



January 2025



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hanukkah 9:30am Walk And Roll Club - V 4W 10:00am New Years Celebration (TV) - V 4W 10:15am Window on the World - V 4W 10:30am Church Service (Virtual) - V 4W 2:30pm Brain Teasers - V 4W 2:30pm Music Appreciation - V 4W 3:00pm Good Neighbours Discussion Club - V 4W 4:15pm Menorah Lighting - V	2 Hanukkah 9:45am Cooking Show (TV) - V 4W 10:00am Unit Decorating - V 4W 11:00am One To Ones - V 4W 2:00pm Tranquil Nature - V 4W 2:30pm Lovable Companions (Pet Therapy) - AR4W 2:30pm Tender Moments (Doll Therapy) - V 4W	3 9:30am Group Exercises - TV4W 10:00am Comedy Club - V 4W 10:30am Creative Artists Group - AR4W 2:30pm Jewish Service/ Sabbath Shalom (Virtual) - TV4W 2:30pm Classic Concert (TV) - V 4W	4
5	6	7	8	9	10	11
9:30am Walk And Roll Club - V 4W 10:00am Comedy Club - V 4W 10:30am Table Top Activities - AR4W 2:30pm Sensory Therapy - AR4W 2:30pm Tranquil Nature - V 4W	9:30am Walk And Roll Club - V 4W 10:00am Comedy Club - V 4W 10:30am Table Top Activities - AR4W 2:30pm Sensory Therapy - AR4W 2:30pm Tranquil Nature - V 4W	10:00am Morning Movie - TV4W 10:30am Making Connections - V 4W 1:30pm Group Exercises - TV4W 2:30pm Armchair Travel and Talk - TV4W 2:30pm Tiny Talent (TV) - V 4W	9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Celebrating The Spirit - V 4W 2:30pm Music Appreciation - V 4W 2:30pm Willowdale Warriors (Sports Games) - V 4W	9:45am Residents Choice (TV) - V 4W 11:15am Sing With Us - TV4W 2:30pm You Got To Know When To Fold 'Em (Laundry Club) - AR4W 3:30pm One To Ones - V 4W	9:30am Group Exercises - TV4W 10:30am Creative Artists Group - AR4W 2:30pm Jewish Service/ Sabbath Shalom (Virtual) - TV4W 2:30pm Talent Show (TV) - V 4W	
12	13	14	15	16	17	18
9:30am Walk And Roll Club - V 4W 10:00am Concert (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Songs, Stories & Jokes by the Campfire - TV4W	9:30am Walk And Roll Club - V 4W 10:00am Concert (TV) - V 4W 10:30am Bingo Buddies Club - AR4W 2:30pm Songs, Stories & Jokes by the Campfire - TV4W	10:00am Music Appreciation - V 4W 10:30am Obie Games - AR4W 1:30pm Group Exercises - TV4W 2:30pm Sing With Us - TV4W 3:45pm One To Ones - V 4W	9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Celebrating The Spirit - V 4W 2:30pm Music Appreciation - V 4W 2:30pm Table Top Activities - AR4W	10:30am Brain Teasers - V 4W 11:00am Good Neighbours Discussion Club - V 4W 2:15pm Residents Choice (TV) - V 4W 2:30pm Armchair Travel and Talk - TV4W	9:30am Group Exercises - TV4W 10:30am Creative Artists Group - AR4W 2:30pm Comedy Club - V 4W 2:30pm Jewish Service - MPR	10:30pm Church Service - MPR
19	20	21	22	23	24	25
9:30am Walk And Roll Club - V 4W 2:00pm Monday Movie - TV4W 2:15pm Celebration of Culture - TV4W 2:30pm Residents' Council - MPR	9:30am Walk And Roll Club - V 4W 2:00pm Monday Movie - TV4W 2:15pm Celebration of Culture - TV4W 2:30pm Residents' Council - MPR	10:00am Music Appreciation - V 4W 10:30am Table Top Activities - AR4W 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV4W 2:30pm Memorial Service TBC - MPR 2:30pm Residents Choice (TV) - V 4W	9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Hymn Sing - MPR 2:15pm Armchair Travel - TV4W 2:30pm Community Melodies - MPR	10:00am Pet Therapy - Hands on Exotic - V 10:30am Willowdale Warriors (Sports Games) - V 4W 2:30pm You Got To Know When To Fold 'Em (Laundry Club) - AR4W 3:30pm One To Ones - V 4W	9:30am Group Exercises - TV4W 10:30am Creative Artists Group - AR4W 2:30pm Jewish Service - MPR 2:30pm Tranquil Nature - V 4W	10:30pm Church Service - MPR
26	27	28	29	30	31	
9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Music Appreciation - V 4W 2:30pm Lovable Companions (Pet Therapy) - AR4W 2:30pm Tender Moments (Doll Therapy) - V 4W	10:30am Sing With Us - TV4W 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV4W 2:30pm Keeping Cozy - Hot Beverages Social (4E/4W) - AR4W	10:30am Sing With Us - TV4W 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV4W 2:30pm Keeping Cozy - Hot Beverages Social (4E/4W) - AR4W	9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Hymn Sing - MPR 2:30pm Birthday Party - MPR	10:30am Brain Teasers - V 4W 11:00am Good Neighbours Discussion Club - V 4W 2:15pm Tranquil Nature - V 4W 2:30pm Entertainment - Country Kenny - MPR 2:30pm Sensory Therapy - AR4W 3:45pm One To Ones - V 4W	9:30am Group Exercises - TV4W 10:30am Creative Artists Group - AR4W 2:00pm Movie - TV4W 2:30pm Jewish Service - MPR	

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V - Varied

V 4W - Varied 4W