) - V 4E	9:45am Walking Club - V 4E 10:30am Outdoor Activities - V 4E 11:00am Cool Drinks Social Club - V <b>2:30pm Entertainment - Elvis Impersonator - MPR</b> 3:00pm Resident Sing-Along - AR4E	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 <b>2:30pm Jewish Service - MPR</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
10:30am Catholic Service - MPR <b>2:30pm Reminiscing - Trip Down Memory Lane</b>	<b>10:30am Church Service - MPR</b> 3:00pm Spiritual Songs	<b>10:30am Catholic Service - MPR</b> <b>2:30pm Reminiscing - Trip Down Memory Lane</b>	9:45am Walking Club - V 4E <b>10:30am Yoga with Nancy - MPR</b> 2:00pm Snoezelen Experience - V 4E 2:45pm One to One Visits - V 4E 3:00pm Tranquil Nature - AR4E	9:45am Walking Club - V 4E <b>10:30am Community Artists Club - MPR</b> 11:45am One to One Visits - V 4E 2:00pm Outdoor Activities - V 4E 2:15pm Cool Drinks Social Club - V 2:30pm Music Appreciation - V 4E	9:45am Walking Club - V 4E <b>10:30am Church Service - MPR</b> <b>2:00pm Movie - MPR</b> 3:00pm Residents Choice (TV) - V 4E	9:45am Walking Club - V 4E 10:30am Outdoor Activities - V 4E 11:00am Cool Drinks Social Club - V 3:00pm Resident Sing-Along - AR4E	<b>Rosh Hashanah</b> 9:45am Walking Club - V 4E 10:30am Celebration of Culture - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E <b>2:30pm Jewish Service - MPR</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
<b>Rosh Hashanah</b> 9:45am Walking Club - V 4E 10:30am Celebration of Culture - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E <b>2:30pm Jewish Service - MPR</b>	<b>Rosh Hashanah</b> <b>10:30am Church Service - MPR</b> 3:00pm Spiritual Songs	<b>Rosh Hashanah</b> <b>10:30am Catholic Service - MPR</b> <b>2:30pm Reminiscing - Trip Down Memory Lane</b>	9:45am Walking Club - V 4E <b>10:30am Seated Ballroom - MPR</b> 2:00pm Snoezelen Experience - V 4E <b>2:30pm Residents' Council - MPR</b> 2:45pm One to One Visits - V 4E 3:00pm Comedy Time - V 4E	9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:00pm Chair Exercises - V 4E 2:30pm Music Appreciation - V 4E	9:45am Walking Club - V 4E <b>10:30am Church Service - MPR</b> <b>2:30pm Memorial Service - MPR</b> 3:00pm Residents Choice (TV) - V 4E	9:45am Walking Club - V 4E 10:30am Table Top Activities - AR4E 11:00am Cool Drinks Social Club - V <b>2:30pm Entertainment - Jay Franco - MPR</b> 3:00pm Resident Sing-Along - AR4E	<b>Autumn Equinox</b> <b>10:30am Church Service - MPR</b> 3:00pm Spiritual Songs
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
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 <b>2:30pm Jewish Service - MPR</b>	<b>Autumn Equinox</b> <b>10:30am Church Service - MPR</b> 3:00pm Spiritual Songs	<b>Rosh Hashanah</b> <b>10:30am Catholic Service - MPR</b> <b>2:30pm Reminiscing - Trip Down Memory Lane</b>	<b>Yom Kippur</b> 9:45am Walking Club - V 4E <b>10:30am Yoga with Nancy - MPR</b> 2:00pm Snoezelen Experience - V 4E 2:45pm One to One Visits - V 4E 3:00pm Reminiscing - Trip Down Memory Lane - AR4E	9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:00pm 4 Express (Sports Games) - AR4E 2:30pm Music Appreciation - V 4E	9:45am Walking Club - V 4E <b>10:30am Church Service - MPR</b> <b>2:00pm Movie - MPR</b> 3:00pm Residents Choice (TV) - V 4E	9:45am Walking Club - V 4E 10:30am Baking Social Club (4E & 4W) - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 3:00pm Resident Sing-Along - AR4E	<b>Sukkot</b> 9:45am Walking Club - V 4E 10:30am Celebration of Culture - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E <b>2:30pm Jewish Service - MPR</b>
<b>29</b>	<b>30</b>						
<b>Sukkot</b> 9:45am Walking Club - V 4E 10:30am Celebration of Culture - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 11:45am One to One Visits - V 4E 2:00pm Hymn Singing - V 4E <b>2:30pm Jewish Service - MPR</b>	<b>Sukkot</b> <b>10:30am Church Service - MPR</b> 3:00pm Spiritual Songs						

AR4E - Activity Room 4E

C - Courtyard

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E

Programs subject to change.