

October 2026

4 East Programs Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sukkot 8:45am One to One Visits - V 4E 9:30am Group Exercise - AR4E 10:00am Unit Decorating - V 4E 11:00am Colouring and Painting - AR4E 2:30pm Octoberfest Celebration - MPR 6:30pm Evening Unit Activities - V	2 Sukkot 10:00am Hymn Singing - V 4E 10:30am Bingo Club /Table Top Activities - AR4E 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	3 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:00pm Window on the World - V 4E 1:30pm Spiritual Songs - V 4E 3:00pm Residents Choice (TV) - V 4E
4 10:00am Catholic Service T. V Virtual on YouTube - AR4E 11:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 3:00pm Residents Choice (TV) - V 4E	5 8:45am One to One Visits - 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 2:30pm Tranquil Nature - AR4E 3:30pm I love Lucy Show - MPR	6 8:35am One to One Visits - V 4E 9:40am Group Exercise - AR4E 10:00am Moving to Music - V 4E 10:45am Bingo Club/Table Top Activity - AR4E 2:30pm Throwback Tuesdays - MPR 6:30pm Community Melodies - Evenings - MPR	7 8:45am One to One Visits - V 4E 9:45am Walking Club/Talking - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Church Service - MPR 1:30pm Movie - V 4E 2:30pm Creative Artists Group - Pumpkin Decorating (4E/4W) - AR4W 2:30pm Table Top Activities - AR4E	8 8:45am One to One Visits - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:30am Creative Artists Group - AR4E 2:30pm Ladies Club - Beauty Care Spa - MPR 6:30pm Evening Unit Activities - V	9 10:00am Hymn Singing - V 4E 10:30am Community Artists Club - Thanksgiving Theme - MPR 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	10 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:00pm Window on the World - V 4E 1:30pm Spiritual Songs - V 4E 3:00pm Bethel SDA Group - MPR 3:00pm Residents Choice (TV) - V 4E
11 10:00am Catholic Service T. V Virtual on YouTube - AR4E 10:30am Community Baking Pie Making - MPR 11:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 2:30pm Community Thanksgiving Celebration - V 3:00pm Residents Choice (TV) - V 4E	12 Thanksgiving 8:45am One to One Visits - 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 Thanksgiving Tea - V 2:30pm Celebration of Culture - AR4E	13 8:35am One to One Visits - V 4E 9:40am Group Exercise - AR4E 10:00am Moving to Music - V 4E 10:30am Flower Arrangement - AR4E 2:30pm Throwback Tuesdays - MPR 3:00pm Wise Old Sayings - MPR 6:30pm Latin Ballroom Dancing - Evenings - MPR	14 8:45am One to One Visits - V 4E 9:45am Walking Club/Talking - V 4E 10:00am Chaplain Visits - V 10:15am Residents Choice (TV) - V 4E 1:30pm Movie - V 4E 2:30pm Table Top Activities - AR4E	15 8:45am One to One Visits - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:00am Reminiscing - Trip Down Memory Lane - AR4E 10:30am Cognitive Games - AR4E 2:30pm Live Entertainment - Zachary Erickson - MPR	16 10:00am Hymn Singing - V 4E 10:30am Bingo Club /Table Top Activities - AR4E 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	17 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:00pm Window on the World - V 4E 1:30pm Spiritual Songs - V 4E 3:00pm Japanese SDA Group - MPR 3:00pm Residents Choice (TV) - V 4E
18 10:00am Catholic Service T. V Virtual on YouTube - AR4E 11:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 3:00pm Residents Choice (TV) - V 4E	19 8:45am One to One Visits - 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 Comedy Time - V 4E 3:00pm Baby Care Corner - AR4E	20 8:35am One to One Visits - V 4E 9:40am Group Exercise - AR4E 10:00am Moving to Music - V 4E 10:30am Puzzles - AR4E 2:30pm Throwback Tuesdays - MPR 6:30pm Movie Time - Evenings - MPR	21 8:45am One to One Visits - V 4E 9:45am Walking Club/Talking - 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	22 8:45am One to One Visits - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:30am 4 Express (Sports Games) - AR4E 2:30pm Live Entertainment - Steven Schulman - MPR 6:30pm Evening Unit Activities - V	23 10:00am Hymn Singing - V 4E 10:30am Bingo Club /Table Top Activities - AR4E 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	24 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:00pm Window on the World - V 4E 1:30pm Spiritual Songs - V 4E 3:00pm Residents Choice (TV) - V 4E
25 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 I love Lucy Show - MPR 2:30pm Reminiscing - Trip Down Memory Lane - AR4E 3:00pm Residents Choice (TV) - V 4E	26 Municipal Election Day 10:00am Armchair Travel - V 4E 1:15pm Snoezelen Experience - V 4E 1:30pm Calming Sensory - V 4E 1:30pm Montessori Group - AR4E 2:30pm Residents' Council Meeting - MPR 3:00pm Exploring The Internet - AR4E	27 8:35am One to One Visits - V 4E 9:30am Walking Club - V 4E 9:40am Group Exercise - AR4E 10:00am Moving to Music - V 4E 10:45am Bingo Club/Table Top Activity - AR4E 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	28 8:45am One to One Visits - V 4E 9:45am Walking Club/Talking - 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	29 8:45am One to One Visits - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:30am Special Interest Group - V 4E 2:30pm Community Baking - Autumn Theme - MPR 6:30pm Latin Ballroom Dancing - Evenings - MPR	30 10:00am Hymn Singing - V 4E 10:30am Bingo Club /Table Top Activities - AR4E 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	31 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:00pm Window on the World - V 4E 1:30pm Spiritual Songs - V 4E 2:30pm Hymn Singing 3:00pm Residents Choice (TV) - V 4E

