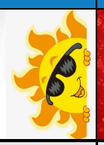
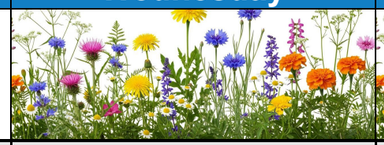
August 2026

4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						**1** 10:00am Hymn Singing - V 4W **10:30am Church Service - MPR** 3:00pm Reminiscing - Trip Down Memory Lane - V 4W
2 10:00am One To Ones - V 4W 10:30am Creative Artists Group - AR4W 2:30pm Special Interest Group - V 4W **2:30pm courtyard socials - C**	**3** **Civic Holiday** 9:15am Unit Decorating - V 4W 9:30am Walk And Roll Club - V 4W **10:30am Adapted Dance with Riki - MPR** 2:00pm Tranquil Nature - V 4W **2:30pm Courtyard Percussion Band - C**	**4** 9:45am Talent Show (TV) - V 4W 10:30am Celebration of Culture - TV4W 1:30pm Group Exercise - TV4W **2:30pm Throwback Tuesdays - MPR** 6:00pm Classic Movie - TV4W **6:30pm Courtyard Club - Evenings - C**	**5** 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 Making Connections - V 4W	**6** 10:15am Guess The Answer! - V 4W 10:45am Sing With Us - TV4W 1:30pm Group Exercise - TV4W **2:30pm Live Entertainment - Zachary Erickson - MPR** **6:30pm Courtyard Club - Evenings - C**	**7** 9:45am Comedy Club - V 4W 10:30am Willowdale Warriors (Sport Games) - V 4W 2:00pm Spiritual Songs - V 4W **2:30pm Jewish Service - MPR** 3:45pm Short Stories Club - V 4W	**8** 10:00am Hymn Singing - V 4W **10:30am Church Service - MPR** **3:00pm Bethel SDA Group - MPR**
9 10:00am One To Ones - V 4W 10:30am Creative Artists Group - AR4W 2:30pm Armchair Travel and Talk - TV4W **2:30pm courtyard socials - C**	**10** 9:30am Walk And Roll Club - V 4W 10:00am Multicultural Street Food (TV) - V 4W **10:30am Adapted Dance with Riki - MPR** 2:00pm Comedy Club - V 4W **2:30pm Courtyard Club - C**	**11** 10:00am Brain Teasers - V 4W 10:45am Willowdale Warriors (Sport Games) - V 4W 1:30pm Group Exercise - TV4W **2:30pm Throwback Tuesdays - MPR** **6:30pm Courtyard Club - Evenings - C**	**12** 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W **10:30am Church Service - MPR** 1:30pm Our Amazing World - V 4W **2:00pm Memorial Service - MPR**	**13** 10:15am Cool Drinks Social Club - V 4W 1:30pm Group Exercise - TV4W **2:30pm Community Bingo Club - MPR** **6:30pm Courtyard Club - Evenings - C**	**14** 9:45am One To Ones - V 4W 10:30am You Got To Know When To Fold 'Em (Laundry Club) - AR4W 2:00pm Spiritual Songs - V 4W **2:30pm Jewish Service - MPR** 3:45pm Music Appreciation - V 4W	**15** 10:00am Hymn Singing - V 4W **10:30am Church Service - MPR** **3:00pm Japanese SDA Group - MPR**
16 10:00am One To Ones - V 4W 10:30am Special Interest Group - V 4W 2:30pm Masterminds Club - AR4W **2:30pm courtyard socials - C**	**17** 9:30am Walk And Roll Club - V 4W 10:00am National Geographic - V 4W **10:30am Adapted Dance with Riki - MPR** 2:00pm Concert (TV) - V 4W **2:30pm Residents' Council - MPR**	**18** 10:15am Bingo Buddies Club - AR4W 11:15am Good Neighbours Discussion Club - V 4W 1:30pm Group Exercise - TV4W **2:30pm Throwback Tuesdays - MPR** **6:30pm Courtyard Club - Evenings - C**	**19** 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W **10:30am Church Service - MPR** 2:15pm Cool Drinks Social Club - V 4W 3:30pm Montessori Table Top Activities - AR4W	**20** 10:00am Guess The Answer! - V 4W 10:45am Cool Rhythms Percussion Band - V 4W 1:30pm Group Exercise - TV4W **2:30pm August Birthday Party - MPR** **6:30pm Courtyard Club - Evenings - C**	**21** 9:45am Comedy Club - V 4W 10:30am Obie Games - AR4W 2:00pm Spiritual Songs - V 4W **2:30pm Jewish Service - MPR** 3:45pm Lovable Companions (Robotic Pet Therapy) - AR4W	**22** 10:00am Hymn Singing - V 4W **10:30am Church Service - MPR** 3:00pm Mixed Bag - AR4W
23 10:00am One To Ones - V 4W 10:30am Creative Artists Group - AR4W 2:30pm You Got To Know When To Fold 'Em (Laundry Club) - AR4W **2:30pm courtyard socials - C**	**24** 9:30am Walk And Roll Club - V 4W 10:00am Songs for the Spirit - V 4W **10:30am Adapted Dance with Riki - MPR** 2:00pm Musical Movie - TV4W **2:30pm Courtyard Club - C**	**25** 10:00am Brain Teasers - V 4W 10:45am Sit and Get Fit - Ball and Balloon Games - TV4W 1:30pm Group Exercise - TV4W **2:30pm Throwback Tuesdays - MPR** **6:30pm Courtyard Club - Evenings - C**	**26** 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W **12:00pm Annual Picnic - MPR** 3:15pm Reminiscing - Retro Music and Imagery - V 4W 3:30pm Chicken Soup for the Soul (Short Stories) - V 4W	**27** 10:00am Amazing Animals (TV) - V 4W 1:30pm Group Exercise - TV4W 1:30pm Music Relaxation - V 4W **2:00pm Ladies Club - Baking - MPR** **6:30pm Courtyard Club - Evenings - C**	**28** 9:45am Sing With Us - TV4W 10:30am Patio Pals Club (4E/4W) - V 4E 2:00pm Spiritual Songs - MPR **2:30pm Jewish Service - MPR** 3:45pm Sensory Therapy - AR4W	**29** 10:00am Hymn Singing - V 4W **10:30am Church Service - MPR** 3:00pm Armchair Travel and Talk - TV4W
30 10:00am One To Ones - V 4W 10:30am Special Interest Group - V 4W 2:30pm Lovable Companions (Robotic Pet Therapy) - AR4W **2:30pm courtyard socials - C**	**31** 9:30am Walk And Roll Club - V 4W 10:00am Concert (TV) - V 4W **10:30am Adapted Dance with Riki - MPR** 2:00pm Celebration of Culture - TV4W **2:30pm Courtyard Club - C**					

AR4W - Activity Room 4W C - Courtyard MPR - Multi-Purpose Room TV4W - TV Room 4W V 4E - Varied 4E

V 4W - Varied 4W

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