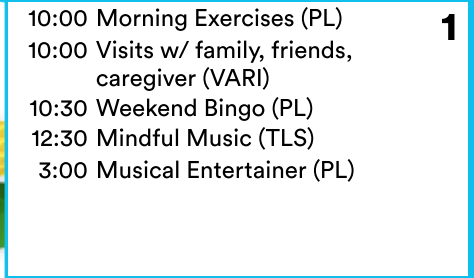




# August 2026

## Resident Home Area 5

Julia  
Recreation Assistant  
(416)609-5700 Ext 235  
All Programs are subject to change.

| Sunday                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                                                                                                                                         | Saturday                                                                                                                                                                                                                         |
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|                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                   |                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                               |
| 10:00 Spiritual Life Church Service (CH) <b>2</b><br>10:00 Spiritual Life Virtual (SOT)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>12:30 Mindful Music (TLS)                                                                                           | 10:00 Visits w/ family, friends, caregiver (VARI) <b>3</b><br>10:00 HOLIDAY POPSICLE TRAIN (VAR)<br>                                                                                                  | 8:00 Wind Reach Farm Outing (OUT) <b>4</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:15 Strike Zone (PL)<br>11:30 Staff friendly visit<br>1:15 Men's Fellowship (ADN)<br>2:00 Bell Choir (ADN)<br>3:00 Dominoes (PL)                                                                                                            | 10:00 Visits w/ family, friends, caregiver (VARI) <b>5</b><br>10:00 Outdoor Morning Exercise (TVns)<br>11:00 Crossword Puzzle (PL)<br>11:30 Staff friendly visit<br>2:00 Caribbean Day (CH)<br>3:30 Card Games (PL)<br>4:00 Tamil Social Club (PL)                | 10:00 Visits w/ family, friends, caregiver (VARI) <b>6</b><br>10:00 Self-Directed Activities (VARI)<br>10:30 Good Shepherd Intergenerational Games (ODR)<br>11:30 Staff friendly visit<br>2:00 Hymn Sing Service (PL)<br>3:30 Dice Games (PL)                 | 10:00 Self-Directed Activities (VARI) <b>7</b><br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:00 Reading Club w/ Lily (PL)<br>2:00 Outdoor Concert (ODR)<br>3:30 Dominoes (PL)<br>6:00 Friday Social Hour on RHA 5 (Vari)                                                                                                                         | 10:00 Morning Exercises (PL) <b>1</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Weekend Bingo (PL)<br>12:30 Mindful Music (TLS)<br>3:00 Musical Entertainer (PL)                                             |
| 10:00 Spiritual Life Church Service (SOT) <b>9</b><br>10:00 Spiritual Life Virtual (SOT)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>2:30 Strolling Musician (Vari)                                                                                     | 10:00 Self Directed Activities (VARI) <b>10</b><br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Wacky Word Play (PL)<br>11:30 Staff friendly visit<br>2:00 Food Committee (ADN)<br>3:30 Dominoes (PL)                                   | 10:00 Visits w/ family, friends, caregiver (VARI) <b>11</b><br>10:00 Pet Therapy w/ Luna (Vari)<br>10:30 Cantonese and Mandarin Support Group (PL)<br>11:30 Staff friendly visit<br>1:15 Men's Fellowship (ADN)<br>2:00 Resident's Council on RHA 6 (VARI)<br>3:00 Bell Choir (ADN)<br>3:30 Trivial Pursuits (PL)<br>6:15 Big Games Night (7FLR) | 10:00 Visits w/ family, friends, caregiver (VARI) <b>12</b><br>10:00 Outdoor Morning Exercise (ODR)<br>10:30 Outdoor Concert (ODR)<br>2:00 Tai-Chi (6TH )<br>2:00 Baking (PL)<br>3:30 Jeopardy! (PL)<br>4:00 Tamil Social Club (PL)                               | 10:00 Morning exercise (TVns) <b>13</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Audible Bible Study (CH)<br>11:30 Staff friendly visit<br>12:00 KFC Picnic (ODR)<br>2:00 Hymn Sing Service (PL)<br>3:30 Card Games (PL)                 | 10:00 Morning Music and News (TLS) <b>14</b><br>10:00 Game Shows in the Morning<br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Pawsitively Pets (PL)<br>2:00 Outdoor Concert (ODR)<br>6:00 Friday Social Hour on RHA 6 (Vari)                                                                                                                  | 10:00 Morning Exercises (PL) <b>15</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:00 Self-Directed Activities (VARI)<br>10:30 Weekend Bingo (PL)<br>12:30 Mindful Music (TLS)<br>2:00 Bowling (CH)               |
