



January 2026

3 West Programs Calendar

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

