



| Sunday                                                                                                                                                             | Monday                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                  | Saturday                                                                                                                                                                         |
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| For any questions, please contact Jenypher Ashby (ext. 5490) or Hiro Nakajima (ext. 3584) or Gurnoor Pannu (ext. 2051).                                            | <b>Program Location Legend</b><br><b>RR</b> = Recreation Room<br><b>EI</b> = Elmgrove/Ivywood<br><b>GS</b> = Goldenlane/Stoneway<br><b>LH</b> = Loftus Hall<br><b>CAS</b> = Creative Arts Studio                                                                                                                        | <b>Program Location Legend</b><br><b>WS</b> = Wolinsky Synagogue<br><b>WH</b> = Wortsman Hall<br><b>JT</b> = Jacob Theatre<br><b>WA</b> = W.A. Cafe<br><b>SA</b> = Sharp Family Atrium<br><b>CH</b> = Culture Hub                                                                                                                      |                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                               | <sup>1</sup><br>10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness (RR)<br>1:30pm Aromatherapy ( on units)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat (SA)<br>3:00pm Shabbat Blessings (on units)      | <sup>2</sup><br>9:30am Orthodox Shabbat Service (WS)<br>10:30am Garden Visits (GS)<br>10:30am Let's Schmooze: Morning Mingle (CH)<br>1:30pm Board games with Hiro and Zulal (SA) |
| <sup>3</sup><br><b>Tisha B'Av</b><br>1:30pm Tisha B'Av Program with Rabbi David (WS)                                                                               | <sup>4</sup><br><b>Civic Holiday</b><br>10:00am Doors Open Arts Making (CAS)<br><br>10:30am Gentle Fitness (RR)<br>11:00am TR Visits (on units)<br>1:30pm Buddy's Glee Club (A3RR) *referral only<br>3:00pm Active Games (SA)<br>5:45pm Garden Visit; if raining Scrabble (EI)                                          | <sup>5</sup><br>9:00am TR Visits (on units)<br>10:00am Creative Arts (CAS)<br>10:30am Musar (A2 RR)<br>11:00am Montessori Madness (SA)<br>1:30pm Doors Open Art Making(CAS)<br>1:30pm Game Alliance (A3RR)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>3:00pm Bingo (LH)<br>6:00pm Evening Art (SA)                         | <sup>6</sup><br>10:00am Doors Open Art Making (CAS)<br>10:30am Gentle Fitness (RR)<br>12:00pm BBQ (3GS)<br>1:30pm Summer Ceramic Painting (CAS Garden)<br>2:00pm Documentary (London 1) RR<br>3:00pm Drama Club (LH)                       | <sup>7</sup><br>10:00am Creative Arts (CAS)<br>10:00am Gentle Fitness (RR)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo (RR)<br>2:30pm Doors Open Art Making (CAS)<br>6:00pm Musical Evening with Talented Teens (LH)                                            | <sup>8</sup><br>10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness (RR)<br>1:30pm Compassionate Touch (on unit)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat (SA)<br>3:00pm Shabbat Blessings (on units) | <sup>9</sup><br>9:30am Orthodox Shabbat Service (WS)<br>1:30pm Gentle Fitness (RR)<br>2:15pm Games hour (RR)<br>3:30pm 1:1 Garden Visits                                         |
| <sup>10</sup>                                                                                                                                                      | <sup>11</sup><br>10:00am Doors Open Art Making (CAS)<br>11:00am TR Visits (on units)<br>1:30pm Movie Matinee (JT)<br>3:00pm Ice Cream Social (SG)<br>4:00pm Torah Class with Rabbi David (A2 RR)<br>5:45pm Scrabble (RR)                                                                                                | <sup>12</sup><br>9:00am TR Visits (on units)<br>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 Game Alliance (A3RR)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>3:00pm Bingo (LH)<br>6:00pm Evening Active Games (SA)        | <sup>13</sup><br>10:00am Doors Open Art Making (CAS)<br>10:30am Gentle Fitness (RR)<br>1:30pm Concert (A3RR)<br>10:30am-4:00pm Digital Gallery: A Walk Through Art (SA)<br>6:00pm Creative Connections Poetry Group (LH)                   | <sup>14</sup><br>10:00am Creative Arts (CAS)<br>10:00am Gentle Fitness (RR)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo (RR)<br>2:30pm Doors Open Art Making (CAS)<br>2:45pm Sharing Dance Class (SA)<br>6:00pm Spa Social (LH)<br>6:15pm Rummy Q (RR)          | <sup>15</sup><br>10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness (RR)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat (SA)<br>3:00pm Shabbat Blessings (on units)<br>3:30pm Therapeutic Dance (on unit)  | <sup>16</sup><br>9:30am Orthodox Shabbat Service (WS)                                                                                                                            |
