

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30 Falls prevention exercise
10:30 - Falls prevention exercise
10:30am- 12pm Crafts
11AM DOCTOR'S CLINIC DAY
(Subject to change)
2 PM MOVIE **Red Notice**
3pm Social Tea
3pm Euchre
4pm Resident Directed Trivia

9:30am U OF T MUSIC
10:30 am High Level exercise
11:30 – Seated Yoga
12:30 Seated Yoga
1:30 – Sit Fit Upper Extremity
11am - Scrabble with Barb
2-4PM Movie **Back To The Future III**
3pm Social Tea
4pm Resident Directed Trivia

9:30 Falls prevention exercise
10:30 Falls prevention exercise
10.30 – 12 Crafts with Barb
2PM Bingo
2pm Needle work Circle
3pm Social Tea
3pm Famous Peoples Players
YouTube video
4pm Resident Directed Trivia
7pm DISCUSSION GROUP

9:30 am High Level exercise
10:30 – Seated Yoga
11:30 **Movement Matters**
12:30 – Sit Fit Upper Extremity
11am - Rummikub & Crafts
2pm Mahjong with Margaret
1.45 Eglinton Sq
2PM Movie The Harder They Fall
3pm Social Tea
4pm Resident Directed Trivia

9:30 am High Level exercise
10:30 – Seated Yoga
11:30 Movement Matters
2-4pm Movie- **Good Burger**
3pm Euchre @ THE SS
3pm Social Tea
4pm Resident Directed Trivia
7pm Bridge Club

World Chili Day
2PM BINGO
3pm Social Tea & Armchair travel-to **POLAND - ENJOY SOME POLISH DESSERTS WITH YOUR TEA**
4pm Resident Directed Trivia



9:30 Falls prevention exercise
10:30 - Falls prevention exercise
10:30am- 12pm Crafts
2-4PM MOVIE **Cowboy Bebop**
3pm Social Tea
3pm Euchre
4pm Resident Directed Trivia

9:30am U OF T MUSIC
10:30 am High Level exercise
11:30 – Seated Yoga
12:30 Seated Yoga
1:30 – Sit Fit Upper Extremity
11am - Scrabble with Barb
2-4PM Movie **Hook**
3pm Social Tea
4pm Resident Directed Trivia

9:30 Falls prevention exercise
10:30 Falls prevention exercise
10.30 – 12 Crafts with Barb
2PM Bingo-
2pm Needle work Circle
3pm Social Tea
3pm Famous Peoples Players
YouTube video
4pm Resident Directed Trivia
7pm DISCUSSION GROUP

9:30 am High Level exercise
10:30 – Seated Yoga
11:00 REMEMBRANCE DAY CEREMONY CBC
11am - Rummikub & Crafts
2pm Mahjong with Margaret
2PM Movie **Saving Private Ryan**
3pm Social Tea
4pm Resident Directed Trivia

9:30 am High Level exercise
10:30 – Seated Yoga
11:30 Movement Matters
3pm Euchre
2-4pm Movie- **My Best Friend's Wedding**
3pm Social Tea
4pm Resident Directed Trivia
7pm Bridge Club

2-3PM BINGO
3pm Social Tea & Armchair travel-to **THE PHILLIPINES ENJOY SOME DESSERTS FROM THE PHILLIPINES WITH YOUR TEA**
4pm Resident Directed Trivia

HAPPY BIRTHDAY MARGARET M
HAPPY BIRTHDAY LORRAINE
2-4pm Sunday Matinee – **The Big Wedding**
3pm Social Tea
4pm Resident Directed Trivia

9:30 Falls prevention exercise
10:30 - Falls prevention exercise
10:30am- 12pm Crafts
11AM DOCTOR'S CLINIC DAY
(Subject to change)
2-4PM MOVIE **Tick, Tic BOOM!**
3pm Social Tea
3pm Euchre
4pm Resident Directed Trivia

9:30am U OF T MUSIC
10:30 am High Level exercise
11:30 – Seated Yoga
12:30 **Movement Matters**
1:30 – Sit Fit Upper Extremity
11am - Scrabble with Barb
2-4PM Movie **What's Eating Gilbert Grape**
3pm Social Tea
4pm Resident Directed Trivia

