


# October 2024



## 4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 8:40am Walking Club - V 4E 10:00am Patio Pals Club - V 4E 10:30am Bingo Club - AR4E <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:45am One to One Visits - V 4E 2:00pm Unit Decorating - V 4E <b>2:30pm Outdoor Singalong - V</b>	<b>2</b> <b>Rosh Hashanah</b> 9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> 2:00pm Colouring and Painting - AR4E 3:00pm Movie - V 4E	<b>3</b> <b>Rosh Hashanah</b> 8:45am Walking Club - V 4E 10:00am Music And Movement - V 4E 10:30am Patio Pals Club - V 4E 10:30am Window on the World - V 4E 2:30pm Creative Artists Group - AR4E	<b>4</b> <b>Rosh Hashanah</b> 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 <b>2:30pm Jewish Service - MPR</b>	<b>5</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs - MPR
<b>6</b> <b>Residents Choice - V</b>	<b>7</b> 8:40am Walking Club - V 4E 10:00am Montessori Group - AR4E <b>10:30am Adapted Dance with Riki - MPR</b> 2:30pm 4 Express (Sports Games) - AR4E 2:30pm One to One Visits - V 4E	<b>8</b> 8:40am Walking Club - V 4E 10:30am Bingo Club - AR4E <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:45am One to One Visits - V 4E 2:00pm Resident Sing-Along - AR4E	<b>9</b> 9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> <b>2:30pm Community Bingo Club - MPR</b> 3:00pm Movie - V 4E	<b>10</b> 8:45am Walking Club - V 4E 10:00am Music And Movement - V 4E 10:30am Patio Pals Club - V 4E 10:30am Window on the World - V 4E <b>2:30pm Entertainment - Country Kenny - MPR</b>	<b>11</b> 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 <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> <b>Residents Choice - V</b>	<b>14</b> 8:40am Walking Club - V 4E 10:00am Baking Social Club - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:30pm One to One Visits - V 4E 	<b>15</b> 8:40am Walking Club - V 4E 10:30am Bingo Club - AR4E <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:45am One to One Visits - V 4E 2:00pm Comedy Time - V 4E	<b>16</b> <b>SUKKOT</b> 9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> <b>2:30pm Fall Sing a long - MPR</b> 3:00pm Movie - V 4E	<b>17</b> <b>SUKKOT</b> 8:45am Walking Club - V 4E 10:30am Window on the World - V 4E 2:00pm Music And Movement - V 4E 2:30pm Patio Pals Club - V 4E	<b>18</b> <b>SUKKOT</b> 9:45am Walking Club - V 4E 10:00am Hymn Singing - V 4E 11:45am One to One Visits - V 4E 2:30pm Birthday Celebration - AR4E <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> <b>Residents Choice - V</b>	<b>21</b> <b>SUKKOT</b> 8:40am Walking Club - V 4E 10:00am Montessori Group - AR4E <b>10:30am Tai Chi with Gina - MPR</b> 2:30pm Armchair Travel - V 4E 2:30pm One to One Visits - V 4E	<b>22</b> <b>SUKKOT</b> 8:40am Walking Club - V 4E 10:30am Bingo Club - AR4E <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:45am One to One Visits - V 4E 2:30pm Moving to Music - V 4E <b>2:30pm Residents' Council - MPR</b>	<b>23</b> <b>SUKKOT</b> 9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> <b>2:10pm Movie - MPR</b> 3:00pm Movie - V 4E	<b>24</b> 8:45am Walking Club - V 4E 10:00am Calming Sensory Relaxation - V 4E 10:30am Lovable Companions (Pet Therapy) - AR4E 10:30am Window on the World - V 4E <b>2:30pm Entertainment - Oktoberfest Celebration - MPR</b>	<b>25</b> 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 <b>2:30pm Jewish Service - MPR</b>	<b>26</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR
<b>27</b> <b>Residents Choice - V</b>	<b>28</b> 8:40am Walking Club - V 4E 10:00am Montessori Group - AR4E <b>10:30am Yoga with Nancy - MPR</b> 2:30pm Baby Care Corner - AR4E 2:30pm One to One Visits - V 4E	<b>29</b> 8:40am Walking Club - V 4E 10:30am Bingo Club - AR4E <b>10:30am Throwback Tuesdays with Chaplain Jake - MPR</b> 11:45am One to One Visits - V 4E 2:00pm Music Appreciation - V 4E	<b>30</b> 9:45am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> <b>2:30pm Craft Group - MPR</b> 3:00pm Movie - V 4E	<b>31</b> 8:45am Walking Club - V 4E 10:30am Coffee & Tea Social Club - AR4E 10:30am Window on the World - V 4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 2:30pm Celebration of Culture - AR4E		

AR4E - Activity Room 4E

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E

