

October 2026



2 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sukkot 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 11:00am Colouring and Painting - AR2W 2:30pm Oktoberfest Celebration - MPR 6:00pm Lovable Companions (Pet Therapy) - AR2W 6:30pm Evening Unit Activities - V	2 Sukkot 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	3 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W
4 9:30am 1:1 - V 2W 10:30am Resident's Choice Movie - TV2W 2:00pm Ball Toss and Cordination - TV2W	5 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Memory Match Games - AR2W 2:30pm Resident Sing-a-Long - TV2W 3:30pm I love Lucy Show - MPR	6 9:15am The Good Old Days/ Reminiscing - TV2W 10:30am Bingo - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 6:30pm Community Melodies - Evenings - MPR	7 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Residents Choice (TV) - TV2W 2:30pm Arts & Crafts - Pumpkin Decorating - AR2W	8 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 2:30pm Ladies Club - Beauty Care Spa - MPR 2:30pm Residents Choice (TV) - TV2W 6:00pm Relaxing Music & Reminiscence - TV2W	9 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 10:30am Community Artists Club - Thanksgiving Theme - MPR 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	10 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W 3:00pm Bethel SDA Group - MPR
11 9:30am 1:1 - V 2W 10:30am Community Baking Pie Making - MPR 10:30am Resident's Choice Movie - TV2W 2:30pm Community Thanksgiving Celebration - V	12 Thanksgiving 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Thanksgiving Tea - V 2:30pm Resident Sing-a-Long - TV2W	13 9:15am The Good Old Days/ Reminiscing - TV2W 10:30am Bingo - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 3:00pm Wise Old Sayings - MPR 6:30pm Latin Ballroom Dancing - Evenings - MPR	14 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:00am Chaplain Visit - V	15 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 2:30pm Live Entertainment - Zachary Erickson - MPR 6:00pm Colouring and Painting - AR2W	16 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	17 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W 3:00pm Japanese SDA Group - MPR
18 10:00am Ball Toss and Cordination - TV2W 11:00am Residents Choice (TV) - TV2W 2:30pm Board Games - AR2W	19 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Riki - MPR 2:00pm Memory Match Games - AR2W 2:30pm Residents' Council Meeting - MPR	20 9:15am The Good Old Days/ Reminiscing - TV2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 6:30pm Movie Time - Evenings - MPR	21 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:00pm Autumn/Fall Photo booth - AR2W	22 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 2:30pm Live Entertainment - Steven Schulman - MPR 2:30pm Residents Choice (TV) - TV2W 6:00pm Classic Movie Night - TV2W	23 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	24 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W
25 9:30am Ball Toss and Cordination - TV2W 10:30am Resident's Choice Movie - TV2W 2:30pm Board Games - AR2W	26 Municipal Election Day 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Adapted Dance with Reki - 2:00pm Memory Match Games - AR2W 2:30pm Resident Sing-a-Long - TV2W	27 9:15am The Good Old Days/ Reminiscing - TV2W 10:30am Bingo - AR2W 2:30pm Residents Choice (TV) - TV2W 2:30pm Throwback Tuesdays - MPR 6:00pm Relaxing Music & Reminiscence - TV2W	28 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Church Service - MPR 2:30pm Birthday Party - MPR	29 9:30am Armchair Travel and Discussion Group - TV2W 10:00am Ball Toss and Cordination - 2:30pm Community Baking - Autumn Theme - MPR 2:30pm Residents Choice (TV) - TV2W 6:30pm Latin Ballroom Dancing - Evenings - MPR	30 9:30am Group Exercise - TV2W 9:30am one to one - V 2W 10:30am Bingo - AR2W 2:00pm Spiritual Songs - TV2W 2:30pm Jewish Service - MPR	31 10:30am Church Service - MPR 2:30pm Spiritual Songs - TV2W

V - Varied

V 2W - Varied 2W

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