November 2026

4 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Catholic Service T. V Virtual on YouTube - AR4E 10:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 3:00pm Residents Choice (TV) - V 4E	**2** 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 Dancing With Stars - V 4E 3:00pm Armchair Travel - V 4E	**3** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Walking Club - V 4E 9:40am Group Exercise - AR4E 10:00am Creative Artists Group - AR4E 10:30am Unit Decorating - V 4E 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**4** 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 2:00pm Happy Hour - MPR	**5** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:30am Catholic Service - MPR 11:15am Cognitive Games - AR4E 2:30pm Community Artists Club - Remembrance Day Theme - MPR 6:30pm Evening Unit Activities - V	**6** 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	**7** 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:30pm Spiritual Songs - V 4E
8 10:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E	**9** 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 2:15pm Hearts in Action - Crawford Academy Students - CHAP	**10** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Walking Club - V 4E 9:40am Group Exercise - AR4E 10:45am Bingo Club/Table Top Activity - AR4E 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**11** Remembrance Day 8:45am One to One Visits - V 4E 9:45am Walking Club/Talking - V 4E 10:15am Residents Choice (TV) - V 4E 10:30am Remembrance Day Service - MPR 1:30pm Movie - V 4E	**12** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:30am Short Stories Group - V 4E 11:15am Cognitive Games - AR4E 2:30pm Community Bingo Club - MPR 6:30pm Evening Unit Activities - V	**13** 10:00am Hymn Singing - V 4E 10:30am Fellowship with Pastor George - MPR 2:00pm Unit Jewish Service/ Sabbath Shalom Virtual - V 4E 2:30pm Jewish Service - MPR 3:15pm Praise & Worship Songs - V 4E	**14** 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:30pm Spiritual Songs - V 4E 3:00pm Bethel SDA Group - MPR
15 10:00am Resident Sing-Along - AR4E 2:00pm Movie Matinee - V 4E	**16** 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 Baby Care Corner - AR4E 2:00pm Tim Horton's Coffee Cart - MPR	**17** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Walking Club - V 4E 9:40am Group Exercise - AR4E 10:00am Special Event - Glamour Photo Booth - MPR 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**18** 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 Men's Club with Special Guest - Fisherman Jeremy - MPR	**19** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:30am Catholic Service - MPR 11:15am Cognitive Games - AR4E 2:30pm Entertainment - The Sparklettes - MPR 6:30pm Evening Unit Activities - V	**20** 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	**21** 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 Spiritual Songs MPR 3:00pm Japanese SDA Group - MPR 3:00pm Residents Choice (TV) - V 4E
22 10:00am Catholic Service T. V Virtual on YouTube - AR4E 10:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E 3:00pm Residents Choice (TV) - V 4E	**23** 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 Residents' Council Meeting - MPR 3:00pm Special Interest Group - V 4E	**24** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Walking Club - V 4E 9:40am Group Exercise - AR4E 10:45am Bingo Club/Table Top Activity - AR4E 2:30pm Throwback Tuesdays - MPR 6:30pm Latin Ballroom Dancing - Evenings - MPR	**25** 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 with James Regan - MPR	**26** 8:45am One to One Visits/Restorative Feeding - V 4E 9:30am Group Exercise - AR4E 9:45am Walking Club/talking - V 4E 10:00am Short Stories Group - V 4E 11:15am Cognitive Games - AR4E 6:30pm Pub Night with Country Kenny - MPR	**27** 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	**28** 10:00am Hymn Singing - V 4E 10:30am Church Service - MPR 1:30pm Spiritual Songs - V 4E
29 10:00am Catholic Service T. V Virtual on YouTube - AR4E 10:00am Praise & Worship Songs - V 4E 2:00pm Movie Matinee - V 4E	**30** 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 2:15pm Hearts in Action - Crawford Academy Students - CHAP					

AR4E - Activity Room 4E

CHAP - Chapel

MPR - Multi-Purpose Room

V - Varied

V 4E - Varied 4E

Programs may be subject to change.