



| Sunday                                                                                                                                                                                                                                                                   | Monday                                                                                                                                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                                         |
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| <div><b>Program Location Legend</b><br/><b>WS</b> = Wolinsky Synagouge<br/><b>WH</b> = Wortsman Hall<br/><b>JT</b> = Jacob Theatre<br/><b>WAG</b> = WA Cafe Garden<br/><b>WA</b> = W.A. Cafe<br/><b>SA</b> = Sharp Family Atrium<br/><b>SG</b>= Secure Garden</div>      | <div><b>Program Location Legend</b><br/><b>RR</b> = Recreation Room<br/><b>EI</b> = Elmgrove/Ivywood<br/><b>RF</b> = Redbird/Floral Place<br/><b>GS</b> = Goldenlane/Stoneway<br/><b>LH</b> = Loftus Hall<br/><b>CAS</b> = Creative Arts Studio<br/><b>CH</b>= Culture Hub</div>                                                                                                         | <div>Canada Day</div>                                                                                                                                                                                                                                                                                                                          | <div></div>                                                                                                                                                                                                                                                                                                                                                                                                                        | <div></div>                                                                                                                                                                                                                                                                                                                                      | <div></div>                                                                                                                                                                                                                                                             | <div></div>                                                                                                                                                                                                                      |
|                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                          | 1                                                                                                                                                                                                                                                                                                                                              | 2                                                                                                                                                                                                                                                                                                                                                                                                                                  | 3                                                                                                                                                                                                                                                                                                                                                | 4                                                                                                                                                                                                                                                                       | 5                                                                                                                                                                                                                                |
|                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                | 9:30am Morning Friendly visits(On units)<br>10:00am Doors Open Art Making (CAS)<br><br>10:00am Montessori Fun Cart (Rotating)<br>1:30pm Jewish Storytelling (A5 RR)<br>1:30pm Canada Day Trivia(RR)<br>3:00pm Canada Day Celebration (SA)<br><br>6:00pm Evening Balcony Social (RR Balcony)                                                                                                                                        | 10:00am Creative Arts (CAS)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo(RR)<br>1:30pm Shared Wisdom (A7 RR)<br>2:30pm Doors Open Art Making (CAS)<br><br>2:45pm Sharing Dance Class (SA)<br>3:00pm Friendly Visits-Resident walks(On Units)<br>6:00pm Spa Social (LH)                                              | 10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness(RR)<br>11:15am Therapeutic Gardening(RR)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat (SA)<br>3:30pm Outdoor Walks                                                    | 9:30am Orthodox Shabbat Service (WS)<br>10:30am Gentle Fitness (RR)<br>10:30am Let's Schmooze: Morning Mingle (CH)<br>1:30pm Board games with Hiro and Zulal (SA)<br>2:00pm Aromatherapy ( on units)<br>3:30pm 1:1 Garden Visits |
|                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                  |
| 6                                                                                                                                                                                                                                                                        | 7                                                                                                                                                                                                                                                                                                                                                                                        | 8                                                                                                                                                                                                                                                                                                                                              | 9                                                                                                                                                                                                                                                                                                                                                                                                                                  | 10                                                                                                                                                                                                                                                                                                                                               | 11                                                                                                                                                                                                                                                                      | 12                                                                                                                                                                                                                               |
