February 2025

3 West Programs Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2		5	6	7	10:30am Church Service - MPR	
1:30pm Group Exercises - TV3W	10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W	9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Community Bingo Club - MPR	9:30am Jeopardy - AR3W 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:00pm Movie - MPR	10:00am One to One fitness - AR3W 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR	10:30am Church Service - MPR	
10	11	12	13	14		1
	10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W	9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:00pm Valentine's Day Tea Social - MPR	10:00am Arts and Crafts - V 3W 11:15am Sing Along - AR3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment - Harmony Duet - MPR	VALENTINE'S DAY 2:30pm Jewish Service - MPR	10:30am Church Service - MPR	
17	18	19	20	21		2
		9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Board Games Bonanza - MPR	9:30am Jeopardy - AR3W 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:00pm Pet Therapy - Hands on Exotic - V	10:00am One to One fitness - AR3W 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR	10:30am Church Service - MPR	
24	25	26	27	28		
10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 2:00pm Residents' Council - MPR	10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W	9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Birthday Party - MPR	Provincial Election Day 10:00am Arts and Crafts - V 3W 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment -	10:00am One to One fitness - AR3W 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR		
	3 10:30am Tai Chi with Gina - MPR 1:30pm Group Exercises - TV3W 10:30am Discussions with Chaplain Jake - AR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 3:00pm Bingo - AR3W 10:30am Tai Chi with Gina - MPR 1:30pm Group Exercises - TV3W 2:00pm Family Day Hot Chocolate Social - MPR 1:30pm Group Exercises - TV3W 2:00pm Family Day Hot Chocolate Social - MPR 1:30pm Group Exercises - TV3W	3410:30am Tai Chi with Gina - MPR 1:30pm Group Exercises - TV3W9:30am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W 2:30pm Hot Chocolate Social - AR3W10:30am Discussions with Chaplain Jake - AR3W9:30am Baking - AR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 2:30pm Valentine's Day Party - AR3W10:00am Bingo - AR3W9:30am Baking - AR3W 1:30pm Group Exercises - TV3W 2:30pm Valentine's Day Party - AR3W10:00am Bingo - AR3W9:30am Baking - AR3W 1:30pm Group Exercises - TV3W 2:30pm Coffee/Tea Social - AR3W10:00am Bingo - AR3W 1:30pm Group Exercises - TV3W 2:30pm Group Exercises - TV3W 2:30pm Group Exercises - TV3W10:00am Adapted Dance with Riki - Social - MPR9:30am Baking - AR3W 1:30pm Group Exercises - TV3W 2:30pm Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W9:30am Baking - AR3W 1:30pm Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W	3 4 5 10:30am Tai Chi with Gina - MPR 1:30pm 9:30am Baking - AR3W 9:30am One to One Visits - RR3W 10:30pm Group Exercises - TV3W 9:30am Control Service with Chaplain Jake - MPR 10:30am Discussions with Chaplain Jake - AR3W 9:30am Baking - AR3W 9:30am Church Service with 10:30am Discussions with Chaplain Jake - AR3W 9:30am Baking - AR3W 9:30am One to One Visits - RR3W 10:30am Group Exercises - TV3W 9:30am One to One Visits - RR3W 0:30am Church Service with 1:30pm Group Exercises - TV3W 9:30am One to One Visits - RR3W 0:30am Church Service with 1:30pm Group Exercises - TV3W 2:30pm Valentine's Day Party - AR3W 9:30am One to One Visits - RR3W 10:00am Bingo - AR3W 9:30am One to One Visits - RR3W 9:30am One to One Visits - RR3W 10:30pm Group Exercises - TV3W 9:30am Church Service with Chaplain Jake - MPR 10:30pm Group Exercises - TV3W 9:30am One to One Visits - RR3W 10:30am 10:30pm Group Exercises -	3 4 5 6 10:30am Tai Chi with Gina - MPR 9:30am Baking - AR3W 9:30am Coffee/Tea Social - AR3W 9:30am Concercises - TV3W 9:30am Coffee/Tea Social - AR3W 9:30am Church Service with Chaplain Jake - AR3W 9:30am Coffee/Tea Social - AR3W 9:30am Concercises - TV3W 10:00am Actapted Dance with Riki - MPR 10:00am Concercises - TV3W 10:30am Concercises - TV3W 10:30am Concercises - TV3W 10:30am Concercises - TV3W 10:30am Concercises - TV3W 10:00am Acts and Crafts - V 3W 11:15am Sing Along - AR3W 10:00am Acts and Crafts - V 3W 10:00am Acts and Crafts - V 3W 10:30am Concercises - TV3W 10:00am Concercises - TV3W 10:00am Acts and Crafts - V 3W 10:30am Concercises - TV3W 10:30am Confee/Tea Social - AR3W 10:30am Confee/Tea Soci	3 4 5 6 7 10:30am Tai Chi with Gina - MPR 9:30am Baking - AR3W 9:30am Coffee/Tea Social - AR3W 9:30am Church Service with 10:30am Church Service with 10:00am Church Service with 10:00am Church Service with 10:00am Aris and Crafts - V 3W 10:00am Aris and C	10:30am Tai Chi with Gina - MPR 10:30am Church Service - MPR 10:30am Tai Chi with Gina - MPR 9:30am Baking - AR3W 9:30am Church Service + MPR 10:00am One to One Visits - RR3W 10:00am One to One filtness - AR3W 10:30am Church Service - MPR 1:30pm Group Exercises - TV3W 9:30am Baking - AR3W 9:30am Church Service with Chaplain Jake - MPR 10:00am Adapted Dance with Riki - MPR 10:30am Church Service - MPR 10:30am Church Service - MPR 9:30am Jacks ions with Chaplain Jake - MPR 9:30am Baking - AR3W 9:30am One to One Visits - RR3W 10:00am Arts and Crafts - V 3W 11:5am Sing Jagon - RA3W 10:30am Church Service - MPR 1:30pm Group Exercises - TV3W 9:30am Concer Teas - Social - AR3W 10:00am Arts and Crafts - V 3W 11:5am Sing Jagon - RA3W 10:30am Church Service - MPR 1:30pm Group Exercises - TV3W 9:30am Concer Teas - Social - AR3W 10:00am Arts and Crafts - V 3W 11:30pm Group Exercises - TV3W 10:30am Church Service - MPR 1:30pm Group Exercises - TV3W 1:30pm Group Exercises - TV3W 10:30am Church Service + MPR 10:30am Church Service - MPR 10:30am Church Service - MPR 1:30pm Group Exercises - TV3W 10:30am Church Service + MPR 10:30am Church Service + MPR 10:00am Adapted Dance with Riki - MPR 10:00am Adapted Dance with Riki - MPR 10:00am Coffee Tea Social - AR3W 10:

AR3W - Activity Room 3W

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V 3W - Varied 3W



V - Varied