| 10:00 Spiritual Life Church Service (CH) <b>16</b><br>10:00 Spiritual Life Virtual (SOT)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>12:30 Mindful Music (TLS)<br>2:00 Hymn Sing (TLS)<br>4:15 1-1 Staff Visits (Vari)                                  | 10:00 Game Shows in the Morning <b>17</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>11:30 Staff friendly visit<br>2:00 Shuffleboard (ADN)                                                                                                                                | Rec Staff in Training <b>18</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>11:30 Staff friendly visit<br>1:15 Men's Fellowship (ADN)<br>2:00 Bell Choir (ADN)<br>3:30 Trivial Pursuits (PL)<br>6:15 Big Games Night (7FLR)                                                                                                          | Rec Staff in Training <b>19</b><br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Crossword Puzzle (PL)<br>11:30 Staff friendly visit<br>2:00 Tai-Chi (6TH )<br>3:30 Jeopardy! (PL)<br>4:00 Tamil Social Club (PL)   | 9:30 Rec Staff in Care Conference <b>20</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:00 Self-Directed Activities (VARI)<br>10:30 Top Up Thursdays (PL)<br>11:30 Staff friendly visit<br>2:00 Hymn Sing Service (PL)<br>3:30 Dice Games (PL) | 10:00 Self-Directed Activities (VARI) <b>21</b><br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:15 Word Games (PL)<br>2:00 Outdoor Concert (ODR)<br>3:30 Dominoes (PL)<br>6:00 Friday Social Hour (Vari)                                                                                                                                           | 10:00 Cubii Exercises with Andrea (PL) <b>22</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>12:30 Sensory & Relaxation (TVNS)<br>3:00 Musical Entertainer (PL)<br>3:30 Movie Afternoon (TVNS)<br>3:30 Dominoes (PL) |
| 10:00 Spiritual Life Church Service (SOT) <b>23</b><br>10:00 Spiritual Life Virtual (SOT)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>2:00 Hymn Sing (4FL)                                                                                              | 10:00 Self Directed Activities (VARI) <b>24</b><br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Wacky Word Play (RHA 4) (PL)<br>11:30 Staff friendly visit<br>2:00 Shuffleboard (ADN)<br>2:00 Boomers Club (7FLR)<br>3:30 Dominoes (PL) | 8:00 Ward's Island Outing (OUT) <b>25</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>11:30 Staff friendly visit<br>1:15 Men's Fellowship (ADN)<br>2:00 Mahjong Club (PL)<br>2:00 Bell Choir (ADN)                                                                                                                                   | 10:00 Morning exercise (TVns) <b>26</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Outdoor Concert (ODR)<br>11:30 Village Cruise (MF)<br>2:00 Tai-Chi (6TH )<br>2:00 Baking (PL)<br>4:00 Tamil Social Club (PL)<br>6:00 4th RHA Hymn sing (PL) | 10:00 Morning exercise (TVns) <b>27</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>11:30 Staff friendly visit<br>2:00 Hymn Sing Service (PL)<br>3:30 Card Games (PL)                                                                             | 10:00 Cubii Exercises with Andrea (PL) <b>28</b><br>10:00 Morning Music and News (TLS)<br>10:00 Game Shows in the Morning<br>10:00 Self-Directed Activities (VARI)<br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>2:00 Outdoor Concert (ODR)<br>6:00 Friday Social Hour (Vari)                                                                       | 10:00 Morning Exercises (PL) <b>29</b><br>10:00 Visits w/ family, friends, caregiver (VARI)<br>10:30 Weekend Bingo (PL)<br>11:15 Exercise Trivia on 4th RHA<br>12:30 Mindful Music (TLS)<br>3:30 Dominoes (PL)                   |
| 10:00 Spiritual Life Church Service (CH) <b>30</b><br>10:00 Spiritual Life Virtual (SOT)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>12:30 Mindful Music (TLS)<br>2:00 Hymn Sing (TLS)<br>3:45 Jeoprady on 4th RHA (PL)<br>4:15 1-1 Staff Visits (Vari) | 10:00 Game Shows in the Morning <b>31</b><br>10:00 Self-Directed Activities (VARI)<br>10:00 Morning exercise (TVns)<br>10:00 Visits w/ family, friends, caregiver (VARI)<br>11:30 Staff friendly visit<br>2:00 Shuffleboard (ADN)                                                      |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                               | <u>Locations Legend</u><br><br>Piano Lounge (PL)<br>Varied (VARI)<br>Activity Den North (ADN)<br>TV Lounge North/South (TVns)<br>TV Lounge South (TLS)<br>Outdoors (ODR)<br>Varied (Vari)<br>Community Hall (CH)<br><br>Sanctuary/ On TV (SOT)<br>Tv lounge North & South (TVNS)<br>7th Floor (7FLR)<br>6th Floor (6TH )<br>Outing (OUT)<br>VARIED (VAR)<br>4th Floor (4FL)<br>Main Floor (MF) |                                                                                                                                                                                                                                  |