

January 2025



2 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hanukkah 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 4:15pm Menorah Lighting - V	2 Hanukkah 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W	3 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W	4
5 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	6 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 2:30pm Resident Sing-a-Long - TV2W	7 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	8 9:30am Group Exercise - TV2W 9:30am one to one - V 2W	9 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W	10 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W	11
12 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	13 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 2:30pm Resident Sing-a-Long - TV2W	14 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	15 9:30am Group Exercise - TV2W 9:30am one to one - V 2W	16 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W	17 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	18 10:30pm Church Service - MPR
19 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	20 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 2:30pm Resident Sing-a-Long - TV2W 2:30pm Residents' Council - MPR	21 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Memorial Service TBC - MPR 2:30pm Residents Choice (TV) - TV2W	22 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Hymn Sing - MPR 2:30pm Community Melodies - MPR	23 10:00am Pet Therapy - Hands on Exotic - V 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W	24 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	25 10:30pm Church Service - MPR
26 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	27 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W	28 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	29 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Hymn Sing - MPR 2:30pm Birthday Party - MPR 	30 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Entertainment - Country Kenny - MPR 2:30pm Residents Choice (TV) - TV2W	31 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	

AR2W - Activity Room 2W

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V - Varied

V 2W - Varied 2W