







# May 2026



## 4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 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 Unit Jewish Service/ Sabbath Shalom Virtual - V 4E <b>2:30pm Jewish Service - MPR</b> 3:15pm Praise & Worship Songs - V 4E	<b>2</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR
<b>3</b> 2:30pm Live Entertainment - Toronto Chinese Philharmonic Arts Centre - MPR	<b>4</b> 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E <b>10:30am Adapted Dance with Riki - MPR</b> 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	<b>5</b> 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 <b>2:30pm Throwback Tuesdays - MPR</b>	<b>6</b> 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> 1:15pm Music Appreciation - V 4E <b>2:30pm Community Music Jamming Session - MPR</b> 3:00pm Movie - V 4E	<b>7</b> 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am 4 Express (Sports Games) - AR4E <b>2:30pm Community Artists Club - MPR</b> 3:30pm Window on the World - V 4E	<b>8</b> 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 Unit Jewish Service/ Sabbath Shalom Virtual - V 4E <b>2:30pm Jewish Service - MPR</b> 3:15pm Praise & Worship Songs - V 4E	<b>9</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR <b>3:00pm Special Event - Bethel Church Group - MPR</b>
<b>10</b>  2:00pm Special Event - Mother's Day Tea - MPR	<b>11</b> 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E <b>10:30am Adapted Dance with Riki - MPR</b> <b>10:30am Hearts in Action - Mother's Day - CHAP</b> 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	<b>12</b> 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 <b>2:30pm Throwback Tuesdays - MPR</b>	<b>13</b> 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> 1:15pm Music Appreciation - V 4E <b>2:30pm Community Bingo Club - MPR</b> 3:00pm Movie - V 4E	<b>14</b> 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am Creative Artists Group - AR4E <b>2:30pm Live Entertainment - The West Enders - MPR</b> 3:30pm Window on the World - V 4E	<b>15</b> 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 Unit Jewish Service/ Sabbath Shalom Virtual - V 4E <b>2:30pm Jewish Service - MPR</b> 3:15pm Praise & Worship Songs - V 4E	<b>16</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR <b>3:00pm Special Event - Japanese Church Group - MPR</b>
<b>17</b> 2:30pm Travel the World - MPR	<b>18</b> <b>Victoria Day</b> 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E <b>10:30am Adapted Dance with Riki - MPR</b> 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	<b>19</b> 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 <b>2:30pm Throwback Tuesdays - MPR</b>	<b>20</b> 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> 1:15pm Music Appreciation - V 4E <b>2:30pm Men's Club Table Sports - MPR</b> 3:00pm Movie - V 4E	<b>21</b> 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am Music And Movement - V 4E <b>2:30pm Courtyard - Moving to Music - C</b> 3:30pm Window on the World - V 4E	<b>22</b> 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 Unit Jewish Service/ Sabbath Shalom Virtual - V 4E <b>2:30pm Jewish Service - MPR</b> 3:15pm Praise & Worship Songs - V 4E	<b>23</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR
<b>24</b> 2:30pm Travel the World - MPR	<b>25</b> 8:30am One to One Visits - V 4E 8:40am Walking Club - V 4E <b>10:30am Adapted Dance with Riki - MPR</b> 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory Relaxation - V 4E 1:30pm Montessori Group - AR4E <b>2:30pm Hearts in Action - Trivia - CHAP</b> <b>2:30pm Residents' Council - MPR</b> 3:00pm Music And Movement - V 4E	<b>26</b> 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 <b>2:30pm Throwback Tuesdays - MPR</b>	<b>27</b> 8:45am Walking Club - V 4E 10:00am Table Top Activities - AR4E 10:15am Residents Choice (TV) - V 4E <b>10:30am Church Service - MPR</b> 1:15pm Music Appreciation - V 4E <b>2:00pm May Birthday Party - MPR</b> 3:00pm Movie - V 4E	<b>28</b> 8:45am Walking Club - V 4E 9:30am Group Exercise - AR4E 10:30am Patio Pals Club - V 4E <b>2:30pm Bowling Club - West Side - MPR</b> 2:30pm Tranquil Nature - AR4E 3:30pm Window on the World - V 4E	<b>29</b> 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 Unit Jewish Service/ Sabbath Shalom Virtual - V 4E <b>2:30pm Jewish Service - MPR</b> 3:15pm Praise & Worship Songs - V 4E	<b>30</b> <b>10:30am Church Service - MPR</b> 2:30pm Spiritual Songs MPR

AR4E - Activity Room 4E

C - Courtyard

CHAP - Chapel

MPR - Multi-Purpose Room

V 4E - Varied 4E

Some programs may take place outdoors, weather permitting. Programs may be subject to change.