



October 2026

Resident Home Area 7

Julia
Recreation Assistant
Contact: 416-609-5700 Ext. 235
All programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legends</u> Piano Lounge (PL) Community Hall (CH) Varied (VARI) TV Lounge South (TLS) Courtyard (COUR) TV Lounge North (TLN) Resident's Room (RSR) South Den (ASD) Outing (Out) Outdoors (ODS/Balcony) North Den (AND) TV Lounge North/South (TVNS)				10:00 Morning exercise (TVns) 1 10:00 Visits w/ family, friends, caregiver (VARI) 10:00 Self-Directed Activities (VARI) 10:00 1-1 Calendar Distribution 11:30 Staff friendly visit 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Self-Directed Activities (VARI) 2 10:00 Morning exercise (TVns) 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Word Games (PL) 2:00 Friday Mic & Music (7FLR) 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	10:00 Visits w/ family, friends, caregiver (VARI) 3 10:00 Fun & Fitness with Andrea (PL) 12:30 Sensory & Relaxation (TVNS) 2:00 Cover the Dot (4FL) 3:00 Musical Entertainer (PL) 3:30 Movie Afternoon (TVNS)
10:00 Spiritual Life Church Service (SOT) 4 10:00 Spiritual Life Virtual (SOT) 10:00 Visits w/ family, friends, caregiver (VARI) 2:00 Hymn Sing (4FL)	10:00 Self Directed Activities (VARI) 5 10:00 Morning exercise (TVns) 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Name That Tune (PL) 11:30 Staff friendly visit 2:00 Food Committe (PL) 3:30 Dominoes (PL)	10:00 Visits w/ family, friends, caregiver (VARI) 6 10:30 Cantonese Support Group (PL) 11:30 Staff friendly visit 1:15 Men's Fellowship (ADN) 2:00 Circle of Care (PL) 2:00 Bell Choir (ADN) 3:30 Trivial Pursuits (PL) 6:15 Big Games Night (7FLR)	10:00 Morning exercise (TVns) 7 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Pawsitively Pets (PL) 2:00 Tai-Chi (6TH) 3:30 Jeopardy! (PL) 4:00 Tamil Social Club (PL) 6:00 4th RHA Hymn sing (PL)	10:00 Morning exercise (TVns) 8 10:00 Visits w/ family, friends, caregiver (VARI) 10:00 Self-Directed Activities (VARI) 10:30 Audible Bible Study (CH) 11:30 Staff friendly visit 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Cubii Exercises with Andrea (PL) 9 10:00 Morning Music and News (TLS) 10:00 Game Shows in the Morning 10:00 Morning exercise (TVns) 10:00 Visits w/ family, friends, caregiver (VARI) 2:00 Shuffleboard (ADN) 6:00 Friday Social Hour (Vari)	10:00 Morning Exercises (PL) 10 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Weekend Bingo (PL) 11:15 Exercise Trivia on 4th RHA 12:30 Mindful Music (TLS) 2:00 Weekend Concert (CH)
10:00 Spiritual Life Church Service (CH) 11 10:00 Spiritual Life Virtual (SOT) 10:00 Visits w/ family, friends, caregiver (VARI) 12:30 Mindful Music (TLS) 2:00 Hymn Sing (TLS) 3:45 Jeoprady on 4th RHA (PL) 4:15 1-1 Staff Visits (Vari)	Thanksgiving Holiday Train 12 	10:00 Morning exercise (TVns) 13 10:00 Visits w/ family, friends, caregiver (VARI) 10:00 Self-Directed Activities (VARI) 11:30 Staff friendly visit 1:15 Men's Fellowship (ADN) 2:00 Resident's Council (VARI) 3:00 Bell Choir (ADN) 3:30 Trivial Pursuits (PL) 6:15 Big Games Night (7FLR)	10:00 Morning exercise (TVns) 14 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Crossword Puzzle (PL) 11:00 Matsuda Lunch Outing (Out) 11:30 Staff friendly visit 2:00 Tai-Chi (6TH) 2:00 Baking (PL) 4:00 Tamil Social Club (PL)	10:00 Morning exercise (TVns) 15 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Word Search (PL) 11:30 Staff friendly visit 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Self-Directed Activities (VARI) 16 10:00 Morning exercise (TVns) 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Word Games (PL) 2:00 Mic & Music (7FLR) 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	10:00 Visits w/ family, friends, caregiver (VARI) 17 10:00 Fun & Fitness with Andrea (PL) 12:30 Sensory & Relaxation (TVNS) 2:00 Remarkably Bright Creatures Showing (CH)
