


September 2024



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
2:30pm Outdoor Games - C	Labour Day 9:45am Walking Club - V 4E 10:30am Montessori Group - AR4E 2:30pm Community Ice Cream Social - V	8:30am Walking Club - V 4E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:45am One to One Visits - V 4E 2:30pm Residents Choice (TV) - V 4E	9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:00pm Special Event Food Fair - MPR	9:45am Walking Club - V 4E 10:30am Unit Decorating - V 4E 10:30am Window on the World - V 4E 2:30pm Community Active Games - Paralympics - MPR	9:45am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Jewish Service - MPR	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
8	9	10	11	12	13	14
2:30pm Outdoor Games - C	9:45am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 10:30am Montessori Group - AR4E 2:30pm One to One Visits - V 4E	8:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:45am One to One Visits - V 4E 2:30pm Music Appreciation - V 4E	9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:30pm Community Sing-a-Long - MPR	9:45am Walking Club - V 4E 10:30am Window on the World - V 4E 2:00pm Pet Therapy - Hands on Exotic - V	9:45am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Jewish Service - MPR	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 9:45am Walking Club - V 4E 10:30am Montessori Group - AR4E 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR	Residents' Council Week 8:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:45am One to One Visits - V 4E 2:30pm 4 Express (Sports Games) - AR4E	Residents' Council Week 9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:30pm Community Baking Club - Apples - MPR	Residents' Council Week 9:45am Walking Club - V 4E 10:30am Window on the World - V 4E 11:00am Music And Movement - V 4E 2:30pm Apple Social Tea - MPR	Residents' Council Week 9:45am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Jewish Service - MPR	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 	9:45am Walking Club - V 4E 10:30am Montessori Group - AR4E 10:30am Tai Chi with Gina - MPR 2:30pm One to One Visits - V 4E	8:30am Walking Club - V 4E 10:30am Bingo Club - AR4E 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:45am One to One Visits - V 4E 2:30pm Colouring and Painting - AR4E	9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	9:45am Walking Club - V 4E 10:30am Window on the World - V 4E 2:15pm Residents Choice (TV) - V 4E 2:30pm Entertainment - MPR	9:45am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Bingo Club - AR4E 11:45am One to One Visits - V 4E 2:30pm Jewish Service - MPR	10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
29	30					
2:30pm Outdoor Games - C	9:45am Walking Club - V 4E 10:30am Montessori Group - AR4E 10:30am Yoga with Nancy - MPR 2:30pm One to One Visits - V 4E					

AR4E - Activity Room 4E

C - Courtyard

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E