

January 2026



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:15am New Year's Tea Social - AR4W 1:00pm Group Exercise - TV4W 2:00pm Unit Movie - TV4W 2:15pm Unit Decorating - V 4W	2 10:15am Creative Artists Group - AR4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm One To Ones - V 4W	3 10:30am Church Service - MPR
4	5 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Brain Teasers - V 4W 2:45pm Celebration of Culture - TV4W	6 10:15am Willowdale Warriors (Sports Games) - V 4W 11:15am Good Neighbours Discussion Club - V 4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR 3:00pm Sensory Therapy - AR4W	7 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:30pm Board Games Bonanza - MPR	8 10:00am Armchair Travel - TV4W 10:15am Lovable Companions (Pet Therapy) - AR4W 1:00pm Group Exercise - TV4W 2:00pm Hot Chocolate Social - MPR	9 10:15am Comedy Club - V 4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm Short Stories Club - V 4W	10 10:30am Church Service - MPR
11	12 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:00pm Tranquil Nature - V 4W 2:15pm Sensory Therapy - AR4W	13 10:15am Sweet Scents Baking Club - AR4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR 3:00pm Celebration of Culture - TV4W	14 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Community Artists Club - MPR	15 10:00am Animal Talent Show (TV) - V 4W 10:15am Mixed Bag - AR4W 1:00pm Group Exercise - TV4W 2:30pm Entertainment - Country Kenny - MPR	16 10:15am Bingo Buddies Club - AR4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm Sing With Us - TV4W	17 10:30am Church Service - MPR
18	19 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:00pm Music Appreciation - V 4W 2:15pm Sensory Therapy - AR4W	20 10:15am Willowdale Warriors (Sports Games) - V 4W 11:15am Good Neighbours Discussion Club - V 4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR 3:00pm Sing With Us - TV4W	21 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Unit Movie - TV4W 2:30pm Community Bingo Club - MPR	22 10:00am Tranquil Nature - V 4W 1:00pm Group Exercise - TV4W 2:15pm Short Stories Club - V 4W 2:30pm Men's Club - Current Events - MPR 3:30pm One To Ones - V 4W	23 10:15am Creative Artists Group - AR4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm Short Stories Club - V 4W	24 10:30am Church Service - MPR
25	26 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:00pm Classic Concert (TV) - V 4W 2:15pm Guess The Answer! - V 4W 2:45pm Songs, Stories & Jokes by the Campfire - TV4W	27 9:30am Music Appreciation - V 4W 10:15am Bingo Buddies Club - AR4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR 3:00pm Sensory Therapy - AR4W	28 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Memorial Service - MPR	29 10:00am Armchair Travel - TV4W 10:15am Mixed Bag - AR4W 1:00pm Group Exercise - TV4W 2:00pm January Birthday Party - MPR 2:00pm Talent Show (TV) - V 4W	30 10:15am Creative Artists Group - AR4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm One To Ones - V 4W	31 10:30am Church Service - MPR

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs may be subject to change.