

# January 2025



## 3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Hanukkah</b> 4:15pm Menorah Lighting - V	<b>2</b> <b>Hanukkah</b> 10:00am One to One Visits - RR3W 11:15am Music Appreciation - TV3W	<b>3</b> 10:00am One to One fitness - AR3W 11:15am Sing a long - TV3W	<b>4</b>
<b>5</b>	<b>6</b> 9:30am One to One Visits - RR3W 1:30pm Group Exercises - TV3W 3:00pm Bingo - AR3W	<b>7</b> 1:30pm Group Exercises - TV3W	<b>8</b> 9:30am One to One Visits - RR3W 10:30am Hymn Singing - TV3W 2:30pm Board Games - AR3W	<b>9</b> 9:30am Board Games - AR3W 11:15am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	<b>10</b> 9:30am One to One fitness - AR3W 11:15am Sing a long - TV3W 2:30pm Puzzles - AR3W	<b>11</b>
<b>12</b>	<b>13</b> 9:30am One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Bingo - AR3W	<b>14</b> 9:30am Arts and Crafts - V 3W 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Bingo Social - AR3W	<b>15</b> 9:30am One to One fitness - AR3W 10:30am Hymn Singing - TV3W 2:30pm Bingo - AR3W	<b>16</b> 9:30am Jeopardy - AR3W 11:15am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Table top Obie games - AR3W	<b>17</b> 2:30pm Jewish Service - MPR	<b>18</b> 10:30pm Church Service - MPR
<b>19</b>	<b>20</b> 9:30am One to One Visits - RR3W 1:30pm Group Exercises - TV3W 2:30pm Residents' Council - MPR	<b>21</b> 9:30am <b>Cookie Decorating - AR3W</b> 10:30am Coffee/Tea Social - AR3W 10:30am <b>Throwback Tuesdays - MPR</b> 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm <b>Memorial Service TBC - MPR</b>	<b>22</b> 9:30am Chair Exercises - AR3W 10:30am <b>Hymn Sing - MPR</b> 2:30pm <b>Community Melodies - MPR</b>	<b>23</b> 10:00am <b>Pet Therapy - Hands on Exotic - V</b> 1:30pm Group Exercises - TV3W 2:30pm <b>Hot Chocolate Social - AR3W</b>	<b>24</b> 9:30am Chair Exercises - AR3W 11:15am Sing a long - TV3W 2:30pm <b>Jewish Service - MPR</b>	<b>25</b> 10:30pm Church Service - MPR
<b>26</b>	<b>27</b> 9:30am One to One Visits - RR3W 10:30am <b>Adapted Dance with Riki - MPR</b> 1:30pm Group Exercises - TV3W 3:00pm Bingo - AR3W	<b>28</b> 9:30am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 10:30am <b>Throwback Tuesdays - MPR</b> 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm <b>Gingerbread Social - AR3W</b>	<b>29</b> 9:30am Chair Exercises - AR3W 10:30am <b>Hymn Sing - MPR</b> 2:30pm <b>Birthday Party - MPR</b> 	<b>30</b> 9:30am Jeopardy - AR3W 11:15am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm <b>Entertainment - Country Kenny - MPR</b>	<b>31</b> 2:30pm Jewish Service - MPR	

AR3W - Activity Room 3W

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V - Varied

V 3W - Varied 3W