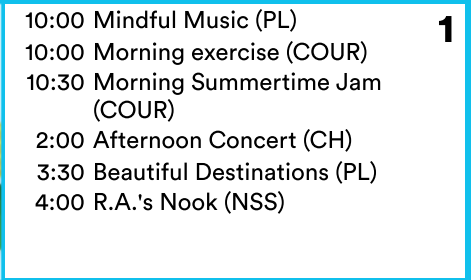




August 2026

Resident Home Area 4

Jason
Recreation Assistant
(416)609-5700 Ext 258
All Programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 Mindful Music (PL) 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 2:00 Balloon badminton (PL) 3:45 CRDL on RHA6 (ADN) 2	10:00 Cubii Exercise 7RHA (PL) 2:00 Popsicle train (Vari) 4:30 Tim Janis Reflections (PL)  3	10:00 Outdoor physio exercise (COUR) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir - RHA 7 (PL) 4	10:00 Bingo (PL) 12:30 Self Directed Activities (VARI) 2:00 Tai Chi (6TH) 2:00 Caribbean Day Concert (COUR) 3:30 Exercise (PL) 5	2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL) 6	11:15 Word Games (PL) 2:00 Outdoor Concert (COUR) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour with Davis Steven - RHA5th. (PL) 7	10:00 Mindful Music (PL) 10:00 Morning exercise (COUR) 10:30 Morning Summertime Jam (COUR) 2:00 Afternoon Concert (CH) 3:30 Beautiful Destinations (PL) 4:00 R.A.'s Nook (NSS) 1
9:30 Mindful Music (PL) 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 2:00 Balloon badminton (PL) 3:45 CRDL on RHA6 (ADN) 2	10:00 Cubii Exercise 7RHA (PL) 2:00 Popsicle train (Vari) 4:30 Tim Janis Reflections (PL)  3	10:00 Outdoor physio exercise (COUR) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir - RHA 7 (PL) 4	10:00 Bingo (PL) 12:30 Self Directed Activities (VARI) 2:00 Tai Chi (6TH) 2:00 Caribbean Day Concert (COUR) 3:30 Exercise (PL) 5	2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL) 6	11:15 Word Games (PL) 2:00 Outdoor Concert (COUR) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour with Davis Steven - RHA5th. (PL) 7	10:00 1-1 Friendly, Caregiver & Family visits (VARI) 10:00 Cover The Dot (PL) 11:00 Cubii Fitness with Visual Imagery (PL) 2:00 Afternoon Concert (CH) 3:30 Comedy Hour (TLS) 8
9:00 Gospel Music Listing (NSN) 10:00 1-1 Friendly, Caregiver & Family visits (VARI) 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:30 Strolling Musician RHA7 (7FLR) 9	9:30 Self-Directed Activities (VARI) 10:00 Morning Exercise (PL) 11:00 Word Games (PL) 2:00 Food Committee Meeting (PL) 3:30 Travel Documentary (PL) 3:30 Puzzle Quest (PL) 10	10:00 Outdoor Physio Exercise (PL) 10:30 Dog therapy (MF) 1:15 Men's Fellowship (ADN) 2:00 Resident's Council - 6th. Floor (PL) 2:00 Bell Choir - RHA 7 (PL) 11	10:00 Morning Exercise (PL) 12:30 Self Directed Activities (VARI) 2:00 Tai Chi (6TH) 2:00 Outdoor concert (ADN) 6:00 Sound Therapy RHA 3 (3RD) 12	10:30 Audible Bible (CH) 10:30 Balloon Game (PL) 2:30 Brain Teasers (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL) 13	2:00 Shuffleboard Game RHA 7 (ND) 2:00 outdoor concert (COUR) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL) 14	10:00 Mindful Music (PL) 10:00 Morning Exercise (CH) 10:15 Bingo (CH) 2:00 Bowling (CH) 3:30 Beautiful Destinations (PL) 15
9:30 Mindful Music (PL) 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 2:00 Balloon Badminton (PL) 3:45 CRDL (PL) 16	10:00 Morning Exercise (PL) 10:30 Cubii Exercise (PL) 11:00 Cubii Fitness with Visual Imagery (PL) 2:00 Shuffleboard (CH) 4:30 Tim Janis Reflections (PL) 17	10:00 Outdoor physio exercise (PL) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir - RHA 7 (PL) 18	10:30 Concert on RHA 4 (PL) 12:30 Self Directed Activities (VARI) 2:00 Tai Chi (6TH) 3:00 Ring Toss (PL) 19	2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL) 20	11:15 Word Games (PL) 2:00 Friday Fellowship (CH) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA6th. (PL) 21	10:00 1-1 Friendly, Caregiver & Family visits (VARI) 11:00 Cubii Fitness with Visual Imagery (PL) 2:00 Cover The Dot (PL) 3:00 Afternoon Concert (PL) 3:30 Comedy Hour (TLS) 22
9:00 Gospel Music Listing (NSN) 10:00 1-1 Friendly, Caregiver & Family visits (VARI) 10:00 Virtual Church Service (PL) 10:00 Church Service (CH) 2:00 Hymn Singing (PL) 2:00 Strolling Musician RHA7 (7FLR) 3:30 Gaither Gospel Concert (TLS) 23	9:30 Self-Directed Activities (VARI) 10:00 Morning Exercise (PL) 11:00 Word Games (PL) 2:00 Shuffleboard RHA7 (ADN) 3:30 Travel Documentary (PL) 3:30 Dominoes RHA 7 (PL) 24	10:00 Outdoor Physio Exercise (COUR) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir - RHA 7 (PL) 3:00 Abby Enrichment Program (RSR) 25	10:30 Outdoor Concert (COUR) 12:30 Self Directed Activities (VARI) 2:00 Rythm Band (ADN) 2:00 Tai Chi (6TH) 6:00 Sound Therapy RHA 2 (2ND) 26	10:30 Exhibition day, Carnival games & Prizes (COUR) 2:00 Hymn Sing with Chaplain Rebecca & Choir (PL) 2:30 Brain Teasers (PL) 3:00 Physio Exercises (PL) 27	11:00 Cubii Fitness with Visual Imagery (PL) 11:30 Face Time Call with Irmgard (RSR) 2:00 Shuffleboard Game RHA 7 (ND) 2:00 Outdoor Concert (COUR) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL) 28	10:00 Mindful Music (PL) 10:00 Morning Exercise (CH) 10:15 Summertime Jam session (CH) 3:00 Afternoon Concert (PL) 3:30 Beautiful Destinations (PL) 29
9:30 Mindful Music (PL) 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 2:00 Balloon Badminton (PL) 3:45 CRDL (PL) 30	10:00 Cubii Exercise 7RHA (PL) 10:00 Morning Exercise (PL) 11:00 Cubii Fitness with Visual Imagery (PL) 2:00 Shuffleboard (ADN) 3:30 Calendar distribution (RSR) 31				Piano Lounge (PL) Community Hall (CH) Varied (VARI) Courtyard (COUR) Activity Den North (ADN) TV Lounge South (TLS) Main Floor (MF) 6th Floor (6TH) Resident's room (RSR) Locations Legend Nursing Station North (NSN) 7th Floor (7FLR) North Den (ND) Nursing Station South (NSS) Varied (Vari) courtyard (COUR) 3RD FLOOR (3RD) 2nd Floor (2ND)	