




4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day 9:30am Walk And Roll Club - V 4W 10:15am Movie - TV4W 10:30am Community Seated Exercise - MPR 2:30pm Armchair Travel and Talk - TV4W 2:30pm Unit Decorating - V 4W	2 10:30am Classic Tunes - V 4W 10:30am Reminiscing - Trip Down Memory Lane - V 4W 10:30am Spiritual Studies - MPR 2:30pm Sensory Therapy - AR4W 2:30pm Tranquil Nature - V 4W	3 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:15pm Residents Choice (TV) - V 4W 2:30pm Community Music Jamming Session - MPR	4 10:45am Montessori Table Top Activities - AR4W 2:30pm Sing With Us - TV4W 3:45pm One To Ones - V 4W	5 10:30am Creative Artists Group - AR4W 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W	6 10:30am Church Service - MPR 2:30pm Spiritual Songs
	7 2:30pm Travel the World - MPR	8 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:30pm Creative Artists Group - AR4W	9 10:30am Residents Choice (TV) - V 4W 10:30am Spiritual Studies - MPR 2:30pm Music Appreciation - V 4W	10 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Community Obie Games - MPR 2:15pm Residents Choice (TV) - V 4W	11 10:30am Hymn Singing - MPR 2:30pm Tranquil Nature - V 4W 2:30pm You Got To Know When To Fold 'Em (Laundry Club) - AR4W 3:45pm One To Ones - V 4W	12 10:30am Lovable Companions (Pet Therapy) - AR4W 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W
14 2:30pm Travel the World - MPR	15 9:30am Walk And Roll Club - V 4W 10:30am Tai Chi with Gina - MPR 2:15pm Music Appreciation - V 4W 2:30pm Residents' Council - MPR	16 10:30am Creative Artists Group - AR4W 10:30am Spiritual Studies - MPR 2:30pm Coffee & Tea Social Club (4W/4E) - AR4W 3:00pm Good Neighbours Discussion Club (4W/4E) - V 4W	17 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:15pm Movie - MPR 2:15pm Residents Choice (TV) - V 4W	18 10:15am Community Baking Club - Better Batter Bakers - MPR 10:30am Comedy Club - V 4W 2:30pm Sing With Us - TV4W 3:45pm One To Ones - V 4W	19 10:30am Community Tea Spring Social - MPR 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W	20 10:30am Church Service - MPR 2:30pm Spiritual Songs
21 2:30pm Travel the World - MPR	22 Passover Begins Earth Day 9:30am Walk And Roll Club - V 4W 10:30am Seated Ballroom - MPR 10:30am Tranquil Nature - V 4W 2:30pm Sensory Therapy - AR4W	23 10:30am Community Artists Club - It's A Spring Thing - MPR 10:30am Spiritual Studies - MPR 2:30pm Celebration of Culture - TV4W 3:45pm One To Ones - V 4W	24 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:15pm Residents Choice (TV) - V 4W 2:30pm Community Bingo Club - MPR	25 10:45am Montessori Table Top Activities - AR4W 2:30pm Entertainment Zachary Erickson - MPR 2:30pm Golden Oldies Hits - V 4W	26 10:30am You Got To Know When To Fold 'Em (Laundry Club) - AR4W 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W	27 10:30am Church Service - MPR 2:30pm Spiritual Songs
28 2:30pm Travel the World - MPR	29 9:30am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Lovable Companions (Pet Therapy) - AR4W 3:45pm One To Ones - V 4W	30 Passover Ends 10:15am Morning Movie - TV4W 10:30am Spiritual Studies - MPR 2:30pm Music Appreciation - V 4W				

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs subject to change.