

November 2025



2 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30am Church Service - MPR
2 10:30am Residents Choice (TV) - TV2W Daylight Savings Time ends.... turn back your clocks 1 hour! 2:30pm 1:1 - V 2W	3 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W	4 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am Catholic Service - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	5 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Artists Club - MPR	6 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Live Entertainment - The West Enders - MPR 2:30pm Residents Choice (TV) - TV2W	7 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	8 10:30am Church Service - MPR 3:00pm Special Event - Bethel Church Group - MPR
9 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	10 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W	11  9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am Remembrance Day Service - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	12 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	13 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Community Melodies - MPR 2:30pm Residents Choice (TV) - TV2W	14 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	15 10:30am Church Service - MPR 3:00pm Special Event - Japanese SDA Group - MPR
16 10:30am Residents Choice (TV) - TV2W 2:00pm Special Event - Canadian Elite Eagles Club Outreach - MPR 2:30pm 1:1 - V 2W	17 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W 2:30pm Residents' Council - MPR	18 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W 6:30pm Board Games Bonanza - MPR	19 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Movie - MPR	20 10:00am Pet Therapy - Hands on Exotic - V 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W	21 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	22 10:30am Church Service - MPR
23 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	24 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:30pm Resident Sing-a-Long - TV2W	25 9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	26 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Birthday Party - MPR	27 10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm Special Event - Virtual Reality - MPR 2:30pm Residents Choice (TV) - TV2W	28 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	29 10:30am Church Service - MPR
30 10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W						

AR2W - Activity Room 2W

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V - Varied

V 2W - Varied 2W

Programs may be subject to change.

