
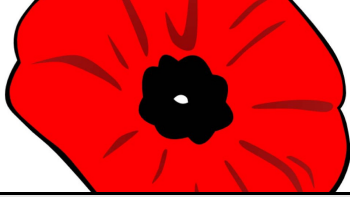


November 2024



3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30am Chair Exercises - AR3W 11:00am Sing Along - AR3W 1:30pm One to One fitness - AR3W 2:30pm Jewish Service - MPR 3:30pm Puzzles - AR3W
3 2:00pm Home Area Activities - V	4 9:30am Discussions with Chaplain Jake - AR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 3:30pm Board Games - AR3W	5 9:30am Arts and Crafts - V 3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	6 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 2:00pm Community Artists Club - Fall Craft - MPR	7 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:00pm Pet Therapy - Hands on Exotic - V	8 10:00am Special Event - Crawford Service Day - MPR 2:30pm Jewish Service - MPR	9 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
10 11:00am Sing Along - AR3W 2:00pm Home Area Activities - V 2:30pm Bingo Social - AR3W	11 REMEMBRANCE DAY 10:30am Remembrance Day Service - MPR 1:30pm Group Exercises - TV3W	12 9:30am Baking - AR3W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	13 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 2:00pm Community Obie Games - MPR	14 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:00pm Hot Chocolate Social - MPR 2:30pm Residents' Council - MPR 3:30pm Puzzles - AR3W	15 9:30am Chair Exercises - AR3W 11:00am Sing a long - TV3W 1:30pm One to One fitness - AR3W 2:30pm Jewish Service - MPR 3:30pm Manicures - AR3W	16 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
17 2:00pm Home Area Activities - V	18 9:30am One to One Visits - RR3W 10:30am Tai Chi with Gina - MPR 1:30pm Group Exercises - TV3W 2:30pm Residents' Council - MPR 3:15pm Bingo - AR3W	19 1:30pm Group Exercises - TV3W	20 10:30am Church Service - MPR 2:30pm Community Melodies - MPR	21 1:30pm Group Exercises - TV3W 2:30pm Entertainment - Harmony Duet - MPR	22 9:30am Chair Exercises - AR3W 11:00am Sing a long - TV3W 1:30pm One to One fitness - AR3W 2:30pm Jewish Service - MPR 3:30pm Puzzles - AR3W	23 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR
24 2:00pm Home Area Activities - V	25 9:30am One to One Visits - RR3W 10:30am Yoga with Nancy - MPR 1:30pm Group Exercises - TV3W 3:30pm Board Games - AR3W	26 9:30am Baking - AR3W 11:00am Sing a long - TV3W 1:30pm Group Exercises - TV3W	27 9:30am Chair Exercises - AR3W 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	28 9:30am Jeopardy - AR3W 11:00am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Birthday Party - AR3W	29 9:30am Chair Exercises - AR3W 11:00am Sing a long - TV3W 1:30pm One to One fitness - AR3W 2:30pm Jewish Service - MPR 3:30pm Puzzles - AR3W	30 10:30am Church Service - MPR 2:30pm Spiritual Songs MPR

AR3W - Activity Room 3W

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V - Varied

V 3W - Varied 3W

