November 2026

3 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Apple Baking - AR3W 10:45am Coffee/Tea Social - AR3W 11:15am Oldies Music - AR3W	**2** 8:45am One to One Dining - DR3W 10:30am Adapted Dance with Riki - MPR 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 3:30pm Movie - TV3W	**3** 10:00am Music Appreciation - TV3W 1:30pm Group Exercise - TV3W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**4** 8:30am Take Your Kid to work day - Meet Ryan - RR3W 10:30am Church Service - MPR 1:00pm One to One Visits - RR3W 2:00pm Happy Hour - MPR 4:00pm Classical Music - AR3W	**5** 8:45am One to One Dining - DR3W 10:30am Catholic Service - MPR 11:15am Sing Along - AR3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 2:30pm Community Artists Club - Remembrance Day Theme - MPR 6:30pm Evening Unit Activities - V	**6** 10:00am Baking - AR3W 10:45am Coffee/Tea Social - AR3W 11:15am Oldies Music - AR3W 2:30pm Jewish Service - MPR 3:30pm Hymns - TV3W 4:00pm One to One Visits - RR3W	**7** 10:30am Church Service - MPR 3:45pm Hymn Singing - TV3W
8 10:15am Classic Morning Movie - TV3W 3:45pm One to One Visits - V 3W	**9** 8:45am One to One Dining - DR3W 10:30am Adapted Dance with Riki - MPR 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 2:15pm Hearts in Action - Crawford Academy Students - CHAP	**10** 10:15am Hot Chocolate Social - AR3W 11:15am Sing Along - AR3W 1:30pm Group Exercise - TV3W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**11** Remembrance Day 10:30am Remembrance Day Service - MPR 1:00pm One to One Visits - RR3W 2:30pm Board Games - AR3W 3:30pm Country Music - AR3W	**12** 10:00am Bread Making - AR3W 10:45am Coffee/Tea Social - AR3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 2:15pm Bingo - AR3W 2:30pm Community Bingo Club - MPR 6:30pm Evening Unit Activities - V	**13** 8:45am One to One Dining - DR3W 10:30am Fellowship with Pastor George - MPR 2:30pm Jewish Service - MPR 3:30pm Rock and Roll Music - AR3W	**14** 10:30am Church Service - MPR 3:00pm Bethel SDA Group - MPR
15 10:00am Music Appreciation - TV3W 2:00pm Residents Choice (TV) - TV3W	**16** 8:45am One to One Dining - DR3W 10:30am Adapted Dance with Riki - MPR 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 2:00pm Tim Horton's Coffee Cart - MPR	**17** 10:00am Special Event - Glamour Photo Booth - MPR 1:30pm Group Exercise - TV3W 2:15pm Bingo - AR3W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**18** 10:30am Church Service - MPR 1:00pm One to One Visits - RR3W 2:30pm Men's Club with Special Guest - Fisherman Jeremy - MPR 3:30pm Italian Music - AR3W	**19** 10:30am Catholic Service - MPR 1:30pm Group Exercise - TV3W 2:30pm Entertainment - The Sparklettes - MPR 6:30pm Evening Unit Activities - V	**20** 8:45am One to One Dining - DR3W 10:00am Ball Throw - TV3W 11:15am Hymn Singing 2:30pm Jewish Service - MPR 3:30pm Oldies Music - AR3W	**21** 10:30am Church Service - MPR 3:00pm Japanese SDA Group - MPR
22 11:15am Sing Along - AR3W 2:30pm Bingo - AR3W 3:45pm One to One Visits - RR3W	**23** 8:45am One to One Dining - DR3W 10:30am Adapted Dance with Riki - MPR 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 2:30pm Residents' Council Meeting - MPR 3:30pm I love Lucy Show - MPR	**24** 10:00am Music Appreciation - TV3W 1:30pm Group Exercise - TV3W 2:15pm Bingo - AR3W 2:30pm Throwback Tuesdays - MPR 6:30pm Latin Ballroom Dancing - Evenings - MPR	**25** 10:30am Church Service - MPR 1:00pm One to One Visits - RR3W 2:30pm Birthday Party with James Regan - MPR 3:30pm Spanish Music - AR3W	**26** 10:00am Music Appreciation - TV3W 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 6:30pm Pub Night with Country Kenny - MPR	**27** 10:15am Cooking - Pizza Making - AR3W 12:00pm Lunch with Ruth - AR3W 2:30pm Jewish Service - MPR 3:30pm Hymns - TV3W	**28** 10:30am Church Service - MPR 3:45pm Hymn Singing - TV3W HAPPY BIRTHDAY MARYLA!
29 10:15am Classic Morning Movie - TV3W 3:45pm One to One Visits - V 3W	**30** 8:45am One to One Dining - DR3W 10:30am Adapted Dance with Riki - MPR 1:00pm One to One Visits - RR3W 1:30pm Group Exercise - TV3W 2:15pm Hearts in Action - Crawford Academy Students - CHAP HAPPY BIRTHDAY EUGENE!					

AR3W - Activity Room 3W
CHAP - Chapel
DR3W - Dining Room 3W
MPR - Multi-Purpose Room
RR3W - Resident Rooms 3W
TV3W - TV Room 3W
V - Varied
V 3W - Varied 3W

Programs may be subject to change.