

**345 Sherbourne Street, Toronto, ON M5A 2S3**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:00 - Music & Memories - 3 10:30 - Montessori Moments- All 2:00 - Family Visits (2nd fl) - Back 4:00 - Basketball - 3 6:30 - Garden Club - CR	<b>2</b> 10:00 - Mindful Morning - 4 2:00 - Birthday Celebration - 2R 2:00 - Face To Family - 3R 2:00 - Family Time - 4 6:00 - Aromatherapy - 3R <b>Happy Birthday Leila M!</b>	<b>3</b> 10:00 - 1:1 Ball toss - 2R 2:00 - Reading Club - 2 2:00 - Sing Along - 4 2:45 - Textiles with Michelle - 2 4:15 - Fit & Fun! - 4 6:00 - Not So Board Games - 4	<b>4</b> <b>A Day at the Zoo!</b> 10:00 - Virtual Field Trip: The Zoo! - 3R 10:00 - Discovering Animals - 2R 2:00 - Zoo Cafe - 2 2:30 - Ice Cream Cone Delivery - 3 4:00 - Creative movements - 3	<b>5</b> 10:00 - Mindful Meditation - 2 10:30 - Hymn Sing - 3 2:00 - Patio Strolls - 2R 2:00 - Face To Family - 3R 4:00 - Exercise - 3
<b>6</b> 10:00 - Garden Club - 2 2:30 - Hymn Sing - 2 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	<b>7</b> 10:00 - NEWS NEWS NEWS - 4R 1:00 - Papier-Smâché Pt.1 - 4 2:00 - Birthday Celebration - 3R 2:00 - Family Visits(3rd fl) - Back 4:00 - My Station - 3 6:00 - Relaxation - 3 <b>Happy Birthday Adrienne D!</b>	<b>8</b> 10:30 - Montessori Moments- All 1:00 - Papier-Smâché Pt.1 - 4 2:00 - Family Visits (2nd fl) - Back 6:30 - Garden Club - CR	<b>9</b> 10:00 - Patio Strolls - 2 2:00 - Painting Pictures - CR 2:00 - Family Time - 4 2:00 - Beauty Spa with Michelle - S 6:30 - 1:1 Snoezelen Spa - 4R <b>Making Pizza</b> <b>12:00 p.m.</b> <b>*sign up required</b>	<b>10</b> 9:00 - Stroll With Me - 3R 10:00 - 1:1 Ball toss - 2R 2:00 - Reminiscing - 3R 2:00 - Birthday Celebration - 3R 2:00 - Face to Family - 2R 2:40 - Textiles with Michelle - 2 <b>Happy Birthday King Hung Y!</b>	<b>11</b> <b>Special Wishes</b> 10:00 - My Wishes - 2R 2:00 - Birthday Celebration - 4R 2:00 - Spiritual Care Visit - 2R 2:30 - Coffee and conversation - 3 6:30 - Garden Club - CR <b>Happy Birthday Kwabena A!</b> <b>Happy Birthday Shirley M!</b>	<b>12</b> 10:00 - Coffee Cart - 4 1:00 - Papier-Smâché Pt.2 - 4 4:00 - Kicks & Giggles - 4R
<b>13</b> Spiritual Sunday - 4R 1:00 - Papier-Smâché Pt.2 - 4 3:30 - 1:1 Stretches - 4R	<b>14</b> 9:00 - Stroll With Me - 3R <b>1:30 - Residents' Council - CR</b> 2:00 - Family Visits(3rd fl) - Back 2:30 - Movie: Romance - 2 4:00 - My Station - 3 6:10 - Face to Family - 2R	<b>15</b> 10:00 - Music & Memories - 3 10:30 - Montessori Moments- All 2:00 - Family Visits (2nd fl) - Back 4:00 - Basketball - 3 6:30 - Garden Club - CR	<b>16</b> 9:45 - Coffee Cart - All 2:00 - Birthday Celebration - 2R 2:00 - Face To Family - 3R 2:00 - Family Time - 4 6:00 - Aromatherapy - 3R 6:00 - Seat or Feet DANCE - 4 <b>Happy Birthday Loretta G!</b>	<b>17</b> 9:00 - Reality Orientation - All 1:00 - A Day at The Golf Course - 4 3:45 - Seated Yoga - 4R 6:00 - Not So Board Games - 4	<b>18</b> <b>Cultural Day: Germany</b> 10:00 - Arm Chair Travel: Germany - 3R 10:00 - Trivia: Famous German Things! - 4 10:00 - Discovering Berlin - 2R 2:00 - Beer Tasting - CR 4:00 - Creative movements - 3	<b>19</b> 12:00 - Mindful Meditation - 2 10:30 - Hymn Sing - 3 2:00 - Patio Strolls - 2R 2:00 - Face To Family - 3R 4:00 - Exercise - 3
<b>20</b> 10:00 - Garden Club - 2 2:30 - Hymn Sing - 2 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	<b>21</b> 9:45 - Coffee Cart - All 1:00 - NEWS NEWS NEWS - 4R 2:00 - Family Visits(3rd fl) - Back 4:00 - My Station - 3 6:00 - Jam Sesh 🎵🎵 - 4 6:00 - Relaxation - 3	<b>22</b> 10:30 - Montessori Moments- All 11:00 - Discovery Series - CR 2:00 - Family Visits (2nd fl) - Back 6:30 - Garden Club - CR <b>First Day of Fall!</b>	<b>23</b> 10:00 - Patio Strolls - 2 1:00 - Birthday Celebration - 4R 2:00 - Family Time - 4 2:00 - Beauty Spa with Michelle - S 4:00 - Volleyball - 3 6:30 - 1:1 Snoezelen Spa - 4R <b>Happy Birthday Robert E!</b>	<b>24</b> 9:00 - Stroll With Me - 3R 10:00 - 1:1 Ball toss - 2R 1:00 - Fall Finger Painting - 4 2:00 - Reminiscing - 3R 2:00 - Face to Family - 2R 2:40 - Textiles with Michelle - 2 6:00 - R&R Evenings - 4	<b>25</b> <b>A Day at the Country Fair!</b> 10:00 - Flower Crowns - 2 2:30 - Coffee and conversation - 3 2:30 - Farmers Market Cart - 2R 6:30 - Garden Club - CR	<b>26</b> 10:00 - 1:1 Exercise - 4R 1:00 - Sunflower Delivery - 4R 3:00 - Fall Floral Trivia - 4
<b>27</b> Spiritual Sunday - 4R 1:00 - Name That Tune - 4 3:30 - 1:1 Light Exercises - 4R	<b>28</b> 9:00 - Stroll With Me - 3R 1:00 - Bring Back Bingo - 4 2:00 - Family Visits(3rd fl) - Back 2:30 - Movie: Comedy - 2 4:00 - My Station - 3 6:00 - Soothing Stretches - 4 6:10 - Face to Family - 2R	<b>29</b> 10:30 - Montessori Moments- All 2:00 - Family Visits (2nd fl) - Back 6:30 - Garden Club - CR	<b>30</b> 9:45 - Coffee Cart - All 2:00 - Face To Family - 3R 2:00 - Family Time - 4 6:00 - Aromatherapy - 3R 6:00 - Seat or Feet DANCE - 4			

2 - 2nd Floor Activity Room  
4R - 4th Fl 1:1 Resident Room

2R - 2nd Fl 1:1 Resident Room  
All - All

3 - 3rd Floor Activity Room  
Back - Back Yard

3R - 3rd Fl 1:1 Resident Room  
CR - Craft Room

4 - 4th Floor Activity Room  
S - Salon