

# October 2025

## 4 East Programs Calendar



| Sunday                                                                                                                                                    | Monday                                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                             | Saturday                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                | <b>1</b><br><b>Erev Yom Kippur</b><br>8:45am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br>2:30pm Unit Decorating - V 4E<br>3:00pm Creative Artists Group - AR4E<br>3:00pm Movie - V 4E | <b>2</b><br><b>Yom Kippur</b><br>8:45am Walking Club - V 4E<br>10:00am Patio Pals Club - V 4E<br>10:30am Music Care ( Cool Rhythms Percussion Ban ) - AR4E<br>2:00pm Music Appreciation - V 4E<br><b>2:30pm Live Entertainment - Country Kenny - MPR</b><br>3:30pm Window on the World - V 4E | <b>3</b><br>8:35am One to One Visits - V 4E<br>8:45am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:00am Bingo Club/Outdoor Patio - AR4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E                   | <b>4</b><br>8:35am Walking Club - V 4E<br>9:00am Hymn Singing - V 4E<br><b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs MPR                     |
| <b>5</b><br>8:35am Walking Club - V 4E<br>9:00am Spiritual Songs - V 4E<br>10:30am Catholic Service T. V Virtual on YouTube - AR4E<br>2:00pm Movie - V 4E | <b>6</b><br><b>Erev Sukkot</b><br>8:30am One to One Restorative Feeding and Activities - V 4E<br>8:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E                                                       | <b>7</b><br><b>Sukkot</b><br>8:40am Walking Club - V 4E<br>10:00am Music Appreciation - V 4E<br>10:30am Bingo Club/Outdoor Patio - AR4E<br><b>10:30am Throwback Tuesdays - MPR</b><br>2:00pm Music Care ( Cool Rhythms Percussion Ban ) - AR4E | <b>8</b><br><b>Sukkot</b><br>8:45am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br><b>2:30pm Community Bingo Club - MPR</b><br>3:00pm Movie - V 4E                                       | <b>9</b><br><b>Sukkot</b><br>8:45am Walking Club - V 4E<br>9:15am Moving to Music - V 4E<br>10:30am Table Top Activities - AR4E<br>1:45pm Armchair Travel - V 4E<br><b>2:00pm Community Artists Club - Fall Decorations - MPR</b><br>3:30pm Window on the World - V 4E                        | <b>10</b><br><b>Sukkot</b><br>8:35am One to One Visits - V 4E<br>8:45am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:00am Bingo Club/Outdoor Patio - AR4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E | <b>11</b><br><b>Sukkot</b><br><b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs MPR<br><b>3:00pm Community Church Group - Bethel Church - MPR</b> |
| <b>12</b><br><b>Sukkot</b>                                                                                                                                | <b>13</b><br><b>Thanksgiving Day</b><br>8:30am One to One Restorative Feeding and Activities - V 4E<br>8:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E<br><b>2:30pm Community Ice Cream Social - V</b> | <b>14</b><br>8:40am Walking Club - V 4E<br>10:00am Music Appreciation - V 4E<br>10:30am Bingo Club/Outdoor Patio - AR4E<br><b>10:30am Throwback Tuesdays - MPR</b><br>1:45pm Comedy Time - V 4E                                                | <b>15</b><br>8:45am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br><b>2:00pm Community Club - Apple-themed Baking - MPR</b><br>3:00pm Movie - V 4E                                       | <b>16</b><br>8:45am Walking Club - V 4E<br>9:15am Residents Choice (TV) - V 4E<br>10:00am Intergenerational Program - AR4E<br>1:30pm Music Appreciation - V 4E<br><b>2:30pm Live Entertainment - Jay Franco - MPR</b><br>3:30pm Window on the World - V 4E                                    | <b>17</b><br>8:35am One to One Visits - V 4E<br>8:45am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:00am Bingo Club/Outdoor Patio - AR4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E                  | <b>18</b><br><b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs MPR<br><b>3:00pm Community Church Group - Japanese SDA - MPR</b>                   |
| <b>19</b>                                                                                                                                                 | <b>20</b><br>8:30am One to One Restorative Feeding and Activities - V 4E<br>8:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E<br><b>2:30pm Residents' Council - MPR</b>                                  | <b>21</b><br>8:40am Walking Club - V 4E<br>10:00am Music Appreciation - V 4E<br>10:30am Bingo Club/Outdoor Patio - AR4E<br><b>10:30am Throwback Tuesdays - MPR</b><br>2:00pm Comedy Time - V 4E<br><b>6:30pm Fall Tea Social - MPR</b>         | <b>22</b><br>8:45am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br><b>2:30pm Community Music Jamming Session - MPR</b><br>3:00pm Movie - V 4E                                            | <b>23</b><br>8:45am Walking Club - V 4E<br>10:00am Intergenerational Program - AR4E<br>10:00am Tranquil Nature - AR4E<br>10:30am Colouring and Painting - AR4E<br>2:00pm Armchair Travel - V 4E<br><b>2:00pm Pet Therapy - Hands on Exotic - V</b><br>3:30pm Window on the World - V 4E       | <b>24</b><br>8:35am One to One Visits - V 4E<br>8:45am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:00am Bingo Club/Outdoor Patio - AR4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E                  | <b>25</b><br><b>10:30am Church Service - MPR</b><br>2:30pm Spiritual Songs MPR                                                                                |
| <b>26</b>                                                                                                                                                 | <b>27</b><br>8:30am One to One Restorative Feeding and Activities - V 4E<br>8:40am Walking Club - V 4E<br><b>10:30am Adapted Dance with Riki - MPR</b><br>1:15pm Snoezelen Experience - V 4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>1:30pm Montessori Group - AR4E                                                                            | <b>28</b><br>8:40am Walking Club - V 4E<br>10:00am Music Appreciation - V 4E<br>10:30am Bingo Club/Outdoor Patio - AR4E<br><b>10:30am Throwback Tuesdays - MPR</b><br>2:00pm Resident Sing-Along - AR4E                                        | <b>29</b><br>8:45am Walking Club - V 4E<br>10:00am Table Top Activities - AR4E<br>10:15am Residents Choice (TV) - V 4E<br><b>10:30am Church Service - MPR</b><br><b>2:30pm Birthday Party - MPR</b><br>3:00pm Movie - V 4E                                                             | <b>30</b><br>8:45am Walking Club - V 4E<br>10:30am 4 Express (Sports Games) - AR4E<br>1:30pm Calming Sensory Relaxation - V 4E<br>2:05pm Folding And Sorting ( Montessori Group ) - AR4E<br><b>2:30pm Community Artists Club - Veteran Letters - MPR</b><br>3:30pm Window on the World - V 4E | <b>31</b><br>8:35am One to One Visits - V 4E<br>8:45am Walking Club - V 4E<br>9:45am Hymn Singing - V 4E<br>10:00am Bingo Club/Outdoor Patio - AR4E<br><b>2:30pm Jewish Service - MPR</b><br>3:15pm Praise & Worship Songs - V 4E                  |                                                                                                                                                               |

AR4E - Activity Room 4E

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E

