November 2026

4 West Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15am Tranquil Nature - V 4W 3:00pm One To Ones - V 4W	**2** 9:30am Walk And Roll Club - V 4W 10:00am Talent Show (TV) - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Unit Decorating - V 4W 3:00pm Bingo Buddies Club - AR4W	**3** 10:00am Sweet Scents Baking Club - Cinnamon Swirl Cupcakes - AR4W 10:30am Reminiscing Group - V 4W 1:30pm Group Exercise - TV4W 2:00pm Funny Babies and Animals - V 4W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**4** 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 1:45pm Residents Choice (TV) - V 4W 2:00pm Happy Hour - MPR	**5** 10:30am Catholic Service - MPR 1:30pm Group Exercise - TV4W 2:30pm Community Artists Club - Remembrance Day Theme - MPR 6:30pm Evening Unit Activities - V	**6** 10:00am Guess The Answer! - V 4W 10:30am Cool Rhythms Percussion Band - V 4W 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm Armchair Travel - TV4W	**7** 9:45am Hymn Singing - V 4W 10:30am Church Service - MPR 2:15pm Heart and Soul Cinema - TV4W 2:30pm Sensory Therapy - AR4W
8 10:30am Short Stories Club - V 4W 11:00am Sing With Us - TV4W 2:30pm Mixed Bag - AR4W	**9** 9:30am Walk And Roll Club - V 4W 10:00am Tranquil Nature - V 4W 10:30am Adapted Dance with Riki - MPR 1:45pm Comedy Club - V 4W 2:15pm Hearts in Action - Crawford Academy Students - CHAP	**10** 10:15am Keeping Cozy - Hot Beverages Social - AR4W 11:00am Masterminds Club - AR4W 1:30pm Group Exercise - TV4W 2:00pm Music Appreciation - V 4W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**11** Remembrance Day 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Remembrance Day Service - MPR 2:00pm Table Top Activities - AR4W 3:15pm One To Ones - V 4W	**12** 10:30am Willowdale Warriors (Sport Games) - V 4W 11:15am Good Neighbours Discussion Club - V 4W 1:30pm Group Exercise - TV4W 2:30pm Community Bingo Club - MPR 6:30pm Evening Unit Activities - V	**13** 10:00am Residents Choice (TV) - V 4W 10:30am Fellowship with Pastor George - MPR 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm Celebration of Culture - TV4W	**14** 9:45am Hymn Singing - V 4W 10:30am Church Service - MPR 3:00pm Bethel SDA Group - MPR
15 10:15am Comedy Club - V 4W 3:00pm One To Ones - V 4W	**16** 9:30am Walk And Roll Club - V 4W 10:00am Monday Morning Movie - TV4W 10:30am Adapted Dance with Riki - MPR 1:45pm Music Appreciation - V 4W 2:00pm Tim Horton's Coffee Cart - MPR	**17** 9:30am Celebration of Culture - TV4W 10:00am Special Event - Glamour Photo Booth - MPR 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR 6:30pm Evening Unit Activities - V	**18** 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:00pm Special Interest Group - V 4W 2:30pm Men's Club with Special Guest - Fisherman Jeremy - MPR	**19** 9:45am Tranquil Nature - V 4W 10:30am Catholic Service - MPR 1:30pm Group Exercise - TV4W 2:30pm Entertainment - The Sparklettes - MPR 6:30pm Evening Unit Activities - V	**20** 10:15am Twist and Shout Dance Party - V 4W 11:00am Sing With Us - TV4W 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm Special Interest Group - V 4W	**21** 9:45am Hymn Singing - V 4W 10:30am Church Service - MPR 3:00pm Japanese SDA Group - MPR
22 10:15am Armchair Travel - TV4W 3:00pm One To Ones - V 4W	**23** 9:30am Walk And Roll Club - V 4W 10:00am Music Appreciation - V 4W 10:30am Adapted Dance with Riki - MPR 2:15pm Armchair Travel - TV4W 2:30pm Residents' Council Meeting - MPR	**24** 10:00am Tranquil Nature - V 4W 10:15am Sweet Scents - Bread Making - AR4W 1:30pm Group Exercise - TV4W 2:30pm Throwback Tuesdays - MPR 6:30pm Latin Ballroom Dancing - Evenings - MPR	**25** 9:30am Walk And Roll Club - V 4W 10:15am Window on the World - V 4W 10:30am Church Service - MPR 2:30pm Birthday Party with James Regan - MPR	**26** 10:15am Brain Teasers - V 4W 10:30am Bingo Buddies Club - AR4W 1:30pm Group Exercise - TV4W 2:30pm Mixed Bag - AR4W 6:30pm Pub Night with Country Kenny - MPR	**27** 10:30am Off the Hook! (Fishing Game) - V 4W 2:00pm Spiritual Songs - V 4W 2:30pm Jewish Service - MPR 3:45pm Reminiscing - Trip Down Memory Lane - V 4W	**28** 9:45am Hymn Singing - V 4W 10:30am Church Service - MPR 2:15pm Heart and Soul Cinema - TV4W 2:30pm Sensory Therapy - AR4W
29 10:30am Lovable Companions (Pet Therapy) - AR4W 11:00am Celebration of Culture - TV4W 2:30pm Mixed Bag - AR4W	**30** 9:30am Walk And Roll Club - V 4W 10:30am Adapted Dance with Riki - MPR 1:45pm Favourite Tunes - V 4W 2:15pm Hearts in Action - Crawford Academy Students - CHAP					

AR4W - Activity Room 4W CHAP - Chapel MPR - Multi-Purpose Room TV4W - TV Room 4W V - Varied

V 4W - Varied 4W

Programs may be subject to change.