


July 2024

2 West Programs Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|--|
|  1 | 1 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 2:00pm Canada Day Ice Cream Social - courtyard 2:30pm Resident Sing-a-Long - TV2W Canada Day | 2 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:00pm Outdoor Activities - C 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W | 3 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR | 4 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Live Entertainment in the Courtyard - Jay Franco - MPR 2:30pm Residents Choice (TV) - TV2W | 5 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 10:30am Outdoor Activities - C 2:30pm Jewish Service - MPR | 6 10:30am Church Service - MPR 2:30pm Spiritual Songs |
| 7 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C | 8 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W | 9 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:00pm Outdoor Activities - C 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W | 10 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Baking Club - Ice Cream Cupcakes - MPR | 11 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Summer Tea Social - MPR | 12 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 10:30am Outdoor Activities - C 2:30pm Jewish Service - MPR | 13 10:30am Church Service - MPR 2:30pm Spiritual Songs |
| 14 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C | 15 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Tai Chi with Gina - MPR 2:30pm Resident Sing-a-Long - TV2W 2:30pm Residents' Council - MPR | 16 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:00pm Outdoor Activities - C 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W | 17 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 11:30am Annual BBQ - MPR | 18 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W | 19 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 10:30am Outdoor Activities - C 2:30pm Jewish Service - MPR | 20 10:30am Church Service - MPR 2:30pm Spiritual Songs |
| 21 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C | 22 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Seated Ballroom - MPR 2:30pm Resident Sing-a-Long - TV2W | 23 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:00pm Outdoor Activities - C 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W | 24 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Bingo Club - Canada Bingo - MPR | 25 10:00am Pet Therapy - Hands on Exotic - V 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W | 26 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 10:30am Outdoor Activities - C 2:30pm Jewish Service - MPR | 27 10:30am Church Service - MPR 2:30pm Spiritual Songs |
| 28 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C | 29 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Yoga with Nancy - MPR 2:30pm Resident Sing-a-Long - TV2W | 30 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:00pm Outdoor Activities - C 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Memorial Service - MPR 2:30pm Residents Choice (TV) - TV2W | 31 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Music Jamming Session - Canadian Artists - MPR | | | |

AR2W - Activity Room 2W

C - Courtyard

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V - Varied

V 2W - Varied 2W