

January 2026

4 West Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>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</p>	<p>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</p>	<p>3 10:30am Church Service - MPR</p>
4	<p>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</p>	<p>5 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</p>	<p>6 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</p>	<p>7 10:00am Armchair Travel - TV4W 10:15am Lovable Companions (Pet Therapy) - AR4W 1:00pm Group Exercise - TV4W 2:00pm Hot Chocolate Social - MPR</p>	<p>8 10:15am Comedy Club - V 4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm Short Stories Club - V 4W</p>	<p>9 10:30am Church Service - MPR</p>
11	<p>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</p>	<p>12 10:15am Sweet Scents Baking Club - AR4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR 3:00pm Celebration of Culture - TV4W</p>	<p>13 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</p>	<p>14 9:30am Animal Talent Show (TV) - V 4W 10:15am Mixed Bag - AR4W 1:00pm Group Exercise - TV4W 2:30pm Entertainment - Country Kenny - MPR</p>	<p>15 10:15am Bingo Buddies Club - AR4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm Sing With Us - TV4W</p>	<p>16 10:30am Church Service - MPR</p>
18	<p>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</p>	<p>19 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</p>	<p>20 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Community Bingo Club - MPR</p>	<p>21 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</p>	<p>22 10:15am Creative Artists Group - AR4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm Short Stories Club - V 4W</p>	<p>23 10:30am Church Service - MPR</p>
25	<p>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</p>	<p>26 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</p>	<p>27 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</p>	<p>28 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</p>	<p>29 10:15am Creative Artists Group - AR4W 2:00pm Jewish Service - MPR 2:00pm Spiritual Songs - V 4W 3:45pm One To Ones - V 4W</p>	<p>30 10:30am Church Service - MPR</p>

AR4W - Activity Room 4W

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs may be subject to change.