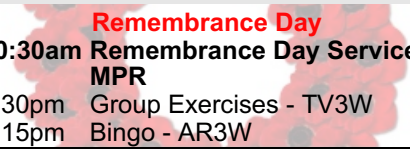


November 2025



3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30am Church Service - MPR 2:30pm Hymn Singing - TV3W
2 11:15am Sing Along - TV3W Daylight Savings Time ends.... turn back your clocks 1 hour! 2:30pm Bingo - AR3W	3 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 3:15pm Oldies Music - AR3W	4 10:30am Catholic Service - MPR 1:30pm Group Exercises - TV3W 2:15pm Bingo - AR3W	5 10:30am Church Service - MPR 2:30pm Community Artists Club - MPR	6 11:15am Sing Along - TV3W 1:30pm Group Exercises - TV3W 2:30pm Live Entertainment - The West Enders - MPR	7 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR 3:30pm Music Appreciation - TV3W	8 10:30am Church Service - MPR 3:00pm Special Event - Bethel Church Group - MPR
9	10 9:00am One to One Visits - RR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 3:15pm Rock and Roll Music - AR3W	11  10:30am Remembrance Day Service - MPR 1:30pm Group Exercises - TV3W 2:15pm Bingo - AR3W	12 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	13 11:15am Music Appreciation - TV3W 1:30pm Group Exercises - TV3W 2:30pm Community Melodies - MPR 5:00pm Bingo on 3 west - AR3W	14 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR 3:30pm Oldies Music - AR3W	15 10:30am Church Service - MPR 3:00pm Special Event - Japanese SDA Group - MPR
16 2:00pm Special Event - Canadian Elite Eagles Club Outreach - MPR	17 9:00am One to One Visits - RR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W 2:30pm Residents' Council - MPR 3:15pm Oldies Music - AR3W	18 10:00am Baking - AR3W 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV3W 2:30pm Hot Chocolate Social - AR3W 6:30pm Board Games Bonanza - MPR	19 10:30am Church Service - MPR 2:00pm Movie - MPR	20 10:00am Pet Therapy - Hands on Exotic - V 1:30pm Group Exercises - TV3W 2:15pm Bingo - AR3W	21 2:30pm Jewish Service - MPR	22 10:30am Church Service - MPR
23 11:15am Sing Along - AR3W 2:30pm Bingo - AR3W	24 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercises - TV3W	25 10:30am Throwback Tuesdays - MPR 1:30pm Group Exercises - TV3W 2:15pm Bingo - AR3W	26 10:30am Church Service - MPR 2:30pm Birthday Party - MPR	27 10:00am Jeopardy - AR3W 11:15am Sing Along - AR3W 1:30pm Group Exercises - TV3W 2:00pm Special Event - Virtual Reality - MPR	28 10:00am Arts and Crafts - V 3W 11:15am Hymn Singing - TV3W 2:30pm Jewish Service - MPR 3:30pm Music Appreciation - TV3W	29 10:30am Church Service - MPR
30						

AR3W - Activity Room 3W

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V - Varied

V 3W - Varied 3W

Programs may be subject to change.

