

November 2023



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:30pm Movie - MPR	2 10:30am Creative Artists Group - Making Poppy Flowers (4E/4W) - AR4W 2:30pm Unit Decorating - V 4W	3 10:15am Residents Choice (TV) - V 4W 2:30pm Jewish Service - MPR	4 10:30am Church Service - MPR 3:00pm Spiritual Songs
5 10:30am Sunday Sing Along - TV4W 2:30pm Bingo Buddies Club - AR4W	6 10:00am Walk And Roll Club - V 4W 2:30pm Music Appreciation - V 4W	7 10:30am Table Top Activities - AR4W 2:30pm Sensory Therapy - V 4W 3:45pm One To Ones - V 4W	8 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:30pm Movie - MPR	9 10:30am Creative Artists Group - Remembrance Day Theme - AR4W 2:30pm Live Entertainment - Kenny J - MPR 3:30pm Walk And Roll Club - V 4W	10 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	11 Remembrance Day 10:30am Church Service - MPR 3:00pm Spiritual Songs
12	13 10:30am Adapted Dance with Reki - MPR 10:30am Brain Teasers - V 4W 11:00am Reminiscing - Trip Down Memory Lane - V 4W 2:30pm Sensory Therapy - V 4W	14 10:30am Table Top Activities - AR4W 2:30pm Armchair Travel and Talk - TV4W	15 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:30pm Movie - MPR	16 10:30am Creative Artists Group - AR4W 2:30pm Music From Around the World - V 4W	17 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	18 10:30am Church Service - MPR 3:00pm Spiritual Songs
19 10:30am Catholic Service - MPR	20 10:00am Walk And Roll Club - V 4W 10:30am Seated Ballroom - MPR 2:30pm Residents Choice (TV) - V 4W 2:30pm Residents' Council - MPR	21 10:30am Coffee & Tea Social Club (4E/4W) - AR4E 2:30pm Celebration of Culture - TV4W 3:45pm One To Ones - V 4W	22 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:30pm Movie - MPR	23 10:30am Creative Artists Group - AR4W 2:30pm Entertainment Hands on Exotic Pets - MPR 3:30pm Walk And Roll Club - V 4W	24 10:15am Residents Choice (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Jewish Service - MPR	25 10:30am Church Service - MPR 3:00pm Spiritual Songs
26 10:30am Catholic Service - MPR	27 10:00am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Sensory Therapy - V 4W	28 10:30am Sweet Scents Baking Club (4E/4W) - AR4W 2:30pm Comedy Club - V 4W	29 10:30am Church Service - MPR 10:30am Residents Choice (TV) - V 4W 2:30pm Movie - MPR	30 10:30am Creative Artists Group - AR4W 2:30pm Songs for the Soul - V 4W 3:45pm One To Ones - V 4W		

AR4E - Activity Room 4E

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs subject to change.

