


3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day 9:30am One to One fitness - AR3W 10:30am Community Seated Exercise - MPR 1:00pm One to One Visits - RR3W 1:30pm Exercises with Physio - TV3W 2:30pm Bingo Social - AR3W	2 10:00am Baking - AR3W 10:30am Spiritual Studies - MPR 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 1:30pm One to One Visits - RR3W 2:30pm Board Games - AR3W	3 9:30am Walking Club - V 3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Community Music Jamming Session - MPR	4 9:30am One to One fitness - AR3W 10:15am Chair Exercises - AR3W 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:30pm Table top Obie games - AR3W	5 2:30pm Jewish Service - MPR	6 10:30am Church Service - MPR 2:30pm Spiritual Songs
7 2:30pm Travel the World - MPR	8 10:30am Adapted Dance with Riki - MPR 1:30pm Exercises with Physio - TV3W	9 9:30am One to One fitness - AR3W 10:15am Sing a long - TV3W 10:30am Spiritual Studies - MPR 11:15am Sensory Stimulation - V 1:30pm Exercises with Physio - TV3W 1:30pm One to One Visits - RR3W 2:30pm Bingo - AR3W	10 9:30am Walking Club - V 3W 10:30am Church Service - MPR 2:00pm Community Obie Games - MPR 3:00pm Puzzles - AR3W	11 9:30am One to One fitness - AR3W 10:30am Hymn Singing - MPR 1:30pm Exercises with Physio - TV3W 2:30pm Easter Tea - AR3W	12 2:30pm Jewish Service - MPR	13 10:30am Church Service - MPR 2:30pm Spiritual Songs
14 2:30pm Travel the World - MPR	15 10:30am Tai Chi with Gina - MPR 1:30pm Exercises with Physio - TV3W 2:30pm Residents' Council - MPR	16 10:00am Baking - AR3W 10:30am Spiritual Studies - MPR 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 1:30pm One to One Visits - RR3W 2:00pm Bracelet Making - AR3W 3:00pm Rock and Roll Music - AR3W	17 9:30am Walking Club - V 3W 10:30am Church Service - MPR 2:00pm Bible Trivia with Chaplin Jake - AR3W 2:15pm Movie - MPR 2:30pm Biblical Stories with Chaplain Jake - AR3W 3:30pm Puzzles - AR3W	18 10:15am Community Baking Club - Better Batter Bakers - MPR 1:30pm Exercises with Physio - TV3W 1:30pm One to One Visits - RR3W 2:30pm Bingo - AR3W	19 10:30am Community Tea Spring Social - MPR 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:30pm Manicures - AR3W	20 10:30am Church Service - MPR 2:30pm Spiritual Songs
21 2:30pm Travel the World - MPR	22 Passover Begins Earth Day 9:30am One to One fitness - AR3W 10:30am Seated Ballroom - MPR 1:00pm One to One Visits - RR3W 1:30pm Exercises with Physio - TV3W 2:30pm Bingo - AR3W	23 9:30am One to One fitness - AR3W 10:30am Community Artists Club - It's A Spring Thing - MPR 10:30am Spiritual Studies - MPR 1:30pm Exercises with Physio - TV3W 1:30pm One to One Visits - RR3W 2:30pm Board Games - AR3W	24 9:30am Walking Club - V 3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Community Bingo Club - MPR	25 9:30am One to One fitness - AR3W 10:15am Chair Exercises - AR3W 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:30pm Entertainment Zachary Erickson - MPR	26 9:30am One to One Visits - RR3W 10:15am Hymn Singing - TV3W 11:00am Puzzles - AR3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR	27 10:30am Church Service - MPR 2:30pm Spiritual Songs
28 2:30pm Travel the World - MPR	29 9:30am One to One fitness - AR3W 10:30am Yoga with Nancy - MPR 1:00pm One to One Visits - RR3W 1:30pm Exercises with Physio - TV3W 2:30pm Bingo Social - AR3W	30 Passover Ends 9:30am Manicures - AR3W 10:30am Spiritual Studies - MPR 10:45am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:30pm Birthday Party - AR3W	