



September 2026

Resident Home Area 4

Andrea
Recreation Assistant
Contact: 416-609-5700 Ext. 258
Programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		10:00 Pet Therapy (PL) 10:00 Fun & Fitness (PL) 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 3:00 Abby Enrichment Program (RSR) 3:30 Physio Exercise Group (PL) 6:00 Active Games (PL)	11:00 Face Time Call (RSR) 12:30 Self Directed Activities (VARI) 1:30 Face Time Call (SDen) 2:00 Tai Chi (6TH) 3:30 Physio Exercise (PL) 3:30 1-1 Programming (RSR) 4:00 Recreation Meeting (Conf) 6:00 Active Games (VARI)	10:00 Friendly, Family & Caregiver Visits (Vari) 2:00 Classic Cookie Bake (DRN) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)	11:00 Face Time Call (RSR) 11:15 Word Games (PL) 3:30 Dominoes Game - 7RHA (PL) 6:00 Friday Social Hour - RHA 5th. (PL)	10:00 1-1 Friendly, Caregiver & Family visits (VARI) 11:00 Fun & Fitness (PL) 2:00 Cover The Dot (PL) 3:00 Afternoon Concert RHA 7 (PL) 3:30 Comedy Hour (TLS)
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 Hymn Sing (4FL) 3:30 Gaither Gospel Concert (TLS)	Happy Labor Day (PL) 9:30 Self-Directed Activities (VARI) 2:00 Special Treat Train - Ice Cream/Popsicle (Vari) 3:30 Travel Documentary (PL) 	10:00 Fun & Fitness (PL) 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 10:30 Chinese Mandarin Group - RHA 6 (PL) 1:15 Men's Fellowship (ADN) 2:00 Resident's Council - 6th. Floor (PL) 3:30 Physio Exercise Group (PL)	10:00 Golden Pen Writers (ADN) 11:00 Face Time Call (RSR) 12:30 Self Directed Activities (VARI) 1:30 Face Time Call (ND) 2:00 Bell Choir Performance (ADN) 3:30 Physio Exercise (PL) 4:00 Recreation Meeting (Conf) 6:00 Hymns & Bible Reading With 7RHA (PL)	10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Audible Bible (CH) 2:00 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)	10:00 Stretch & Strength Fitness (PL) 11:30 Face Time Call with Irmgard (RSR) 2:00 Shuffleboard Game RHA 7 (ND) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)	Walkathon (Vari) 10:00 Mindful Music (PL) 11:00 Exercise Trivia (ADN) 2:00 Afternoon Concert - Jessica Rios (COMM) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 2:00 Strolling Musician RHA7 (7FLR) 3:45 Jeopardy (PL)	Resident's Council Week (Vari) 10:00 Friendly, Family & Caregiver Visits (Vari) 10:00 Fun & Fitness RHA 7 (PL) 10:30 Stretch & Strength Fitness (PL) 11:00 Fun & Fitness (PL) 2:00 Resident's Council Party (CH) 4:30 Tim Janis Reflections (PL)	Resident's Council Week (Vari) 10:00 Fun & Fitness (PL) 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 3:30 Physio Exercise Group (PL) 6:00 Active Games (PL)	Resident's Council Week (Vari) 11:00 Face Time Call (RSR) 12:30 Self Directed Activities (VARI) 1:30 Face Time Call (ND) 2:00 Tai Chi (6TH) 3:30 Physio Exercise (PL) 4:00 Recreation Meeting (Conf) 5:00 Caribbean Family Dinner (CH) 6:00 Active Games (VARI)	Resident's Council Week (Vari) 10:00 Friendly, Family & Caregiver Visits (Vari) 2:00 Classic Cookie Bake (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)	Resident's Council Week (Vari) 11:00 Face Time Call (RSR) 11:15 Word Games (PL) 2:00 Friday Fellowship (CH) 3:30 Dominoes Game - 7RHA (PL)	10:00 1-1 Friendly, Caregiver & Family visits (VARI) 11:00 Fun & Fitness (PL) 2:00 Bowling (CH) 3:30 Comedy Hour (TLS)
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 Hymn Sing (4FL) 3:30 Gaither Gospel Concert (TLS)	9:30 Self-Directed Activities (VARI) 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Stretch & Strength Fitness (PL) 11:00 Word Games (PL) 2:00 Puzzle Quest (PL) 3:30 Travel Documentary (PL) 3:30 Dominoes RHA 7 (PL)	9:45 CN Tower Outing (OUT) 10:00 Fun & Fitness (PL) 10:00 Pet Therapy with Luna (PL) 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 3:00 Abby Enrichment Program (RSR) 3:30 Physio Exercise Group (PL)	Hatch The Chicken (Vari) 10:00 Golden Pen Writers (ADN) 11:00 Face Time Call (RSR) 12:30 Self Directed Activities (VARI) 1:30 Face Time Call (ND) 2:00 Rythm Band (ADN) 2:00 Tai Chi (6TH) 3:30 Physio Exercise (PL) 4:00 Recreation Meeting (Conf)	10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Balloon Game (PL) 2:00 Brain Teasers (PL) 3:00 Physio Exercises (PL) 3:30 Hymn Sing with Chaplain Rebecca & Choir (PL)	10:00 Stretch & Strength Fitness (PL) 11:30 Face Time Call with Irmgard (RSR) 2:00 Friday Fellowship (CH) 2:00 Shuffleboard Game RHA 7 (ND) 3:30 General Knowledge Trivia (PL) 6:00 Friday Social Hour - RHA6th. (PL)	10:00 Mindful Music (PL) 11:00 Exercise Trivia (ADN) 3:00 Afternoon Concert - Alisa Kanda (PL) 3:30 Beautiful Destinations (PL)
9:30 Mindful Music (PL) 10:00 Church Service (TLS) 10:00 Virtual Church Service (PL) 3:45 Jeopardy (PL)	10:00 Friendly, Family & Caregiver Visits (Vari) 10:00 Fun & Fitness RHA 7 (PL) 10:30 Stretch & Strength Fitness (PL) 11:00 Fun & Fitness (PL) 2:00 Puzzle Quest (PL) 4:30 Tim Janis Reflections (PL)	10:00 Fun & Fitness (PL) 10:00 Friendly, Family & Caregiver Visits (Vari) 10:30 Walking Club (MF) 1:15 Men's Fellowship (ADN) 2:00 Circle of Care - RHA 7 (PL) 3:30 Physio Exercise Group (PL) 6:00 Active Games (PL)	Truth & Reconciliation Day (Vari) 11:00 Face Time Call (RSR) 12:30 Self Directed Activities (VARI) 1:30 Face Time Call (ND) 2:00 Tai Chi (6TH) 3:30 Physio Exercise (PL) 4:00 Recreation Meeting (Conf)	<u>Locations Legend</u> Piano Lounge (PL) Varied (Vari) Varied (VARI) Resident's room (RSR) Activity Den North (ADN) Community Hall (CH) TV Lounge South (TLS) North Den (ND) Main Floor (ME) Conference Room (Conf) 6th Floor (6TH) Nursing Station North (NSN) 4th Floor (4FL) South Den (SDen) Dining Room North (DRN) Community hall (COMM) 7th Floor (7FLR) Outing (OUT)		