

January 2024



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day 9:30am Walk And Roll Club - V 4W 10:00am Celebration of Culture - TV4W 10:30am New Year's Music Appreciation - V 4W 3:00pm Tranquil Nature - V 4W	2 10:30am Adapted Dance with Riki - MPR 2:30pm Reminiscing - Trip Down Memory Lane - V 4W 3:00pm Unit Decorating - V 4W 3:45pm One To Ones - V 4W	3 9:30am Walk And Roll Club - V 4W 10:30am Church Service with Chaplain Jake - MPR 2:15pm Movie - MPR 2:15pm Residents Choice (TV) - V 4W	4 9:30am Walk And Roll Club - V 4W 10:30am Creative Artists Group - AR4W 2:30pm Sensory Therapy - V 4W	5 10:30am Residents Choice (TV) - V 4W 10:30am Montessori Table Top Activities - AR4W 2:30pm Jewish Service - MPR	6 10:30am Church Service - MPR 2:30pm Spiritual Songs
	7 10:30am Music Appreciation - V 4W 10:30am Seated Ballroom - MPR 2:30pm Sensory Therapy - V 4W	8 10:30am Creative Artists Group - AR4W 2:30pm Sing With Us - TV4W 3:45pm One To Ones - V 4W	9 9:30am Walk And Roll Club - V 4W 10:30am Church Service - MPR 2:15pm Movie - MPR 2:15pm Residents Choice (TV) - V 4W	10 9:30am Walk And Roll Club - V 4W 10:30am Community Hot Chocolate Social - MPR 2:30pm Celebration of Culture - TV4W	11 9:30am Walk And Roll Club - V 4W 10:30am Montessori Table Top Activities - AR4W 2:30pm Jewish Service - MPR	12 10:30am Residents Choice (TV) - V 4W 10:30am Montessori Table Top Activities - AR4W 2:30pm Jewish Service - MPR
14 10:30am Music Appreciation - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Residents' Council - MPR	15 10:30am Creative Artists Group - AR4W 2:30pm Tranquil Nature - V 4W 3:45pm One To Ones - V 4W	16 9:30am Walk And Roll Club - V 4W 10:30am Church Service - MPR 2:15pm Movie - MPR 2:15pm Residents Choice (TV) - V 4W	17 9:30am Walk And Roll Club - V 4W 10:30am Community Club - Better Batter Bakers - MPR 2:30pm Entertainment - Jay Franco - MPR	18 9:30am Walk And Roll Club - V 4W 10:30am Montessori Table Top Activities - AR4W 2:30pm Jewish Service - MPR	19 10:30am Residents Choice (TV) - V 4W 10:30am Montessori Table Top Activities - AR4W 2:30pm Jewish Service - MPR	20 10:30am Church Service - MPR 2:30pm Spiritual Songs
21 10:30am Music Appreciation - V 4W 10:30am Seated Ballroom - MPR 2:30pm Sensory Therapy - V 4W	22 10:30am Reminiscing - Trip Down Memory Lane - V 4W 2:30pm Comedy Club - V 4W 3:45pm One To Ones - V 4W	23 9:30am Walk And Roll Club - V 4W 10:30am Church Service - MPR 2:15pm Residents Choice (TV) - V 4W 2:30pm Memorial Service - MPR	24 9:30am Walk And Roll Club - V 4W 10:30am Creative Artists Group - AR4W 2:30pm Community Melodies - MPR	25 10:30am Music Appreciation - V 4W 10:30am Residents Choice (TV) - V 4W 2:30pm Jewish Service - MPR	26 10:30am Music Appreciation - V 4W 10:30am Residents Choice (TV) - V 4W 2:30pm Jewish Service - MPR	27 10:30am Church Service - MPR 3:00pm Tranquil Nature - V 4W
28 10:30am Cool Rhythms Percussion Band - V 4W 3:00pm Celebration of Culture - TV4W	29 10:30am Music Appreciation - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Residents Choice (TV) - V 4W	30 10:30am Sing With Us - TV4W 2:30pm Armchair Travel and Talk - TV4W 3:45pm One To Ones - V 4W	31 9:30am Walk And Roll Club - V 4W 10:30am Church Service - MPR 2:15pm Movie - MPR 2:15pm Residents Choice (TV) - V 4W			

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs subject to change.