

August 2024



3 West Programs Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|---|--|--|--|---|---|
| | | | | | 1 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment - Zachary Erickson - MPR | 2 9:30am Chair Exercises - AR3W 10:15am One to One fitness - AR3W 11:00am Sing a long - TV3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:45pm Manicures - AR3W | 3 10:30am Church Service - MPR 2:30pm Spiritual Songs |
| 4 2:30pm Outdoor Games - C | 5 9:30am Outdoor Patio - B 3W 10:30am Adapted Dance with Riki - MPR 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Summer Ice Cream Social - V | 6 9:30am Baking - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Campfire - AR3W | 7 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 2:30pm Olympic Games - MPR | 8 10:30am Outdoor Singalong 1:30pm Group Exercises - TV3W | 9 2:30pm Jewish Service - MPR | 10 10:30am Church Service - MPR 2:30pm Spiritual Songs | |
| 11 2:30pm Outdoor Games - C | 12 9:30am Outdoor Patio - B 3W 10:30am Tai Chi with Gina - MPR 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W | 13 9:30am Baking - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Party for our Student Nina - AR3W | 14 9:30am Chair Exercises - AR3W 12:00pm ANNUAL PICNIC - MPR 2:30pm Bingo - AR3W | 15 9:30am Jeopardy - AR3W 10:30am Outdoor Activities - C 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment - Country Kenny - MPR | 16 2:30pm Jewish Service - MPR | 17 10:30am Church Service - MPR 2:00pm One to One Visits - RR3W 2:30pm Spiritual Songs | |
| 18 11:00am Sing a long - TV3W 2:30pm Bingo Social - AR3W 2:30pm Outdoor Games - C | 19 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR | 20 9:30am Baking - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W 3:30pm Social Club - AR3W | 21 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR 3:45pm Puzzles - AR3W | 22 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Community Artists Club - Sun Prints - MPR | 23 9:30am Chair Exercises - AR3W 10:15am One to One fitness - AR3W 11:00am Sing a long - TV3W 1:30pm Walking Club - V 3W 2:30pm Jewish Service - MPR 3:45pm Puzzles - AR3W | 24 10:30am Church Service - MPR 2:30pm Spiritual Songs | |
| 25 2:30pm Outdoor Games - C | 26 9:30am Outdoor Patio - B 3W 10:30am Yoga with Nancy - MPR 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Make your own Sundae - AR3W | 27 9:30am Baking - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing Along - AR3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W 3:30pm Social Club - AR3W | 28 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 2:30pm Birthday Party - AR3W 2:30pm Courtyard Club - C | 29 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment - West Enders - MPR | 30 Cooking - AR3W 12:00pm Picnic with Ruth - V 3W 2:30pm Jewish Service - MPR 3:45pm Puzzles - AR3W | 31 10:30am Church Service - MPR 2:30pm Spiritual Songs | |

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

