

July 2026



4 West Programs Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | <p>HAPPY CANADA DAY</p> | 1 | 2 | 3 | 4 |
| | | | <p>Canada Day</p> <p>9:30am Walk And Roll Club - V 4W</p> <p>9:45am Music Appreciation - Canadian Music - V 4W</p> <p>10:15am Window on the World - V 4W</p> <p>10:30am Church Service - MPR</p> <p>2:00pm Canada Day Ice Cream & Strawberries Social - MPR</p> | <p>10:15am Moving to Music - V 4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:00pm One To Ones - V 4W</p> <p>2:30pm Classic Movie - TV4W</p> <p>6:30pm Courtyard Club - Evenings - C</p> | <p>10:00am Brain Teasers - V 4W</p> <p>10:30am Sing With Us - TV4W</p> <p>2:15pm Spiritual Songs - V 4W</p> <p>2:30pm Jewish Service - MPR</p> <p>3:45pm Making Connections - V 4W</p> | <p>10:00am Tranquil Nature - V 4W</p> <p>10:30am Church Service - MPR</p> <p>2:15pm Talented Kids (TV) - V 4W</p> <p>2:30pm Lovable Companions (Robotic Pet Therapy) - AR4W</p> |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| <p>10:00am One To Ones - V 4W</p> <p>10:15am Special Interest Group - Amazing Animals - V 4W</p> <p>10:30am Mixed Bag - AR4W</p> <p>2:00pm Courtyard Games - C</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>10:30am Adapted Dance with Riki - MPR</p> <p>2:00pm Reminiscing - Musical Trip Down Memory Lane - V 4W</p> <p>2:30pm Courtyard Club - Balloon, Ball and Bubble Games - C</p> <p>2:30pm Courtyard Club - Ball, Balloon and Bubble Games - C</p> | <p>10:15am Comedy Club - V 4W</p> <p>10:45am Good Neighbours Discussion Club - V 4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:00pm Celebration of Culture - TV4W</p> <p>2:30pm Throwback Tuesdays - MPR</p> <p>6:30pm Courtyard Club - C</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>10:15am Window on the World - V 4W</p> <p>10:30am Church Service - MPR</p> <p>2:15pm Tranquil Nature - V 4W</p> <p>2:30pm Sensory Therapy - AR4W</p> | <p>10:15am Cool Drinks Social Club - V 4W</p> <p>10:45am Table Top Activities - AR4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:30pm Entertainment - MPR</p> <p>6:30pm Courtyard Club - Evenings - C</p> | <p>9:45am Residents Choice (TV) - V 4W</p> <p>10:30am Bingo Buddies Club - AR4W</p> <p>2:15pm Spiritual Songs - V 4W</p> <p>2:30pm Jewish Service - MPR</p> <p>3:45pm Short Stories Club - V 4W</p> | <p>10:00am Music Appreciation - V 4W</p> <p>10:30am Church Service - MPR</p> <p>3:00pm Bethel SDA Group - MPR</p> |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| <p>10:00am One To Ones - V 4W</p> <p>10:30am Morning Movie - TV4W</p> <p>2:00pm Courtyard Games - C</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>10:30am Adapted Dance with Riki - MPR</p> <p>2:00pm Concert (TV) - V 4W</p> <p>2:30pm Courtyard Club - C</p> | <p>10:00am Guess The Answer! - V 4W</p> <p>10:30am Bingo Buddies Club - AR4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:30pm Throwback Tuesdays - MPR</p> <p>6:30pm Courtyard Club - Evenings - C</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>10:15am Window on the World - V 4W</p> <p>10:30am Church Service - MPR</p> <p>2:00pm Tranquil Nature - V 4W</p> <p>2:30pm Men's Club - Jeopardy</p> | <p>10:15am Comedy Club - V 4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:30pm Community Active Games - MPR</p> <p>6:00pm Special Interest Group - Beautiful Babies (TV) - V 4W</p> <p>6:30pm Courtyard Club - Evenings - C</p> | <p>9:45am Sing With Us - TV4W</p> <p>10:45am Creative Artists Group - AR4W</p> <p>2:15pm Spiritual Songs - V 4W</p> <p>2:30pm Jewish Service - MPR</p> <p>3:45pm Celebration of Culture - TV4W</p> | <p>10:00am Armchair Travel - TV4W</p> <p>10:30am Church Service - MPR</p> <p>3:00pm Japanese SDA Group - MPR</p> |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| <p>10:00am One To Ones - V 4W</p> <p>10:30am Special Interest Group - Sports (TV) - V 4W</p> <p>1:00pm Tranquil Nature - V 4W</p> <p>2:00pm Ice Tea Social</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>10:30am Adapted Dance with Riki - MPR</p> <p>2:30pm Residents' Council - MPR</p> <p>2:30pm Tranquil Nature - V 4W</p> <p>2:45pm Mixed Bag - AR4W</p> | <p>10:00am Brain Teasers - V 4W</p> <p>10:30am Reminiscing - Trip Down Memory Lane - V 4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:30pm Throwback Tuesdays - MPR</p> <p>6:00pm Relaxing Hymns - V 4W</p> <p>6:30pm Seated Latin Dance - MPR</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>10:15am Window on the World - V 4W</p> <p>10:30am Church Service - MPR</p> <p>1:30pm Talent Show (TV) - V 4W</p> <p>2:15pm Community Baking - Better Batter Bakers - MPR</p> | <p>10:00am One To Ones - V 4W</p> <p>10:45am Willowdale Warriors (Sport Games) - V 4W</p> <p>11:15am Good Neighbours Discussion Club - V 4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:00pm July Birthday Party - MPR</p> <p>6:30pm Courtyard Club - Evenings - C</p> | <p>9:45am Comedy Club - V 4W</p> <p>10:30am Moving to Music - V 4W</p> <p>2:15pm Spiritual Songs - V 4W</p> <p>2:30pm Jewish Service - MPR</p> <p>3:45pm Music Appreciation - V 4W</p> | <p>10:30am Church Service - MPR</p> <p>2:15pm Hymn Singing - V 4W</p> <p>2:30pm Songs, Stories & Jokes by the Campfire - TV4W</p> <p>3:45pm Celebration of Culture - TV4W</p> |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| <p>10:00am One To Ones - V 4W</p> <p>10:30am Ribbons and Rhythm - V 4W</p> <p>11:15am Good Neighbours Discussion Club - V 4W</p> <p>2:00pm Courtyard Games - C</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>10:15am Armchair Travel - TV4W</p> <p>10:30am Adapted Dance with Riki - MPR</p> <p>2:00pm Special Interest Group - Cars (TV) - V 4W</p> <p>2:30pm Courtyard Club - C</p> | <p>10:00am Masterminds Club - AR4W</p> <p>10:30am Bingo Buddies Club - AR4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:00pm Ribbons and - V 4W</p> <p>2:30pm Throwback Tuesdays - MPR</p> <p>6:30pm Courtyard Club - Evenings - C</p> | <p>9:30am Walk And Roll Club - V 4W</p> <p>9:45am Concert (TV) - V 4W</p> <p>10:15am Window on the World - V 4W</p> <p>12:00pm Special Event - Annual BBQ - MPR</p> <p>3:00pm One To Ones - V 4W</p> | <p>International Friendship Day</p> <p>10:00am Our Amazing World (TV) - V 4W</p> <p>10:30am Making Connections - V 4W</p> <p>1:30pm Group Exercise - TV4W</p> <p>2:30pm Mixed Bag - AR4W</p> <p>6:00pm Celebration of Culture - Music From Around the World - TV4W</p> <p>6:30pm Courtyard Club - Evenings - C</p> | <p>10:00am Morning Movie - TV4W</p> <p>10:30am Creative Artists Group - AR4W</p> <p>2:15pm Spiritual Songs - V 4W</p> <p>2:30pm Jewish Service - MPR</p> <p>3:45pm One To Ones - V 4W</p> | |

AR4W - Activity Room 4W

C - Courtyard

MPR - Multi-Purpose Room

TV4W - TV Room 4W

V 4W - Varied 4W

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