

March 2026



4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:40am Walking Club/One to One Support - V 4E 9:30am Praise & Worship Songs - V 4E 10:30am Catholic Service T. V Virtual on YouTube - AR4E 2:00pm Movie - V 4E 2:30pm Travel the World - MPR	2 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 3:00pm Music And Movement - V 4E	3 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Moving to Music - V 4E 10:30am Bingo Club /Table Top Games - AR4E 1:30pm Music Appreciation - V 4E 1:30pm Special Event - Purim Gathering - MPR 2:30pm Throwback Tuesdays - MPR	4 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:30pm Current Events 3:00pm Movie - V 4E	5 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am Unit Decorating - V 4E 11:00am Creative Artists Group - AR4E 2:00pm I Love Lucy Show - MPR 2:30pm Puzzles - AR4E 3:30pm Window on the World - V 4E	6 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 2:00pm Jewish Service - MPR 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	7 10:30am Church Service - MPR 2:00pm Spiritual Songs
8  Daylight Savings Time begins (clocks move forward one hour) International Women's Day 10:00am One to One Visits - V 4E 2:30pm Travel the World - MPR	9 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 10:30am Hearts in Action St. Patrick's Day Craft - CHAP 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 3:00pm Music And Movement - V 4E	10 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Moving to Music - V 4E 10:30am Bingo Club /Table Top Games - AR4E 1:30pm Music Appreciation - V 4E 2:30pm Throwback Tuesdays - MPR	11 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:30pm Puzzle Club - MPR 3:00pm Movie - V 4E	12 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:00am Music And Movement - V 4E 10:30am 4 Express (Sports Games) - AR4E 2:30pm Armchair Travel - V 4E 2:30pm Community Bingo Club - MPR 3:00pm Colouring and Painting - M - AR4E 3:30pm Window on the World - V 4E	13 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 2:00pm Jewish Service - MPR 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	14 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Bethel Church Group - MPR
15 10:00am One to One Visits - V 4E 2:30pm Travel the World - MPR	16 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 2:30pm Residents' Council - MPR 3:00pm Music And Movement - V 4E	17 St. Patrick's Day 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Moving to Music - V 4E 10:30am Bingo Club /Table Top Games - AR4E 1:30pm Music Appreciation - V 4E 2:30pm St. Patrick's Day Celebration - MPR 	18 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:30pm Men's Club - Science Experiment - MPR 3:00pm Movie - V 4E	19 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am Coffee & Tea Social Club - AR4E 11:00am Reminiscing - Trip Down Memory Lane - AR4E 11:30am Cognitive Games - AR4E 2:30pm Community Melodies - Irish Music - MPR 3:30pm Window on the World - V 4E	20 Spring Equinox 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 10:30am Spring Planting - MPR 2:00pm Jewish Service - MPR 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	21 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Japanese SDA Group - MPR
22 10:00am One to One Visits - V 4E 2:30pm Travel the World - MPR	23 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 2:15pm Hearts in Action - Trivia - CHAP 3:00pm Music And Movement - V 4E	24 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Moving to Music - V 4E 10:30am Bingo Club /Table Top Games - AR4E 1:30pm Music Appreciation - V 4E 2:30pm Throwback Tuesdays - MPR	25 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:15pm Music Appreciation - V 4E 2:00pm March Birthday Party - MPR 3:00pm Movie - V 4E 	26 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am Tranquil Nature - AR4E 11:30am Cognitive Games - AR4E 2:00pm Comedy Time - V 4E 2:00pm Resident Sing-Along - AR4E 2:30pm Live Entertainment - Country Kenny - MPR 3:30pm Window on the World - V 4E	27 8:35am One to One Visits - V 4E 8:45am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:00am Bingo Club/Table Top Games - AR4E 10:15am Amazing Animals (TV) - AR4E 2:00pm Jewish Service - MPR 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 3:15pm Praise & Worship Songs - V 4E	28 10:30am Church Service - MPR 2:00pm Spiritual Songs
29 10:00am One to One Visits - V 4E 2:30pm Travel the World - MPR	30 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E 3:00pm Music And Movement - V 4E	31 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 9:30am One to One Visits - V 4E 10:00am Moving to Music - V 4E 10:30am Bingo Club /Table Top Games - AR4E 1:30pm Music Appreciation - V 4E 2:30pm Throwback Tuesdays - MPR				