

September 2024

2 West Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C	2 Labour Day 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 2:30pm Community Ice Cream Social - V 2:30pm Resident Sing-a-Long - TV2W	3 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	4 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Special Event Food Fair - MPR	5 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Community Active Games - Paralympics - MPR 2:30pm Residents Choice (TV) - TV2W	6 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	7 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
8 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C	9 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	10 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	11 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Sing-a-Long - MPR	12 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm Pet Therapy - Hands on Exotic - V 2:30pm Residents Choice (TV) - TV2W	13 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	14 10:30am Church Service - MPR 2:30pm Entertainment - Agape Care Group - MPR
15 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C	16 Residents' Council Week 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 2:30pm Residents' Council - MPR	17 Residents' Council Week 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	18 Residents' Council Week 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Baking Club - Apples - MPR	19 Residents' Council Week 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Apple Social Tea - MPR 2:30pm Residents Choice (TV) - TV2W	20 Residents' Council Week 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	21 Residents' Council Week 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
22 Residents' Council Week 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C	23 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	24 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	25 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	26 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Entertainment - MPR 2:30pm Residents Choice (TV) - TV2W	27 9:30am Exercises with Physio - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	28 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
29 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 2:30pm Outdoor Games - C	30 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					

AR2W - Activity Room 2W

C - Courtyard

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V - Varied

V 2W - Varied 2W