

October 2023



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1	2	3	4	5	6	7		
<p>Sukkot</p> <p>10:30am Hymn Singing - V 4E 2:30pm Music Appreciation - V 4E</p> <p>2:30pm Reminiscing - Trip Down Memory Lane</p>	<p>Sukkot</p> <p>9:45am Walking Club - V 4E 10:00am Music Appreciation - V 4E</p> <p>10:30am Courtyard Club - C 10:30am Unit Decorating - V 4E 11:00am Colouring and Painting - AR4E 2:30pm One to One Visits - V 4E</p>	<p>Sukkot</p> <p>9:45am Walking Club - V 4E</p> <p>10:30am Community Artists Club - MPR 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>Sukkot</p> <p>9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E</p> <p>10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Movie - V 4E</p>	<p>Sukkot</p> <p>9:45am Walking Club - V 4E</p> <p>10:30am Baking Social Club - To celebrate for Thanksgiving - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:30pm Outdoor Activities Patio - V 4E 3:00pm Music And Movement - V 4E</p>	<p>Sukkot</p> <p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E</p> <p>2:30pm Jewish Service - MPR 3:00pm Hymn Singing - V 4E</p>	<p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>		
8	9	10	11	12	13	14		
<p>2:30pm Music Appreciation - V 4E</p> <p>2:30pm Reminiscing - Trip Down Memory Lane</p>	<p>9:45am Walking Club - V 4E 10:30am Coffee & Tea Social Club - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 10:30am Coffee & Tea Social Club (4E/4W) - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E</p> <p>10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Movie - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Outdoor Activities Patio - V 4E 11:00am Cool Drinks Social Club - V</p> <p>2:30pm Entertainment - The Westenders - MPR 3:00pm Residents Choice (TV) Shows or Concerts on YouTube - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E</p> <p>2:30pm Jewish Service - MPR 3:00pm Hymn Singing - V 4E</p>	<p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>		
15	16	17	18	19	20	21		
<p>10:30am Catholic Service - MPR 2:30pm Music Appreciation - V 4E</p> <p>2:30pm Reminiscing - Trip Down Memory Lane</p>	<p>9:45am Walking Club - V 4E</p> <p>10:30am Yoga with Nancy - MPR 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E</p> <p>10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Movie - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Outdoor Activities Patio - V 4E 11:00am Cool Drinks Social Club - V 2:30pm 4 Express (Sports Games) - AR4E 3:00pm Music And Movement - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E</p> <p>2:30pm Jewish Service - MPR 3:00pm Hymn Singing - V 4E</p>	<p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>		
22	23	24	25	26	27	28		
<p>10:30am Catholic Service - MPR 2:30pm Music Appreciation - V 4E</p> <p>2:30pm Reminiscing - Trip Down Memory Lane</p>	<p>9:45am Walking Club - V 4E</p> <p>10:30am Seated Ballroom - MPR 2:30pm One to One Visits - V 4E 2:30pm Residents' Council - MPR 3:00pm Snoezelen Experience - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>	<p>9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E</p> <p>10:30am Church Service - MPR 2:00pm Movie - MPR 3:00pm Movie - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Table Top Activities - AR4E 11:00am Music Appreciation - V 4E</p> <p>2:30pm Entertainment - MPR 3:00pm Residents Choice (TV) Shows or Concerts on YouTube - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E</p> <p>2:30pm Jewish Service - MPR 3:00pm Hymn Singing - V 4E</p>	<p>10:30am Church Service - MPR 3:00pm Spiritual Songs</p>		
29	30	31						
<p>10:30am Catholic Service - MPR 2:30pm Music Appreciation - V 4E</p> <p>2:30pm Reminiscing - Trip Down Memory Lane</p>	<p>9:45am Walking Club - V 4E</p> <p>10:30am Yoga with Nancy - MPR 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E</p>	<p>9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 10:30am Sweet Scents Baking Club (4E/4W) - AR4W 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E</p>						

AR4E - Activity Room 4E

AR4W - Activity Room 4W

C - Courtyard

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E

Programs subject to change.