9:30 Falls prevention exercise
10:30 Falls prevention exercise
10.30 – 12 Crafts with Barb
2PM Bingo-
2pm Needle work Circle
3pm Social Tea
3pm Famous Peoples Players
YouTube video
4pm Resident Directed Trivia
7pm DISCUSSION GROUP

9:30 am High Level exercise
10:30 – Seated Yoga
11:30 **Movement Matters**
12:30 – Sit Fit Upper Extremity
11am - Rummikub & Crafts
2pm Mahjong with Margaret
2-4PM Movie **Passing**
3pm Social Tea
4pm Resident Directed Trivia

9:30 am High Level exercise
10:30 – Seated Yoga
11:30 Movement Matters
12:30 – Sit Fit Upper Extremity
2PM MOVIE **The Unlikely Murderer**
3pm Social Tea
4pm Resident Directed Trivia
7pm Bridge Club {SS}
RESIDENT'S BAZZAR
International Men's Day

HAPPY BIRTHDAY VERBENA
2PM BINGO
3pm Social Tea & Armchair travel-to **ENGLAND ENJOY DESSERTS FROM BRITAIN WITH YOUR TEA**
4pm Resident Directed Trivia

11AM WORSHIP SERVICE
2-4pm Sunday Matinee
The Next Karate Kid
3pm Social Tea
4pm Resident Directed Trivia

9:30 Falls prevention exercise
10:30 - Falls prevention exercise
10:30am- 12pm Crafts
2-4PM MOVIE **Last Action Hero**
3pm Social Tea
3pm Euchre
4pm Resident Directed Trivia

9:30am U OF T MUSIC
10:30 am High Level exercise
11:30 – Seated Yoga
12:30 **Movement Matters**
11am - Scrabble with Barb
2-4pm Social Tea WITH MARGARET & HER ORCHIDS
Entertainment by UOFT MUSIC
2pm MOVIE **The Little Rascals**
4pm Resident Directed Trivia

9:30 Falls prevention exercise
10:30 - Falls prevention exercise
10.30 – 12 Crafts with Barb
1:45 WALMART
2pm Needle work Circle
2-3 BINGO
3pm Social Tea
4pm Resident Directed Trivia
7pm DISCUSSION GROUP

9:30 am High Level exercise
10:30 – Seated Yoga
11:30 Movement Matters
12:30 – Sit Fit Upper Extremity
11am - Rummikub & Crafts
2pm Mahjong with Margaret
2-4PM Movie **Bruised**
3pm Social Tea
4pm Resident Directed Trivia

9:30 am High Level exercise
10:30 – Seated Yoga
11:30 Movement Matters
12:30 – Sit Fit Upper Extremity
3pm Euchre
Nov. Babies Birthday Party
Dave Rowan Band performing
3pm Social Tea
4pm Resident Directed Trivia
7pm Bridge Club {SS}

HAPPY BIRTHDAY VIVIAN
2PM - BINGO
3pm Social Tea & Armchair travel-to **BRAZIL ENJOY DESSERTS FROM BRAZIL WITH YOUR TEA**
4pm Resident Directed Trivia

HAPPY BIRTHDAY BRUCE
2-4pm Sunday Matinee
The General's Daughter
3pm Social Tea
4pm Resident Directed Trivia

9:30 Falls prevention exercise
10:30 - Falls prevention exercise
10:30am- 12pm Crafts
11AM DOCTOR'S CLINIC DAY
2-4PM MOVIE - **Texas Rangers**
3pm Social Tea
3pm Euchre
4pm Resident Directed Trivia

HAPPY BIRTHDAY PAULA
9:30am U OF T MUSIC
10:30 am High Level exercise
11:30 – Seated Yoga
12:30 Seated Yoga
1:30 – Sit Fit Upper Extremity
11am - Scrabble with Barb
2-4PM Movie **True Story**
3pm Social Tea
4pm Resident Directed Trivia



ember 2021

Hanukkah Begins

