


July 2024



3 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	1 10:30am Comedy Hour - V 3E 2:00pm Canada Day Ice Cream Social - courtyard 2:30pm Cognitive game - AR3E 2:30pm music appreciation - V 3E Canada Day	2 9:00am cook show - V 3E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 10:30am Walk And Sing - V 3E 10:30am armchair travel - V 3E 2:00pm Outdoor Activities - C 2:30pm Cognitive game - AR3E 2:30pm Nature appreciation. - TV3E	3 10:30am Church Service - MPR 10:30am cook show - V 3E 2:30pm Trivia - TV3E 2:30pm animal show - TV3E	4 10:30am Cognitive game - AR3E 2:30pm Cognitive game - AR3E 2:30pm Live Entertainment in the Courtyard - Jay Franco - MPR	5 10:30am Outdoor Activities - C 10:30am arts & crafts appreciation. - V 3E 2:30pm Jewish Service - MPR 2:30pm cook show - V 3E	6 10:30am Church Service - MPR 2:30pm Spiritual Songs
7 10:00am Sing a long 2:30pm Outdoor Games - C	8 10:30am Adapted Dance with Riki - MPR 10:30am Comedy Hour - V 3E 2:30pm Cognitive game - AR3E 2:30pm music appreciation - V 3E	9 9:00am cook show - V 3E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 10:30am Walk And Sing - V 3E 10:30am armchair travel - V 3E 2:00pm Outdoor Activities - C 2:30pm Cognitive game - AR3E 2:30pm Nature appreciation. - TV3E	10 10:30am Church Service - MPR 10:30am cook show - V 3E 2:30pm Community Baking Club - Ice Cream Cupcakes - MPR 2:30pm Trivia - TV3E 2:30pm animal show - TV3E	11 10:30am Cognitive game - AR3E 2:30pm Cognitive game - AR3E 2:30pm Summer Tea Social - MPR	12 10:30am Outdoor Activities - C 10:30am arts & crafts appreciation. - V 3E 2:30pm Jewish Service - MPR 2:30pm cook show - V 3E	13 10:30am Church Service - MPR 2:30pm Spiritual Songs
14 2:30pm Outdoor Games - C	15 10:30am Comedy Hour - V 3E 10:30am Tai Chi with Gina - MPR 2:30pm Cognitive game - AR3E 2:30pm Residents' Council - MPR 2:30pm music appreciation - V 3E	16 9:00am cook show - V 3E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 10:30am Walk And Sing - V 3E 10:30am armchair travel - V 3E 2:00pm Outdoor Activities - C 2:30pm Cognitive game - AR3E 2:30pm Nature appreciation. - TV3E	17 10:30am Church Service - MPR 10:30am cook show - V 3E 11:30am Annual BBQ - MPR 2:30pm Trivia - TV3E 2:30pm animal show - TV3E	18 10:30am Cognitive game - AR3E 2:30pm Cognitive game - AR3E	19 10:30am Outdoor Activities - C 10:30am arts & crafts appreciation. - V 3E 2:30pm Jewish Service - MPR 2:30pm cook show - V 3E	20 10:30am Church Service - MPR 2:30pm Spiritual Songs
21 2:30pm Outdoor Games - C	22 10:30am Comedy Hour - V 3E 10:30am Seated Ballroom - MPR 2:30pm Cognitive game - AR3E 2:30pm music appreciation - V 3E	23 9:00am cook show - V 3E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 10:30am Walk And Sing - V 3E 10:30am armchair travel - V 3E 2:00pm Outdoor Activities - C 2:30pm Cognitive game - AR3E 2:30pm Nature appreciation. - TV3E	24 10:30am Church Service - MPR 10:30am cook show - V 3E 2:30pm Community Bingo Club - Canada Bingo - MPR 2:30pm Trivia - TV3E 2:30pm animal show - TV3E	25 10:00am Pet Therapy - Hands on Exotic - V 10:30am Cognitive game - AR3E 2:30pm Cognitive game - AR3E	26 10:30am Outdoor Activities - C 10:30am arts & crafts appreciation. - V 3E 2:30pm Jewish Service - MPR 2:30pm cook show - V 3E 2:30pm cook show - V 3E	27 10:30am Church Service - MPR 2:30pm Spiritual Songs
28 2:30pm Outdoor Games - C	29 10:30am Comedy Hour - V 3E 10:30am Yoga with Nancy - MPR 2:30pm Cognitive game - AR3E 2:30pm music appreciation - V 3E	30 9:00am cook show - V 3E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 10:30am Walk And Sing - V 3E 10:30am armchair travel - V 3E 2:00pm Outdoor Activities - C 2:30pm Cognitive game - AR3E 2:30pm Memorial Service - MPR 2:30pm Nature appreciation. - TV3E	31 10:30am Church Service - MPR 10:30am cook show - V 3E 2:30pm Community Music Jamming Session - Canadian Artisits - MPR 2:30pm Trivia - TV3E 2:30pm animal show - TV3E			

AR3E - Activity Room 3E

C - Courtyard

MPR - Multi-Purpose Room

TV3E - TV Room 3E

V - Varied

V.3E - Varied 3E