



September 2026

4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:35am One to One Visits/Restorative Feeding - V 4E 9:40am Group Exercise - AR4E 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 2:00pm Courtyard Club Social - C 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	2 9:40am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 11:00am Cognitive Games - AR4E 1:30pm Movie - V 4E 2:30pm Table Top Activities - AR4E 3:00pm Music Appreciation - V 4E	3 8:35am One to One Visits/Restorative Feeding - V 4E 9:30am Group Exercise - AR4E 9:30am Walking Club - V 4E 10:00am Patio Pals Club - V 4E 10:30am Catholic Service - MPR 2:30pm Live Entertainment - Ensemble Vivant - MPR 3:30pm Window on the World - V 4E 6:30pm Courtyard Club -Evenings - C	4 8:40am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 9:45am Hymn Singing - V 4E 2:30pm Jewish Service - MPR 2:40pm Bingo Club /Table Top Activities - AR4E 3:15pm Praise & Worship Songs - V 4E	5 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:30pm Spiritual Songs - V 4E 2:30pm Spiritual Songs MPR
6 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Catholic Service T. V Virtual on YouTube - AR4E 11:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 2:30pm courtyard socials - C	7 Labour Day 8:40am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory - V 4E 1:30pm Montessori Group - AR4E 2:00pm Armchair Travel - V 4E 2:30pm Courtyard Club - C	8 8:35am One to One Visits/Restorative Feeding - V 4E 9:40am Group Exercise - AR4E 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	9 9:40am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:30pm Movie - V 4E 2:30pm Table Top Activities - AR4E 3:00pm Music Appreciation - V 4E	10 8:35am One to One Visits/Restorative Feeding - V 4E 9:30am Group Exercise - AR4E 9:30am Walking Club - V 4E 10:00am Patio Pals Club - V 4E 2:30pm Men's Club - Baseball Fall Classic - MPR 3:30pm Window on the World - V 4E 6:30pm Courtyard Club - Evenings - C	11 Rosh Hashananh 8:40am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 9:45am Hymn Singing - V 4E 2:30pm Jewish Service - MPR 2:40pm Bingo Club /Table Top Activities - AR4E 3:15pm Praise & Worship Songs - V 4E	12 Rosh Hashananh 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:30pm Spiritual Songs - V 4E 2:30pm Spiritual Songs MPR 3:00pm Bethel SDA Group - MPR
13 Grandparents' Day Rosh Hashanah 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Catholic Service T. V Virtual on YouTube - AR4E 11:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 2:30pm courtyard socials - C	14 Residents Council Week 8:40am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory - V 4E 2:30pm Residents' Council Meeting - MPR	15 Residents Council Week 8:35am One to One Visits/Restorative Feeding - V 4E 9:40am Group Exercise - AR4E 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 2:00pm Residents Council Week - Memorial Garden Planting - MPR 6:30pm Courtyard Club - Evenings - C	16 Residents Council Week 9:40am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:30pm Movie - V 4E 2:00pm Residents Council Week - Webinar - MPR 2:30pm Table Top Activities - AR4E 3:00pm Music Appreciation - V 4E	17 Residents Council Week 8:35am One to One Visits/Restorative Feeding - V 4E 9:30am Group Exercise - AR4E 9:30am Walking Club - V 4E 10:00am Patio Pals Club - V 4E 2:00pm Residents Council Week - OARC Forum 2:30pm Community Bingo Club - MPR 3:30pm Window on the World - V 4E 6:30pm Courtyard Club - Evenings - C	18 Residents Council Week 8:40am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 9:45am Hymn Singing - V 4E 10:30am Residents Council Week - Open House - MPR 2:30pm Jewish Service - MPR 2:40pm Bingo Club /Table Top Activities - AR4E 3:15pm Praise & Worship Songs - V 4E	19 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:30pm Spiritual Songs - V 4E 2:30pm Spiritual Songs MPR 3:00pm Japanese SDA Group - MPR
20 Yom Kippur 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Catholic Service T. V Virtual on YouTube - AR4E 10:30am Community Melodies - MPR 11:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 2:30pm courtyard socials - C	21 8:40am One to One Visits/Restorative Feeding - V 4E Yom Kippur 9:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory - V 4E 1:30pm Montessori Group - AR4E 2:00pm Music And Movement - V 4E 2:30pm Courtyard Club - C	22 First Day of Autumn 8:35am One to One Visits/Restorative Feeding - V 4E 9:40am Group Exercise - AR4E 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	23 9:40am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 11:00am Cognitive Games - AR4E 1:30pm Movie - V 4E 2:30pm Table Top Activities - AR4E 3:00pm Music Appreciation - V 4E	24 9:30am Group Exercise - AR4E 11:15am Resident Sing-Along - AR4E 2:30pm Live Entertainment - The West Enders - MPR 3:30pm Window on the World - V 4E 6:30pm Courtyard Club - Evenings - C	25 8:40am One to One Visits/Restorative Feeding - V 4E Sukkot 9:40am Walking Club - V 4E 9:45am Hymn Singing - V 4E 2:30pm Jewish Service - MPR 2:40pm Bingo Club /Table Top Activities - AR4E 3:15pm Praise & Worship Songs - V 4E	26 Sukkot 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:30pm Spiritual Songs - V 4E 2:30pm Spiritual Songs MPR
27 Sukkot 9:15am One to One Visits/Restorative Feeding - V 4E 9:40am Walking Club - V 4E 10:00am Catholic Service T. V Virtual on YouTube - AR4E 11:00am Praise & Worship Songs - V 4E	28 8:40am One to One Visits/Restorative Feeding - V 4E Sukkot 9:40am Walking Club - V 4E 10:30am Adapted Dance with Riki - MPR 1:15pm Snoezelen Experience - V 4E	29 8:35am One to One Visits/Restorative Feeding - V 4E Sukkot 9:40am Group Exercise - AR4E 9:45am Walking Club - V 4E 10:30am Bingo Club - AR4E 2:30pm Throwback Tuesdays - MPR	30 Sukkot 9:40am Walking Club - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:30pm Movie - V 4E 2:30pm Birthday Party - MPR 2:30pm Table Top Activities - AR4E			

2:00pm Movie Matinee - V 4E 2:30pm courtyard socials - C	1:30pm Calming Sensory - V 4E 2:00pm Celebration of Culture - AR4E 2:30pm Courtyard Club - C	6:30pm Courtyard Club - Evenings - C	3:00pm Music Appreciation - V 4E			
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AR4E - Activity Room 4E

C - Courtyard

MPR - Multi-Purpose Room

V 4E - Varied 4E

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