

May 2024

3 West Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30am Church Service - MPR 2:15pm Movie - MPR	2 1:30pm Exercises with Physio - TV3W	3 9:30am One to One Visits - RR3W 10:30am Hymn Singing - TV3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:30pm Manicures - AR3W	4 10:30am Church Service - MPR 2:30pm Spiritual Songs
5 3:15pm Entertainment - Nirkoda with Kishka Klaymar Band - MPR	6 10:30am Adapted Dance with Riki - MPR 1:00pm One to One Visits - RR3W 1:30pm Exercises with Physio - TV3W 2:30pm Bingo - AR3W	7 10:30am Spiritual Studies - MPR 1:30pm Exercises with Physio - TV3W 2:30pm Board Games - AR3W	8 10:30am Church Service - MPR 2:30pm Community Artists Club - Mother's Day - MPR	9 10:30am Sing Along - AR3W 1:30pm Exercises with Physio - TV3W 2:30pm Live Entertainment - Merry Melodies - MPR	10 9:30am One to One Visits - RR3W 10:30am Hymn Singing - TV3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:30pm Puzzles - AR3W	11 10:30am Church Service - MPR 2:30pm Spiritual Songs
12 Happy Mother's Day 2:00pm Mother's Day Tea Social \$ 5 per guest Residents are free - AR3W 2:30pm Travel the World - MPR	13 10:30am Tai Chi with Gina - MPR 1:00pm One to One Visits - RR3W 1:30pm Exercises with Physio - TV3W 2:30pm Bingo - AR3W	14 10:30am Spiritual Studies - MPR 1:30pm Exercises with Physio - TV3W 2:00pm Community Baking Club - MPR	15 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	16 9:30am One to One Visits - RR3W 10:30am Arts and Crafts - V 3W 1:30pm Exercises with Physio - TV3W 2:00pm Trivia - TV3W 2:30pm Cross Words/Word Search - AR3W 3:30pm Social Club - AR3W	17 9:30am One to One Visits - RR3W 10:30am Hymn Singing - TV3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:30pm Manicures - AR3W	18 10:30am Church Service - MPR
19 2:30pm Travel the World - MPR	20 9:30am Mind Exercises - AR3W 10:30am Yoga with Nancy - MPR 1:00pm One to One Visits - RR3W 1:30pm Exercises with Physio - TV3W 2:30pm Ice Cream Social - V 3W	21 10:00am Pizza Making - AR3W 10:30am Spiritual Studies - MPR 12:00pm Lunch with Ruth - AR3W 1:30pm Exercises with Physio - TV3W 2:30pm Bingo - AR3W	22 9:30am Walking Club - V 3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Community Active Games - MPR	23 10:30am Community Tea Social - MPR 1:30pm Exercises with Physio - TV3W 2:00pm Rock and Roll Music - AR3W 2:30pm Dance Party - TV3W	24 2:30pm Jewish Service - MPR	25 10:30am Church Service - MPR 2:30pm Spiritual Songs
26 10:00am Sing Along (On 3 East) - AR3W 11:00am Sing Along (On 3 West) - AR3W 2:30pm Travel the World - MPR	27 10:30am Community Seated Exercise - MPR 1:30pm Exercises with Physio - TV3W 2:30pm Residents' Council - MPR	28 10:00am Baking - AR3W 10:30am Spiritual Studies - MPR 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:30pm Board Games Bonanza TBC - MPR	29 9:30am Walking Club - V 3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Community Bingo Club - MPR	30 10:00am Chair Exercises - AR3W 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:30pm Birthday Party (April/May B-Days) - AR3W	31 2:30pm Jewish Service - MPR	

AR3W - Activity Room 3W

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V 3W - Varied 3W

