



# October 2024



## 3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30am Arts and Crafts - V 3W <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W <b>2:30pm Outdoor Singalong - V</b>	<b>2</b> <b>Rosh Hashanah</b> 9:30am Chair Exercises - AR3W <b>10:30am Church Service - MPR</b> 2:00pm Seasonal Decorating - V 3W 2:30pm Sing Along - AR3W	<b>3</b> <b>Rosh Hashanah</b> 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	<b>4</b> <b>Rosh Hashanah</b> 9:30am Chair Exercises - AR3W 10:15am One to One fitness - AR3W 11:00am Sing a long - TV3W <b>2:30pm Jewish Service - MPR</b> 3:30pm Puzzles - AR3W	<b>5</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs - MPR
<b>6</b> Residents Choice - V	<b>7</b> 9:30am One to One Visits - RR3W <b>10:30am Adapted Dance with Riki - MPR</b> 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 3:00pm Board Games - AR3W	<b>8</b> 9:30am Baking - AR3W <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	<b>9</b> 9:30am Chair Exercises - AR3W <b>10:30am Church Service - MPR</b> 2:30pm Bingo - AR3W <b>2:30pm Community Bingo Club - MPR</b>	<b>10</b> 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W <b>2:30pm Entertainment - Country Kenny - MPR</b>	<b>11</b> <b>2:30pm Jewish Service - MPR</b> 	<b>12</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR
<b>13</b> Residents Choice - V	<b>14</b> 9:30am Arts and Crafts - V 3W 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 2:30pm Social Club - AR3W 	<b>15</b> 9:30am Arts and Crafts - V 3W <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	<b>16</b> <b>SUKKOT</b> <b>10:30am Church Service - MPR</b> <b>2:30pm Fall Sing a long - MPR</b>	<b>17</b> <b>SUKKOT</b> 9:30am Jeopardy - AR3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	<b>18</b> <b>SUKKOT</b> <b>2:30pm Jewish Service - MPR</b>	<b>19</b> <b>SUKKOT</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR
<b>20</b> <b>SUKKOT</b> Residents Choice - V	<b>21</b> <b>SUKKOT</b> 9:30am One to One Visits - RR3W <b>10:30am Tai Chi with Gina - MPR</b> 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 3:30pm Puzzles - AR3W	<b>22</b> <b>SUKKOT</b> 9:30am Baking - AR3W <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W <b>2:30pm Residents' Council - MPR</b>	<b>23</b> <b>SUKKOT</b> <b>10:30am Church Service - MPR</b> <b>2:10pm Movie - MPR</b> 2:30pm Bingo - AR3W	<b>24</b> 9:30am Jeopardy - AR3W 11:00am Music Appreciation - AR3W 1:30pm Group Exercises - TV3W <b>2:30pm Entertainment - Oktoberfest Celebration - MPR</b>	<b>25</b> 9:30am Chair Exercises - AR3W 10:15am One to One fitness - AR3W 11:00am Sing a long - TV3W <b>2:30pm Jewish Service - MPR</b> 3:30pm Puzzles - AR3W	<b>26</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR
<b>27</b> Residents Choice - V	<b>28</b> 9:30am One to One Visits - RR3W <b>10:30am Yoga with Nancy - MPR</b> 11:00am Sing a long - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Board Games - AR3W	<b>29</b> 9:30am Arts and Crafts - V 3W <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	<b>30</b> 9:30am Chair Exercises - AR3W <b>10:30am Church Service - MPR</b> 2:30pm Bingo - AR3W <b>2:30pm Craft Group - MPR</b>	<b>31</b> Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Birthday Party - AR3W		

AR3W - Activity Room 3W

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V - Varied

V 3W - Varied 3W