

January 2026

3 West Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1:30pm Group Exercise - TV3W	2 2:00pm Jewish Service - MPR	3 10:30am Church Service - MPR
4 11:15am Sing Along - TV3W 2:30pm Bingo - AR3W	5 9:30am Walking Club - V 3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 3:15pm Rock and Roll Music - AR3W	6 1:30pm Group Exercise - TV3W 2:30pm Throwback Tuesdays - MPR	7 10:30am Church Service - MPR 2:30pm Board Games Bonanza - MPR	8 10:00am Active Games - AR3W 11:15am Sing Along - AR3W 1:30pm Group Exercise - TV3W 2:00pm Hot Chocolate Social - MPR	9 10:00am New Years Party - AR3W 11:15am Oldies Music - AR3W 2:00pm Jewish Service - MPR 3:30pm Country Music - AR3W	10 10:30am Church Service - MPR
11	12 9:30am One to One Visits - RR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 3:15pm Music Appreciation - TV3W	13 10:00am Baking - AR3W 10:45am Coffee/Tea Social - AR3W 1:30pm Group Exercise - TV3W 2:30pm Gingerbread Social - AR3W 2:30pm Throwback Tuesdays - MPR	14 10:30am Church Service - MPR 2:00pm Community Artists Club - MPR	15 9:15am Challah Baking - AR3W 10:30am Challah Social - AR3W 1:30pm Group Exercise - TV3W 2:30pm Entertainment - Country Kenny - MPR	16 10:00am Arts and Crafts - V 3W 11:15am Hymn Singing - TV3W 2:00pm Jewish Service - MPR 3:30pm Classical Music - AR3W	17 10:30am Church Service - MPR
18	19 9:30am One to One fitness - AR3W 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 3:15pm Oldies Music - AR3W	20 10:00am Baking - AR3W 10:45am Coffee/Tea Social - AR3W 1:30pm Group Exercise - TV3W 2:30pm Hot Chocolate Social - AR3W 2:30pm Throwback Tuesdays - MPR	21 10:30am Church Service - MPR 2:30pm Community Bingo Club - MPR	22 1:30pm Group Exercise - TV3W 2:15pm Bingo - AR3W 2:30pm Men's Club - Current Events - MPR	23 10:00am Short Stories - AR3W 11:15am Hymn Singing - TV3W 2:00pm Jewish Service - MPR 3:30pm Opera Music - AR3W	24 10:30am Church Service - MPR
25	26 10:30am Adapted Dance with Riki - MPR 1:30pm Group Exercise - TV3W 3:15pm Sing Along - AR3W	27 10:00am Baking - AR3W 1:30pm Group Exercise - TV3W 2:30pm Shortbread Social - AR3W 2:30pm Throwback Tuesdays - MPR	28 10:30am Church Service - MPR 2:00pm Memorial Service - MPR	29 10:00am Bingo - AR3W 11:15am Sing Along - AR3W 1:30pm Group Exercise - TV3W 2:00pm January Birthday Party - MPR	30 10:00am Tim Horton's Social - AR3W 11:15am Oldies Music - AR3W 2:00pm Jewish Service - MPR 3:30pm Rock and Roll Music - AR3W	31 10:30am Church Service - MPR

AR3W - Activity Room 3W

MPR - Multi-Purpose Room

RR3W - Resident Rooms 3W

TV3W - TV Room 3W

V 3W - Varied 3W

Programs may be subject to change.