

March 2026



4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am One To Ones - V 4W 2:30pm Travel the World - MPR	2 9:30am Walk And Roll Club - V 4W 10:00am Music Appreciation - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Monday Movie - TV4W 2:30pm Unit Decorating - V 4W	3 10:15am Sweet Scents Baking Club - AR4W 11:00am Reminiscing - Trip Down Memory Lane - V 4W 1:30pm Group Exercise - TV4W 1:30pm Special Event - Purim Gathering - MPR 2:30pm Throwback Tuesdays - MPR	4 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Comedy Club - V 4W 2:30pm Current Events	5 9:45am Tranquil Nature - V 4W 10:15am Brain Teasers - V 4W 10:45am Bingo Buddies Club - AR4W 1:00pm Group Exercise - TV4W 2:00pm I Love Lucy Show - MPR	6 9:30am Residents Choice (TV) - V 4W 10:30am Sing With Us - Songs by Female Musical Artists - TV4W 2:00pm Hymn Singing - V 4W 2:00pm Jewish Service - MPR 3:45pm One To Ones - V 4W	7 10:30am Church Service - MPR 2:00pm Spiritual Songs
8  10:00am One To Ones - V 4W 2:30pm Travel the World - MPR	9 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 10:30am Hearts in Action St. Patrick's Day Craft - CHAP 2:15pm Tranquil Nature - V 4W 2:30pm Sensory Therapy - AR4W	10 10:00am Amazing Animals (TV) - V 4W 10:15am Mixed Bag - AR4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR	11 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Talented Kids (TV) - V 4W 2:30pm Puzzle Club - MPR	12 10:45am Willowdale Warriors (Sport Games) - V 4W 11:15am Good Neighbours Discussion Club - V 4W 1:00pm Group Exercise - TV4W 2:30pm Community Bingo Club - MPR	13 10:15am Comedy Club - V 4W 10:30am Table Top Activities - AR4W 2:00pm Hymn Singing - V 4W 2:00pm Jewish Service - MPR	14 10:00am Residents Choice (TV) - V 4W 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Bethel Church Group - MPR
15 10:15am Music Appreciation - V 4W 10:30am Obie Games - AR4W 2:30pm Tranquil Nature - V 4W 2:30pm Travel the World - MPR 4:00pm One To Ones - V 4W	16 9:30am Walk And Roll Club - V 4W 10:00am Music Appreciation - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Monday Movie - TV4W 2:30pm Residents' Council - MPR	17 St. Patrick's Day 10:15am Celebration of Culture - Irish Dancing (TV) - TV4W 10:30am Creative Artists Group - Irish Theme - AR4W 1:30pm Group Exercise - TV4W 2:30pm St. Patrick's Day Celebration - MPR	18 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Armchair Travel - TV4W 2:30pm Men's Club - Science Experiment - MPR	19 10:45am Guess The Answer! - V 4W 11:15am Reminiscing - Trip Down Memory Lane - V 4W 1:00pm Group Exercise - TV4W 2:30pm Community Melodies - Irish Music - MPR	20 Spring Equinox 9:30am Residents Choice (TV) - V 4W 10:30am Spring Planting - MPR 2:00pm Hymn Singing - V 4W 2:00pm Jewish Service - MPR 3:45pm One To Ones - V 4W	21 10:30am Church Service - MPR 2:00pm Spiritual Songs 3:00pm Special Event - Japanese SDA Group - MPR
22 10:00am One To Ones - V 4W 2:30pm Travel the World - MPR	23 9:30am Walk And Roll Club - V 4W 10:00am Nature Appreciation - Gorgeous Gardens - V 4W 10:30am Adapted Dance with Riki - MPR 1:45pm Concert (TV) - V 4W 2:15pm Hearts in Action - Trivia - CHAP	24 10:15am Keeping Cozy - Hot Beverages Social - AR4W 11:00am Sing With Us - TV4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR	25 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 1:30pm Talent Show (TV) - V 4W 2:00pm March Birthday Party - MPR	26 10:45am Willowdale Warriors (Sport Games) - V 4W 11:15am Good Neighbours Discussion Club - V 4W 1:00pm Group Exercise - TV4W 2:30pm Live Entertainment - Country Kenny - MPR	27 9:30am Music Appreciation - V 4W 10:15am Special Interest Group - National Geographic - V 4W 2:00pm Hymn Singing - V 4W 2:00pm Jewish Service - MPR 3:45pm Mixed Bag - AR4W	28 10:30am Church Service - MPR 2:00pm Spiritual Songs
29 10:00am One To Ones - V 4W 2:30pm Travel the World - MPR	30 9:30am Walk And Roll Club - V 4W 10:00am Comedy Club - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Tranquil Nature - V 4W 2:30pm Sensory Therapy - AR4W	31 10:00am Residents Choice (TV) - V 4W 10:15am Celebration of Culture - International Cuisine (TV) - TV4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR			Happy St. Patrick's Day! 	

AR4W - Activity Room 4W

CHAP - Chapel

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

Programs may be subject to change.