10:00 Spiritual Life Church Service (SOT) 18 10:00 Spiritual Life Virtual (SOT) 10:00 Visits w/ family, friends, caregiver (VARI)	10:00 Self Directed Activities (VARI) 19 10:00 Morning exercise (TVns) 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Name That Tune (PL) 11:00 Wacky Word Play (RHA 4) (PL) 11:30 Staff friendly visit 2:00 Boomers Club (7FLR) 3:30 Dominoes (PL)	10:00 Morning exercise (TVns) 20 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Pet Therapy w/ Luna (Vari) 11:30 Staff friendly visit 1:00 Sunnybrook Fall Tour (OUT) 1:15 Men's Fellowship (ADN) 2:00 Bell Choir (ADN) 3:30 Trivial Pursuits (PL) 6:15 Big Games Night (7FLR)	10:00 Morning exercise (TVns) 21 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Crossword Puzzle (PL) 11:30 Staff friendly visit 2:00 ABBA Mania Tribute (CH) 4:00 Tamil Social Club (PL) 6:00 4th RHA Hymn sing (PL)	9:30 Rec Staff in Care Conference 22 10:00 Fun & Fitness on RHA 4 (PL) 10:00 Morning exercise (TVns) 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Word Search (PL) 11:30 Staff friendly visit 2:00 Hymn Sing Service (PL) 3:30 Card Games (PL)	10:00 Morning Music and News (TLS) 23 10:00 Game Shows in the Morning 10:00 Self-Directed Activities (VARI) 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Stretch and Strength Exercises (PL) 11:10 General Knowledge Quiz (TVns) 2:00 Friday Fellowship (CH) 6:00 Friday Social Hour (Vari)	10:00 Morning Exercises (PL) 24 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Weekend Bingo (PL) 11:15 Exercise Trivia on 4th RHA 12:30 Mindful Music (TLS) 2:00 Intergenerational Baking Program (MGPR)
10:00 Spiritual Life Church Service (CH) 25 10:00 Spiritual Life Virtual (SOT) 10:00 Visits w/ family, friends, caregiver (VARI) 12:30 Mindful Music (TLS) 2:00 Hymn Sing (TLS) 3:45 Jeoprady on 4th RHA (PL) 4:15 1-1 Staff Visits (Vari)	Election Day 26 10:00 Game Shows in the Morning 10:00 Visits w/ family, friends, caregiver (VARI) 11:30 Staff friendly visit	10:00 Morning exercise (TVns) 27 10:00 Visits w/ family, friends, caregiver (VARI) 11:30 Staff friendly visit 1:15 Men's Fellowship (ADN) 2:00 Bell Choir (ADN) 3:30 Trivial Pursuits (PL) 6:15 Big Games Night (7FLR)	10:00 Morning exercise (TVns) 28 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Crossword Puzzle (PL) 11:30 Staff friendly visit 11:30 Village Cruise (MF) 2:00 Milestone Celebration (CH) 4:00 Tamil Social Club (PL) 6:00 4th RHA Hymn sing (PL)	10:00 Morning exercise (TVns) 29 10:00 Visits w/ family, friends, caregiver (VARI) 10:30 Word Search (PL) 11:30 Staff friendly visit 2:00 Hymn Sing Service (PL) 3:30 Dice Games (PL)	10:00 Self-Directed Activities (VARI) 30 10:00 Morning exercise (TVns) 10:00 Visits w/ family, friends, caregiver (VARI) 10:15 Word Games (PL) 2:00 Friday Fellowship (CH) 3:30 Dominoes (PL) 6:00 Friday Social Hour (Vari)	10:00 Visits w/ family, friends, caregiver (VARI) 31 10:00 Fun & Fitness with Andrea (PL) 12:30 Sensory & Relaxation (TVNS) 2:00 Fall Fun Bowling (CH)