



September 2025

4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:00pm Community Ice Cream Social - V 4:00pm One To Ones - V 4W	2 9:30am Unit Decorating - V 4W 10:30am Creative Artists Group - AR4W 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV4W 2:00pm Music Appreciation - V 4W 2:00pm Outdoor Activities - C	3 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Tranquil Nature - V 4W 2:30pm Community Bingo Club - MPR	4 10:30am Talent Show (TV) - V 4W 1:00pm Group Exercises - TV4W 2:00pm Armchair Travel - TV4W 2:30pm Live Entertainment - Jay Franco - MPR	5 10:30am Music Appreciation - V 4W 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm Table Top Activities - AR4W	6 9:30am Residents Choice (TV) - V 4W 10:30am Church Service - MPR 2:00pm Classic Concert (Unit) - V 4W 2:30pm Lovable Companions (Pet Therapy) - AR4W
7 9:30am Ballroom Dancing (TV) - V 4W 10:30am Mixed Bag - AR4W 2:00pm Music Appreciation - V 4W 2:00pm Outdoor Activities - C 2:30pm Celebration of Culture - TV4W	8 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:30pm Unit Movie - TV4W	9 9:30am Residents Choice (TV) - V 4W 10:30am Balcony Buddies - V 4W 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV4W 2:15pm Tranquil Nature - V 4W 2:30pm Sensory Therapy - AR4W	10 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 12:00pm Summer PICNIC * New Date! - MPR	11 10:15am Brain Teasers - V 4W 10:45am Sing With Us - TV4W 1:00pm Group Exercises - TV4W 2:00pm Lawrence Welk Show (TV) - V 4W 2:30pm Board Games Bonanza - MPR	12 10:30am Creative Artists Group - AR4W 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm One To Ones - V 4W	13 10:30am Church Service - MPR 3:00pm Special Event - Seven Day Adventist Group - MPR
14 2:00pm Outdoor Activities - C	15 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:00pm Concert (TV) - V 4W 2:30pm Residents' Council Meeting - MPR <i>Residents Council Week</i>	16 10:30am Throwback Tuesdays - MPR 10:30am You Got To Know When To Fold 'Em (Laundry Club) - AR4W 1:30pm Group Exercises - TV4W 2:15pm Residents Choice (TV) - V 4W 2:30pm Sensory Therapy - AR4W <i>Residents Council Week</i>	17 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Unit Movie - TV4W 2:30pm Community Melodies - MPR <i>Residents Council Week</i>	18 10:00am Pet Therapy - Hands on Exotic - V 1:00pm Group Exercises - TV4W 2:00pm Music Appreciation - V 4W 2:30pm Bingo Buddies Club - AR4W <i>Residents Council Week</i>	19 10:30am Creative Artists Group - AR4W 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm Reminiscing - Trip Down Memory Lane - V 4W <i>Residents Council Week</i>	20 10:30am Church Service - MPR 3:00pm Special Event - Japanese SDA Group - MPR
21 9:30am Talent Show (TV) - V 4W 10:15am Sweet Scents Baking Club - AR4W 2:00pm Music Appreciation - V 4W 2:00pm Outdoor Activities - C 2:30pm Lovable Companions (Pet Therapy) - AR4W	22 Rosh Hashanah 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Coffee & Tea Social Club - AR4W First Day of Autumn	23 Rosh Hashanah 10:30am Celebration of Culture (Rosh Hashanah) - TV4W 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV4W 2:30pm Sensory Therapy - AR4W	24 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Armchair Travel - TV4W 2:30pm Birthday Party - MPR	25 10:30am Creative Artists Group - AR4W 1:00pm Group Exercises - TV4W 2:00pm Tranquil Nature - V 4W 2:30pm Live Entertainment - David Wildsmith - MPR	26 10:30am Creative Artists Group - AR4W 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm Good Neighbours Discussion Club - V 4W	27 10:30am Church Service - MPR
28 2:00pm Outdoor Activities - C	29 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:00pm Residents Choice (TV) - V 4W 2:30pm Mixed Bag - AR4W	30 10:30am Brain Teasers - V 4W 10:30am Throwback Tuesdays - MPR 11:00am Sing With Us - TV4W 1:30pm Group Exercises - TV4W 2:00pm Tranquil Nature - V 4W 2:30pm Sensory Therapy - AR4W				

AR4W - Activity Room 4W

C - Courtyard

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V - Varied

V 4W - Varied 4W

Some programs may take place outdoors, weather permitting. Programs may be subject to change.