| 1:30pm Arts and crafts (RR)<br>2:30pm 1:1 Garden Visits<br>3:30pm Compassionate Touch ( on units)                                                                                                                                                                        | 10:00am Doors Open Art Making (CAS)<br><br>10:00am Relaxation Visits (Rotating)<br>10:30am Gentle Fitness(RR)<br>1:30pm Buddy's Glee Club (A3RR) *referral only<br>1:30pm Karoke(RR)<br>3:00pm Active Games (SA)<br>3:00pm Storytelling For The Soul (A6 RR)<br>4:00pm Torah Class with Rabbi David (A2 RR)<br>6:00pm Evening Stroll(Off unit)                                           | 10:00am Creative Arts (CAS)<br>10:00am Outing to High Park<br>10:30am Musar (A2 RR)<br>11:00am Montessori Madness (SA)<br>12:00 BBQ-2RF(Invitation only)<br>1:30pm Doors Open Art Making(CAS)<br>1:30pm Montessori(on units)<br>2:00pm Brain Games(RR)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>6:00pm Evening Active Games (SA) | 9:30am Morning Friendly visits(On units)<br>10:00am Doors Open Art Making (CAS)<br>10:30am Music Therapy (A2EI) *referral only<br>1:30pm Viva Las Baycrest: Casino Day for Residents! (SA)<br>6:00pm Brain Games (RR)<br>6:00pm Creative Connections Poetry Group (LH)                                                                                                                                                             | 10:00am Aromatherapy (Rotating)<br>10:00am Creative Arts (CAS)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo(RR)<br>1:30pm Shared Wisdom (A7 RR)<br>2:30pm Doors Open Art Making (CAS)<br><br>2:45pm Sharing Dance Class (SA)<br>3:30pm Friendly visits-Helping Hands(on units)<br>6:00pm Documentary (A2RR)         | 10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness(RR)<br>11:15am Therapeutic Gardening(RR)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat (SA)<br>3:30pm Outdoor Walks                                                    | 9:30am Orthodox Shabbat Service (WS)<br>10:30am Gentle Fitness (RR)<br>1:30pm Paint and Chat<br>3:30pm 1:1 Garden Visits (Off Units)                                                                                             |
|                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                  |
| 13                                                                                                                                                                                                                                                                       | 14                                                                                                                                                                                                                                                                                                                                                                                       | 15                                                                                                                                                                                                                                                                                                                                             | 16                                                                                                                                                                                                                                                                                                                                                                                                                                 | 17                                                                                                                                                                                                                                                                                                                                               | 18                                                                                                                                                                                                                                                                      | 19                                                                                                                                                                                                                               |
| <div>Fast of Tammuz</div> <div>10:00am Sunday Art Social (SA)<br/>10:30am Gentle Fitness (RR)<br/>11:15am 1:1 Garden Visits<br/>1:30pm Relaxation Visits &amp; Compassionate Touch (Rotation)<br/>2:00pm Discussion group (RR)<br/>3:30pm Aromatherapy ( on units)</div> | 10:00am Doors Open Art Making (CAS)<br><br>10:00am Relaxation Visits (Rotating)<br>10:30am Gentle Fitness(RR)<br>1:30pm Buddy's Glee Club (A3RR) *referral only<br>1:30pm Movie Matinee(JT)<br>3:00pm Storytelling For The Soul (A6 RR)<br>3:00pm Mindfulness Meditation (LH)<br>3:45pm Resident walks(On units)<br>4:00pm Torah Class with Rabbi David (A2 RR)<br>6:00pm Let's Chat(RR) | 10:00am Creative Arts (CAS)<br>10:30am Musar (A2 RR)<br>11:00am Morning Kick Off Exercise (SA)<br>1:30pm Doors Open Art Making(CAS)<br>1:30pm Montessori(on units)<br>1:30pm Residents' Council (A2 RR)<br>1:45pm Garden Strolls(RR)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>3:00pm Bingo (LH)<br>6:00pm Evening Art (LH)       | 9:30am Morning Friendly visits(On units)<br>10:00am Garden Cyanotypes (West Garden)<br>10:00am Montessori Fun Cart (Rotating)<br>10:30am Music Therapy (A2EI) *referral only<br>1:30pm Resident Food Committee (A2RR)<br>1:30pm Jewish Storytelling (A5 RR)<br>1:45pm Spa on the GO(On units)<br>3:00pm Drama Club (LH)<br>3:30pm Outdoor walks<br>6:00pm Music Appreciation (RR)<br>6:00pm Creative Connections Poetry Group (LH) | 10:00am Creative Arts (CAS)<br>10:00am Senses Alive! (Rotating)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo(RR)<br>1:30pm Shared Wisdom (A7 RR)<br>2:30pm Doors Open Art Making (CAS)<br><br>2:45pm Sharing Dance Class (SA)<br>3:00pm Friendly Visits-Resident walks(On Units)<br>6:00pm Melodies & Memories (LH) | 10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Therapeutic Dance(RR)<br>11:15am Therapeutic Gardening(RR)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat (SA)<br>3:30pm Compassionate Touch (on units)<br>3:30pm Blissful Spa Day(RR) | 9:30am Orthodox Shabbat Service (WS)<br>10:30am Gentle Fitness(RR)<br>1:30pm Travelogue(RR)<br>3:30pm Garden Visits(off unit)                                                                                                    |



| Sunday                                                                                                                                                                                                                  | Monday                                                                                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                        | Saturday                                                                                                                                                                   |
