
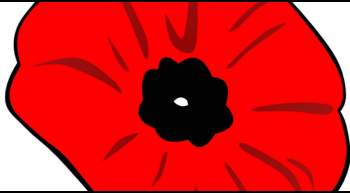


November 2024



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30am Group Exercises - TV4W 10:30am Residents Choice (TV) - V 4W 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W
3	4 9:30am Walk And Roll Club - V 4W 10:00am Monday Morning Movie - TV4W 10:30am Adapted Dance with Riki - MPR 2:30pm Sensory Therapy - AR4W	5 10:00am Unit Decorating - V 4W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 1:30pm Group Exercises - TV4W 2:30pm Celebration of Culture - TV4W	6 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Community Artists Club - Fall Craft - MPR	7 11:00am Making Connections - V 4W 2:00pm Pet Therapy - Hands on Exotic - V 3:45pm One To Ones - V 4W	8 9:30am Group Exercises - TV4W 10:00am Residents Choice (TV) - V 4W 10:00am Special Event - Crawford Service Day - MPR 2:30pm Jewish Service - MPR	9 10:30am Church Service - MPR
10 2:00pm Home Area Activities - V	11 REMEMBRANCE DAY 9:30am Walk And Roll Club - V 4W 10:30am Remembrance Day Service - MPR 2:30pm Sing With Us - War Time Songs - TV4W	12 10:30am Reminiscing - Trip Down Memory Lane - V 4W 10:30am Throwback Tuesdays with Chaplain Jake - MPR 1:30pm Group Exercises - TV4W 2:30pm Lovable Companions (Pet Therapy) - AR4W	13 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Community Obie Games - MPR	14 10:15am Talent Show (TV) - V 4W 11:00am Table Top Activities - AR4W 2:30pm Residents' Council - MPR 2:30pm Songs, Stories & Jokes by the Campfire - TV4W	15 9:30am Group Exercises - TV4W 10:30am Residents Choice (TV) - V 4W 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W	16 10:30am Church Service - MPR 2:15pm Hymn Singing - V 4W 3:30pm One To Ones - V 4W
17 10:30am Creative Artists Group - AR4W 2:00pm Home Area Activities - V	18 9:30am Walk And Roll Club - V 4W 10:30am Tai Chi with Gina - MPR 2:15pm Talent Show (TV) - V 4W 2:30pm Residents' Council - MPR	19 10:30am You Got To Know When To Fold 'Em (Laundry Club) - AR4W 1:30pm Group Exercises - TV4W 2:30pm Celebration of Culture - TV4W	20 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:30pm Community Melodies - MPR	21 11:00am Making Connections - V 4W 2:15pm Concert (TV) - V 4W 2:30pm Entertainment - Harmony Duet - MPR	22 9:30am Group Exercises - TV4W 10:30am Creative Artists Group - AR4W 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W	23 10:30am Church Service - MPR
24 2:00pm Home Area Activities - V	25 9:30am Walk And Roll Club - V 4W 10:30am Yoga with Nancy - MPR 2:30pm Sing With Us - TV4W 3:45pm Tranquil Nature - V 4W	26 10:30am Armchair Travel and Talk - TV4W 1:30pm Group Exercises - TV4W 2:30pm Lovable Companions (Pet Therapy) - AR4W	27 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	28 11:00am Willowdale Warriors (Sports Games) - V 4W 2:00pm Movie - TV4W 2:30pm Sensory Therapy - AR4W 3:45pm One To Ones - V 4W	29 9:30am Group Exercises - TV4W 10:30am Creative Artists Group - AR4W 2:30pm Jewish Service - MPR 2:30pm Music Appreciation - V 4W	30 10:30am Church Service - MPR

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V - Varied

V 4W - Varied 4W