| <sup>17</sup><br>10:00am Sunday Art Social (SA)<br>10:30am Gentle Fitness (RR)<br>1:30pm Sunday Concert (SA)<br>2:30pm Games Hour (RR)<br>3:30pm 1:1 Garden Visits | <sup>18</sup><br>10:00am Doors Open Art Making (CAS)<br>10:30am Gentle Fitness (RR)<br>10:30am Fun Activities with Volunteers from Scotiabank! (SA)<br>11:00am TR Visits (on units)<br>1:30pm Documentary (London 2) RR<br>4:00pm Torah Class with Rabbi David (A2 RR)<br>5:45pm Garden Visit; if raining Scrabble (GS) | <sup>19</sup><br>9:00am TR Visits (on units)<br>10:00am Creative Arts (CAS)<br>10:30am Musar (A2 RR)<br>11:00am Montessori Madness (SA)<br>1:30pm Doors Open Art Making(CAS)<br>1:30pm Game Alliance (A3RR)<br>1:30pm Residents' Council (A2 RR)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>6:00pm Game Night Delight (LH) | <sup>20</sup><br>10:00am Doors Open Art Making (CAS)<br>10:30am Gentle Fitness (RR)<br>1:30pm Resident Food Committee (A2RR)<br>2:00pm Ice Cream Cart (on unit)<br>3:00pm Drama Club (LH)<br>6:00pm Creative Connections Poetry Group (LH) | <sup>21</sup><br>10:00am Creative Arts (CAS)<br>10:00am Gentle Fitness (RR)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo (RR)<br>2:30pm Doors Open Art Making (CAS)<br>2:45pm Sharing Dance Class (SA)<br>6:00pm Travelogue (LH)<br>6:15pm Rummy Q (RR)          | <sup>22</sup><br>10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness (RR)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat (SA)<br>3:00pm Shabbat Blessings (on units)                                        | <sup>23</sup><br>9:30am Orthodox Shabbat Service (WS)<br>1:30pm Games Hour (RR)<br>3:30pm Compassionate Touch (on units)<br>4:15pm Obie games (GS)                               |
| <sup>24</sup><br>10:30am Ladies Spa (RR)<br>1:30pm Brain Games (RR)                                                                                                | <sup>25</sup><br>10:00am Doors Open Art Making (CAS)<br>11:00am TR Visits (on units)<br>2:00pm Documentary (London 3) RR<br>3:00pm Meditation & Movement (LH)<br>4:00pm Torah Class with Rabbi David (A2 RR)<br>5:45pm Scrabble (RR)                                                                                    | <sup>26</sup><br>9:00am TR Visits (on units)<br>10:00am Creative Arts (CAS)<br>10:30am Musar (A2 RR)<br>11:00am Morning Kick Off Exercise (SA)<br>1:30pm Concert (A3RR)<br>1:30pm Doors Open Art Making(CAS)<br>2:00pm Spiritual Program with Rabbi Rena (A5 RR)<br>3:00pm Bingo (LH)<br>6:00pm Game Show! (LH)                        | <sup>27</sup><br>10:00am Doors Open Art Making (CAS)<br>10:30am Gentle Fitness (RR)<br>1:30pm Drum Circle (RR)<br>3:00 PM Program Planning and Feedback (RR)<br>6:00pm Karaoke Pub Night! (LH)                                             | <sup>28</sup><br>10:00am Creative Arts (CAS)<br>10:00am Gentle Fitness (RR)<br>10:30 Tuck Shop (A2RR Hallway)<br>10:30am Concert (SA)<br>1:30pm Bingo (RR)<br>2:30pm Doors Open Art Making (CAS)<br>2:45pm Sharing Dance Class (SA)<br>6:00pm Memories & Melodies (LH)<br>6:15pm Rummy Q (RR) | <sup>29</sup><br>10:30am Green Thumbs & Gardens (Meet South Garden)<br>10:30am Gentle Fitness (RR)<br>1:30pm Doors Open Art Making (CAS)<br>2:15pm Community Shabbat & Festive Kiddush (SA)<br>3:00pm Shabbat Blessings (on units)                      | <sup>30</sup><br>9:30am Orthodox Shabbat Service (WS)<br>10:30am Gentle Fitness (RR)<br>1:30pm Board games (RR)<br>3:30pm 1:1 Garden Visits                                      |
| <sup>31</sup><br>10:30am Active Games (SA)<br>1:30pm Sunday Concert (SA)                                                                                           |                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                         |                                                                                                                                                                                  |