


September 2024



3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
2:30pm Outdoor Games - C	Labour Day 9:30am Outdoor Patio - B 3W 10:30am Bingo - AR3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Community Ice Cream Social - V	9:30am Jeopardy - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	9:30am Group Exercises - TV3W 10:30am Church Service - MPR 2:00pm Special Event Food Fair - MPR 3:30pm Puzzles - AR3W	9:30am Baking - AR3W 10:15am Coffee/Tea Social - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Community Active Games - Paralympics - MPR	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 3:30pm Puzzles - AR3W	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
8	9	10	11	12	13	14
2:30pm Outdoor Games - C	9:30am Bingo - AR3W 10:30am Adapted Dance with Riki - MPR 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Table top Obie games - AR3W 3:30pm Puzzles - AR3W	9:30am Jeopardy - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Ice Cream Social - V 3W	9:30am Group Exercises - TV3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Community Sing-a-Long - MPR	9:30am Arts and Crafts - V 3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:00pm Pet Therapy - Hands on Exotic - V	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 3:30pm Manicures - AR3W	10:30am Church Service - MPR 2:30pm Entertainment - Agape Care Group - MPR
15	16	17	18	19	20	21
2:30pm Outdoor Games - C	Residents' Council Week 9:30am Outdoor Patio - B 3W 10:30am Seated Ballroom - MPR 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W 2:30pm Residents' Council - MPR	Residents' Council Week 9:30am Jeopardy - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	Residents' Council Week 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 2:30pm Community Baking Club - Apples - MPR	Residents' Council Week 10:00am Seasonal Decorating - V 3W 1:30pm Group Exercises - TV3W 2:30pm Apple Social Tea - MPR	Residents' Council Week 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 3:30pm Puzzles - AR3W	Residents' Council Week 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
22	23	24	25	26	27	28
Residents' Council Week 2:30pm Outdoor Games - C 	9:30am Bingo Social - AR3W 10:30am Tai Chi with Gina - MPR 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Birthday Party - AR3W	9:30am Baking - AR3W 10:15am Coffee/Tea Social - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 1:30pm One to One Visits - RR3W 2:30pm Community Bingo Club - MPR	9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Entertainment - MPR	2:30pm Jewish Service - MPR	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
29	30					
11:00am Sing a long - TV3W 2:30pm Bingo Social - AR3W 2:30pm Outdoor Games - C	10:30am Yoga with Nancy - MPR 1:30pm Group Exercises - TV3W					

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

