






# February 2025



## 3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 10:30am Church Service - MPR
<b>2</b> 	<b>3</b> 10:30am Tai Chi with Gina - MPR 1:30pm Group Exercises - TV3W	<b>4</b> 9:30am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W 2:30pm Hot Chocolate Social - AR3W	<b>5</b> 9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Community Bingo Club - MPR	<b>6</b> 9:30am Jeopardy - AR3W 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:00pm Movie - MPR	<b>7</b> 10:00am One to One fitness - AR3W 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR	<b>8</b> 10:30am Church Service - MPR
<b>9</b> 	<b>10</b> 9:30am Discussions with Chaplain Jake - AR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 3:00pm Bingo - AR3W	<b>11</b> 9:30am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W 2:30pm Valentine's Day Party - AR3W	<b>12</b> 9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:00pm Valentine's Day Tea Social - MPR	<b>13</b> 10:00am Arts and Crafts - V 3W 11:15am Sing Along - AR3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment - Harmony Duet - MPR	<b>14</b> <b>VALENTINE'S DAY</b> 2:30pm Jewish Service - MPR	<b>15</b> 10:30am Church Service - MPR
<b>16</b> 	<b>17</b> 10:00am Bingo - AR3W 10:30am Tai Chi with Gina - MPR 1:30pm Group Exercises - TV3W 2:00pm Family Day Hot Chocolate Social - MPR	<b>18</b> 9:30am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W 2:30pm Coffee/Tea Social - AR3W	<b>19</b> 9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Board Games Bonanza - MPR	<b>20</b> 9:30am Jeopardy - AR3W 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:00pm Pet Therapy - Hands on Exotic - V	<b>21</b> 10:00am One to One fitness - AR3W 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR	<b>22</b> 10:30am Church Service - MPR
<b>23</b> 	<b>24</b> 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 2:00pm Residents' Council - MPR	<b>25</b> 9:30am Baking - AR3W 10:30am Coffee/Tea Social - AR3W 1:30pm Group Exercises - TV3W 2:30pm Hot Chocolate Social - AR3W	<b>26</b> 9:30am One to One Visits - RR3W 10:30am Church Service with Chaplain Jake - MPR 2:30pm Birthday Party - MPR 	<b>27</b> <b>Provincial Election Day</b> 10:00am Arts and Crafts - V 3W 11:15am Sing a long - TV3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment - Shannon Graham - MPR	<b>28</b> 10:00am One to One fitness - AR3W 11:15am Hymn Singing - TV3W 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