

October 2023



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sukkot 2:30pm Reminiscing - Trip Down Memory Lane	2 Sukkot 9:30am Walk And Roll Club - V 4W 10:00am Celebration of Culture - Indigenous - TV4W 10:30am Courtyard Club - C 2:30pm Unit Decorating - V 4W 3:00pm Sensory Therapy - V 4W 3:45pm One To Ones - V 4W	3 Sukkot 10:30am Community Artists Club - MPR 2:30pm Celebration of Culture - TV4W 3:45pm One To Ones - V 4W	4 Sukkot 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	5 Sukkot 10:30am Short Stories Club - V 4W 2:30pm Cool Rhythms Percussion Band - V 4W 3:30pm Music Appreciation - V 4W	6 Sukkot 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR 3:30pm Walk And Roll Club - V 4W	7 10:30am Church Service - MPR 3:00pm Spiritual Songs
8 2:30pm Reminiscing - Trip Down Memory Lane	9 10:30am Residents Choice (TV) - V 4W 	10 10:30am Coffee & Tea Social Club (4E/4W) - AR4E 2:30pm Sing With Us - TV4W 3:45pm One To Ones - V 4W	11 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	12 10:30am Creative Artists Group - AR4W 2:30pm Entertainment - The Westenders - MPR 3:30pm Walk And Roll Club - V 4W	13 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR 3:30pm Walk And Roll Club - V 4W	14 10:30am Church Service - MPR 3:00pm Spiritual Songs
15 10:30am Catholic Service - MPR 2:30pm Reminiscing - Trip Down Memory Lane	16 10:15am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Table Top Activities - AR4W	17 10:30am Comedy Club - V 4W 2:30pm Sing With Us - TV4W 3:15pm Sensory Therapy - V 4W	18 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	19 10:30am Creative Artists Group - AR4W 2:30pm Songs, Stories & Jokes by the Campfire - TV4W	20 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR 3:30pm Walk And Roll Club - V 4W	21 10:30am Church Service - MPR 3:00pm Spiritual Songs
22 10:30am Catholic Service - MPR 2:30pm Reminiscing - Trip Down Memory Lane	23 10:15am Walk And Roll Club - V 4W 10:30am Seated Ballroom - MPR 2:30pm Music Appreciation - V 4W 2:30pm Residents' Council - MPR	24 10:30am Tranquil Nature - V 4W 10:30am Willowdale Warriors (Sports Games) - V 4W 2:30pm Armchair Travel and Talk - TV4W	25 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:00pm Movie - MPR	26 10:30am Creative Artists Group - AR4W 2:30pm Entertainment - MPR 3:30pm Walk And Roll Club - V 4W	27 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR 3:30pm Walk And Roll Club - V 4W	28 10:30am Church Service - MPR 3:00pm Spiritual Songs
29 10:30am Catholic Service - MPR 2:30pm Reminiscing - Trip Down Memory Lane	30 10:15am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Residents Choice (TV) - V 4W	31 10:30am Sweet Scents Baking Club (4E/4W) - AR4W 2:30pm Sensory Therapy - V 4W 3:45pm One To Ones - V 4W				

AR4E - Activity Room 4E

AR4W - Activity Room 4W

C - Courtyard

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs subject to change.