

November 2023



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45am Walking Club - V 4E 10:00am Praise & Worship Songs - V 4E 10:00am Tranquil Nature - AR4E 10:30am Church Service - MPR 10:30am Church Service with Chaplain Jake (Virtual) - TV4E 2:30pm Movie - MPR 3:00pm Movie - V 4E	2 9:45am Walking Club - V 4E 10:30am Creative Artists Group - Making Poppy Flowers (4E/4W) - AR4W 11:00am Cool Drinks Social Club - V 2:30pm Unit Decorating - V 4E 3:00pm Music And Movement - V 4E	3 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 2:30pm Jewish Service - MPR	4 10:30am Church Service - MPR 3:00pm Spiritual Songs
5 2:30pm Music Appreciation - V 4E	6 9:45am Walking Club - V 4E 10:00am Residents Choice (TV) - To celebrate National Saxophone Day on YouTube - V 4E 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	7 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:00am Resident Sing-Along - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	8 9:45am Walking Club - V 4E 10:00am Armchair Travel - V 4E 10:30am Church Service - MPR 2:30pm Movie - MPR 3:00pm Movie - V 4E	9 9:45am Walking Club - V 4E 10:30am Table Top Activities - AR4E 10:30am Window on the World - Relaxing & Peaceful Music - V 4E 11:00am Cool Drinks Social Club - V 2:30pm Live Entertainment - Kenny J - MPR 3:00pm Music And Movement - V 4E	10 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 2:30pm Jewish Service - MPR	11 Rememberance Day 10:30am Church Service - MPR 3:00pm Spiritual Songs
12 2:30pm Music Appreciation - V 4E	13 9:45am Walking Club - V 4E 10:30am Adapted Dance with Reki - MPR 10:30am Montessori Group - AR4E 2:00pm Residents Choice (TV) - Concerts & Shows - V 4E 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	14 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 11:00am Resident Sing-Along - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	15 9:45am Walking Club - V 4E 10:00am Comedy Time - V 4E 10:30am Church Service - MPR 2:30pm Movie - MPR 3:00pm Movie - V 4E	16 9:45am Walking Club - V 4E 10:30am 4 Express (Sports Games) - AR4E 10:30am Window on the World - Relaxing & Peaceful Music - V 4E 11:00am Cool Drinks Social Club - V 3:00pm Music And Movement - V 4E	17 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 2:30pm Jewish Service - MPR	18 10:30am Church Service - MPR 3:00pm Spiritual Songs
19 10:30am Catholic Service - MPR 2:30pm Music Appreciation - V 4E	20 9:45am Walking Club - V 4E 10:30am Seated Ballroom - MPR 2:00pm Residents Choice (TV) - Concerts & Shows - V 4E 2:30pm Residents' Council - MPR 3:00pm Snoezelen Experience - V 4E	21 9:45am Walking Club - V 4E 10:30am Coffee & Tea Social Club (4E/4W) - AR4E 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	22 9:45am Walking Club - V 4E 10:00am Exploring The Internet - AR4E 10:30am Church Service - MPR 2:30pm Movie - MPR 3:00pm Movie - V 4E	23 9:45am Walking Club - V 4E 10:30am Sit and Get Fit - V 4E 10:30am Window on the World - Relaxing & Peaceful Music - V 4E 11:00am Cool Drinks Social Club - V 2:30pm Entertainment Hands on Exotic Pets - MPR 3:00pm Music And Movement - V 4E	24 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 2:30pm Jewish Service - MPR	25 10:30am Church Service - MPR 3:00pm Spiritual Songs
26 10:30am Catholic Service - MPR 2:30pm Music Appreciation - V 4E	27 9:45am Walking Club - V 4E 10:30am Yoga with Nancy - MPR 2:00pm Residents Choice (TV) - Concerts & Shows - V 4E 2:30pm One to One Visits - V 4E 3:00pm Snoezelen Experience - V 4E	28 9:45am Walking Club - V 4E 10:30am Sweet Scents Baking Club (4E/4W) - AR4W 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	29 9:45am Walking Club - V 4E 10:00am Praise & Worship Songs - V 4E 10:30am Church Service - MPR 2:30pm Movie - MPR 3:00pm Movie - V 4E	30 9:45am Walking Club - V 4E 10:00am Reminiscing - Trip Down Memory Lane - AR4E 10:30am Window on the World - Relaxing & Peaceful Music - V 4E 11:00am Cool Drinks Social Club - V 3:00pm Music And Movement - V 4E		

AR4E - Activity Room 4E

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4E - TV Room 4E

V - Varied