

December 2025

2 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	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	9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Holiday Decorating - MPR	10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Community Melodies - Holiday Sing-a-Long - MPR 2:30pm Residents Choice (TV) - TV2W	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	10:30am Church Service - MPR 3:40pm Special Event - Visit from Willowdale Church Youth Group - MPR
7	8	9	10	11	12	13
10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	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	9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Community Artists Club - Holiday Decorations - MPR	10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 10:30am Gingerbread Decorating Challenge - MPR 2:30pm Residents Choice (TV) - TV2W 2:30pm Gingerbread Decorating Challenge Judging - MPR	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	10:30am Church Service - MPR 3:00pm Special Event - Visit from Bethel Church - MPR
14	15	16	17	18	19	20
10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	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 4:00pm Lighting the Menorah - MPR	9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W 4:00pm Lighting the Menorah - MPR 6:30pm Christmas Carolling - MPR	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Community Games - Holiday Edition - MPR 4:00pm Lighting the Menorah - MPR	10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:00pm Pet Therapy - Hands on Exotic - V 2:30pm Residents Choice (TV) - TV2W 4:00pm Lighting the Menorah - MPR	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W 4:00pm Lighting the Menorah - MPR	10:30am Church Service - MPR 3:00pm Special Event - Visit from Japanese Seven Day Adventist Church - MPR 4:00pm Lighting the Menorah - MPR
21	22	23	24	25	26	27
10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W 4:00pm Lighting the Menorah - MPR	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 4:00pm Lighting the Menorah - MPR	9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	9:30am Group Exercise - TV2W 9:30am one to one - V 2W All Day Movie Marathon - MPR	10:30am 1:1 Puzzles - V 2W 10:30am Armchair Travel - TV2W 2:30pm Residents Choice (TV) - TV2W Merry Christmas	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - TV2W	10:30am Church Service - MPR 2:30pm Special Event - Visit from Toronto Central Seven Day Adventist Church Youth Group - MPR
28	29	30	31			
10:30am Residents Choice (TV) - TV2W 2:30pm 1:1 - V 2W	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 Virtual Reality with Help Mobility - MPR	9:30am Oldies Tunes/Music Appreciation - TV2W 10:30am 1:1 - V 2W 10:30am Throwback Tuesdays - MPR 2:30pm Birthday Party - MPR 2:30pm Lovable Companions (Pet Therapy) - AR2W 2:30pm Residents Choice (TV) - TV2W	9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Live Entertainment - The West Enders - MPR			

AR2W - Activity Room 2W

MPR - Multi-Purpose Room

TV2W - TV Room 2W

V - Varied

V 2W - Varied 2W

Programs may be subject to change.