


July 2024



3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1	1 9:30am Outdoor Patio - B 3W 10:30am Canada Day Activities - AR3W 2:00pm Canada Day Ice Cream Social - courtyard Canada Day	2 10:00am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:00pm Outdoor Activities - C 2:30pm Board Games - AR3W 3:30pm Social Club - AR3W	3 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Bingo - AR3W	4 9:30am Jeopardy - AR3W 11:00am Music Appreciation - AR3W 1:30pm Exercises with Physio - TV3W 2:30pm Live Entertainment in the Courtyard - Jay Franco - MPR	5 10:30am Outdoor Activities - C 2:30pm Jewish Service - MPR	6 10:30am Church Service - MPR 2:30pm Spiritual Songs
7 11:00am Sing a long - TV3W 2:30pm Outdoor Games - C	8 10:30am Adapted Dance with Riki - MPR 1:30pm Exercises with Physio - TV3W	9 10:00am Baking - AR3W 10:30am Making Lemonade - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:00pm Outdoor Activities - C 2:30pm Lemonade Social - AR3W	10 9:30am Outdoor Activity - V 3W 10:30am Church Service - MPR 2:30pm Community Baking Club - Ice Cream Cupcakes - MPR	11 9:30am Jeopardy - AR3W 11:00am Music Appreciation - AR3W 1:30pm Exercises with Physio - TV3W 2:30pm Summer Tea Social - MPR	12 9:30am One to One fitness - AR3W 10:15am Chair Exercises - AR3W 10:30am Outdoor Activities - C 11:00am Sing a long - TV3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:30pm Puzzles - AR3W	13 10:30am Church Service - MPR 2:30pm Spiritual Songs
14 2:30pm Outdoor Games - C	15 9:30am Outdoor Patio - B 3W 10:30am Tai Chi with Gina - MPR 1:30pm Exercises with Physio - TV3W 2:30pm Residents' Council - MPR	16 10:00am Cooking - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 12:00pm Lunch with Ruth - AR3W 1:30pm Exercises with Physio - TV3W 2:00pm Outdoor Activities - C 2:30pm Outdoor Activity - V 3W	17 10:30am Church Service - MPR 11:30am Annual BBQ - MPR 2:30pm Bingo - AR3W	18 9:30am Jeopardy - AR3W 11:00am Music Appreciation - AR3W 1:30pm Exercises with Physio - TV3W 2:30pm Milkshake Social - AR3W	19 9:30am One to One fitness - AR3W 10:15am Chair Exercises - AR3W 10:30am Outdoor Activities - C 11:00am Sing a long - TV3W 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 Outdoor Games - C	22 9:30am Jeopardy - AR3W 10:30am Seated Ballroom - MPR 1:30pm Exercises with Physio - TV3W 2:30pm Bingo - AR3W	23 10:00am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:00pm Outdoor Activities - C 2:30pm Hot Chocolate Social -	24 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Community Bingo Club - Canada Bingo - MPR	25 10:00am Pet Therapy - Hands on Exotic - V 1:30pm Exercises with Physio - TV3W 2:30pm Trivia - TV3W 3:00pm Cross Words/Word Search - AR3W 3:30pm Puzzles - AR3W	26 9:30am One to One fitness - AR3W 10:15am Chair Exercises - AR3W 10:30am Outdoor Activities - C 11:00am Sing a long - TV3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:30pm Puzzles - AR3W	27 10:30am Church Service - MPR 2:30pm Spiritual Songs
28 2:30pm Outdoor Games - C	29 9:30am Outdoor Patio - B 3W 10:30am Yoga with Nancy - MPR 1:30pm Exercises with Physio - TV3W 2:30pm Birthday Party - AR3W	30 10:00am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Exercises with Physio - TV3W 2:00pm Outdoor Activities - C 2:30pm Memorial Service -	31 9:30am Outdoor Activity - V 3W 10:30am Church Service - MPR 2:30pm Community Music Jamming Session - Canadian Artists - MPR			

		MPR			
- Common Areas	AR3W - Activity Room 3W		B 3W - Balcony 3W	C - Courtyard	MPR - Multi-Purpose Room
RR3W - Resident Rooms 3W	TV3W - TV Room 3W		V - Varied	V 3W - Varied 3W	