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| 20                                                                                                                                                                                                                      | 21                                                                                                                                                                                                                                                                                                                                                                                         | 22                                                                                                                                                                                                                                                                                                                                                                                 | 23                                                                                                                                                                                                                                                                                                                                                                                     | 24                                                                                                                                                                                                                                                                                                                                                                                       | 25                                                                                                                                                                                                                                                                            | 26                                                                                                                                                                         |
| 10:30am Gentle Fitness (RR)<br>11:15am 1:1 TR Visits ( on units)<br>1:30pm travelogue ( to Spain)<br>3:00pm Arts and crafts ( RR)                                                                                       | 10:00am Doors Open Art Making (CAS)<br><br>10:00am Relaxation Visits (Rotating)<br>10:30am Gentle Fitness(RR)<br>1:30pm Buddy's Glee Club (A3RR)<br>*referral only<br>1:30pm Concert (A2RR)<br>3:00pm Active Games (SA)<br>3:00pm Storytelling For The Soul (A6 RR)<br>3:45pm Resident walks(On units)<br>4:00pm Torah Class with Rabbi David (A2 RR)<br>6:00pm Brain Games(RR)            | 10:00am Creative Arts (CAS)<br>10:30am Musar (A2 RR)<br>11:00am Montessori Madness (SA)<br>12:00 BBQ-2EI(Inivitation only)<br>1:30pm Aromatherapy Visits(On units)<br><br>1:30pm Doors Open Art Making(CAS)<br>1:30pm Montessori(on units)<br>2:00pm Leisure Lounge(RR)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>3:00pm Bingo (LH)<br>6:00pm Game Night Delight (LH) | 9:30am Morning Friendly visits(On units)<br><br>10:00am Doors Open Art Making (CAS)<br><br>10:00am Montessori Fun Cart (Rotating)<br>10:30am Music Therapy (A2EI) *referral only<br>1:30pm Jeopardy(RR)<br>1:30pm Jewish Storytelling (A5 RR)<br>6:00pm Comedy Hour (RR)<br>6:00pm Creative Connections Poetry Group (LH)                                                              | 10:00am Aromatherapy (Rotating)<br>10:00am Creative Arts (CAS)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo(RR)<br>1:30pm Shared Wisdom (A7 RR)<br>2:30pm Doors Open Art Making (CAS)<br><br>2:45pm Sharing Dance Class (SA)<br>3:00pm Friendly Visits-Resident walks(On Units)<br>3:30pm Friendly visits-Helping Hands(on units)<br>6:00pm Travelogue (LH) | 10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness(RR)<br>11:15am Therapeutic Gardening(RR)<br>1:30pm Doors Open Art Making (CAS)<br><br>2:15pm Community Shabbat & Festive Kiddush (SA)<br>3:30pm Outdoor Walks<br>3:30pm Aromatherapy ( on units) | 9:30am Orthodox Shabbat Service (WS)                                                                                                                                       |
| 27                                                                                                                                                                                                                      | 28                                                                                                                                                                                                                                                                                                                                                                                         | 29                                                                                                                                                                                                                                                                                                                                                                                 | 30                                                                                                                                                                                                                                                                                                                                                                                     | 31                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                               | <b>Recreationists contact info</b><br><br>For any questions, please contact<br>Natalie Vanderhyden (ext. 6032)<br>Robert McIntosh (ext. 2394)<br>Gurnoor Pannu (ext. 2051) |
| 10:30am Gentle Fitness (RR)<br>10:30am Morning Mingle with Melissa (CH)<br>11:15am Balloon tennis (RR)<br>1:30pm Sunday Acapella Concert with Janie Respitz (SA)<br>1:30pm Discussion group<br>3:00pm 1:1 Garden Visits | 10:00am Doors Open Art Making (CAS)<br><br>10:00am Relaxation Visits (Rotating)<br>10:30am Gentle Fitness(RR)<br>1:30pm Balloon Tennis(RR)<br>1:30pm Buddy's Glee Club (A3RR)<br>*referral only<br>3:00pm Storytelling For The Soul (A6 RR)<br><br>3:00pm Ice Cream Social (SG)<br>3:45pm Resident walks(On units)<br>4:00pm Torah Class with Rabbi David (A2 RR)<br>6:00pm Word Games(RR) | 10:00am Creative Arts (CAS)<br>10:30am Musar (A2 RR)<br>11:00am Morning Kick Off Exercise (SA)<br>1:30pm Doors Open Art Making(CAS)<br>1:30pm Montessori(on units)<br>1:30pm Summer Social(RR)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>3:00pm Bingo (LH)<br>6:00pm Game Show! (LH)                                                                                  | 9:30am Morning Friendly visits(On units)<br><br>10:00am Doors Open Art Making (CAS)<br><br>10:00am Montessori Fun Cart (Rotating)<br>10:30am Music Therapy (A2EI) *referral only<br>1:30pm Concert (A2RR)<br>1:30pm Jewish Storytelling (A5 RR)<br>3:00pm Drama Club (LH)<br>3:30pm Outdoor walks<br>6:00pm Evening Sip and Chat (RR)<br>6:00pm Creative Connections Poetry Group (LH) | 10:00am Creative Arts (CAS)<br>10:00am Senses Alive! (Rotating)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo(RR)<br>1:30pm Shared Wisdom (A7 RR)<br>2:30pm Doors Open Art Making (CAS)<br><br>2:45pm Sharing Dance Class (SA)<br>3:00pm Friendly Visits-Resident walks(On Units)<br>6:00pm Motion to Music (LH)                                             |                                                                                                                                                                                                                                                                               |                                                                                                                                                                            |