




Recreation Choices May 2019

Terrace Gardens • Amabell Banzon, Director of Recreation ext 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Room Legend Activity Room (AR) Front Lounge Area (FLA) 3rd = 3 rd Floor Dining Room (DR) Private Dining Room (PDR) Theatre Room (TR) (RR)= Resident Run	Please note: All Programs are subject to change. Always check the Daily Activity Sheet located outside Activity Room, in the elevator and in the lounge area by the elevators. Thank you!	1 10:15 *Morning Updates (AR) 10:30 NBS Sharing Dance Seniors (AR) 11:00 Chocolate Black Jack (AR) 1:00 Riddles (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Planting Indoor Plants (AR) 6:15 Chabad Sunshine Group (AR)	2 10:30 *Sing A-long (FLA) 11:00 Outing: Packed Lunch and Movie: Dumbo at Imagine Cinemas in Promenade Mall (\$9) 1:15 Marlene's Healthy Stretches (AR) 2:00 Brain Games: Trivia (AR) 6:00 Bingo with Janeth (AR)	3 10:15 *Optimist News (AR) 10:30 TEP (AR) 11:00 Word in a Word (AR) 1:00 NEW! Art Therapy with Lynn Kislock (AR) 4:00 Lotto 649 (AR) 8:04 Candle Lighting	Shabbat 4 9:30 *Shabbat Music (FLA) 10:45 Shabbat Service with Rabbi Shlomo (AR) 12:00pm Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 Balloon Badminton (AR) 9:11 Shabbat Ends 6:30 *Netflix Movie Night: Project Wild Thing (FLA)
OPEN HOUSE 5 10:00 Moving Stories (AR) 1:00 Movie Matinee: Fiddler on the Roof (TR) 1:30pm Music Concert with Jack Garson (FLA) 2:00 Arts & Crafts: Star of David (AR) 2:45pm Cook Demonstration with Robert: Veggies & Hummus (AR) 6:30 *Netflix Movie Night: Elizabeth, The Golden Age (FLA)	Eye Care 9am-3pm 6 9-3 Eye Care (TR) 10:00 *Sing A-long (FLA) 10:30 *Morning Updates (AR) 1:00 Ramp Bowling (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Sing A-long with Reena Singers (AR)	7 9:30 *Music in the Lounge (FLA) 11:15 Marlene's Healthy Stretches (AR) 1:00 POKENO (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	8 10:15* Morning Updates (AR) 10:30 NBS Sharing Dance Seniors (AR) 11:00pm Sing for Wellness with Kathy (AR) 1:00 Outing: Model Fitting at Alia N Tan Jay in Promenade Mall 1:45 Stretch & Flex with Nathan (AR) 3:30 Ball Toss (3 rd) 4:00 Balloon Badminton (AR) 6:15 Chabad Sunshine Group (AR)	9 9:30 *Music in the Lounge (FLA) 9:30 Outing: Scarborough Historical Museum 10:30 Retro Fit with Robert (AR) 1:15 Marlene's Healthy Stretches (AR) 2:00pm Price is Right (AR) 6:00 Bingo with Janeth (AR)	10 10:00*Sing A-Long (FLA) 10:30 Ladder Toss (AR) 11:00 Scattegories (AR) 1:30 Jewish Trivia Board Game (AR) 4:00 POKENO (AR) 8:12 Candle Lighting	Shabbat 11 9:30 *Shabbat Music (FLA) 10:30 Word in a Word (AR) 12:00pm Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 Balloon Badminton (AR) 9:21 Shabbat Ends 6:30 *Netflix Movie Night: Amazing Love (FLA)
Mother's Day 12 10:15 *Morning Updates (AR) 10:30 Spelling Bee (AR) 11:00 Seated Yoga with Ronda (AR) 1:30 Mother's Day Music Concert (AR) 2:45 Mother's Day Special Tea (AR) 6:30 *Netflix Movie Night: Matilda (FLA)	13 10:15 *Morning Updates (AR) 10:30 TEP (AR) 11:00 Ladder Toss (AR) 1:30 POKENO (AR) 3:45 Stretch & Flex with Nathan (AR) 6:30 *Documentary Night: Martin Luther (FLA)	14 9:15 Pet Visit with Karen & Lennie 10:30 What Am I? (AR) 11:15 Marlene's Healthy Stretches (AR) 1:30 Music project presentation with Alzheimer's Society (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Amabell (AR)	15 10:15 *Morning Updates (AR) 11:00 Ballroom Dancing with Derek (AR) 1:00 Recreation Meeting (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Bean Bag Toss (AR) 6:15 Chabad Sunshine Group (AR)	16 9:30 Outing: Woodbine Casino 10:15 Learn Basic Spanish (AR) 10:30 Arm Travel: Mexico (AR) 1:15 Marlene's Healthy Stretches (AR) 2:00 Fish Taco Demo with Robert & Amabell & Tea Time (AR) 6:00 Mexican Bingo with Amabell (AR)	17 10:15 *Optimist News (AR) 10:30 NBS Sharing Dance Seniors (AR) 11:00 Trivia (AR) 1:30 Alia N Tan Jay Fashion Show Clothing (AR) 3:30 Color me Calm (AR) 8:20 Candle Lighting	Shabbat 18 9:30 *Shabbat Music (FLA) 10:00 Brain Fitness: Boggle (AR) 10:45am Shabbat Service with Rabbi Shlomo (AR) 12:00pm Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 TEP (AR) 6:30 *Netflix Movie Night: Chasing Ice (FLA) 9:30 Shabbat Ends

More recreational choices on the next page >



Recreation Choices May 2019

Terrace Gardens • Janeth Arapol, Recreation Aide, ext 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	Victoria Day 20	21	22	Lag BaOmer 23	24	Shabbat 25
10:15 *Morning Updates (AR) 11:00 Seated Yoga w/ Ronda (AR) 1:30 Music Concert with Arie Isakovan (FLA) 4:00 Bocce Ball (AR) 6:30 *Netflix Movie Night: East of Eden (FLA)	10:15 *Morning Updates (AR) 10:30 NBS Sharing Dance Seniors (AR) 11:00 Word In A Word (AR) 1:30 Beading Craft (AR) 6:30 *Movie Night: Brené Brown: The Call To Courage (FLA)	10:15 *Morning Updates (AR) 10:30 Riddles (AR) 11:15 Marlene's Healthy Stretches (AR) 1:30 POKENO (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	10:15 *Morning Updates (AR) 10:30 History of Popular Music with James (AR) 1:00 Boggle Word Game (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Wheel of Fortune (AR) 6:15 Chabad Sunshine Group (AR)	10:15 *Morning Updates (AR) 10:30 Lotto 6/49 (AR) 1:15 Marlene's Healthy Stretches (AR) 2:00 The Price Is Right (AR) 6:00 Bingo with Amabell (AR)	10:15 *Optimist News (AR) 10:30 TEP (AR) 11:00 Bocce Ball (AR) 11:00 Outing: Shabbat in Song in JCC Miles Nadal 1:30 Name That Tune (AR) 4:00 Sing-A-Long (FLA)* 8:27 Candle Lighting	9:30 *Shabbat Music (FLA) 10:30 Word in a Word (AR) 12:00pm Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 Ladder Toss (AR) 6:30 *Netflix Movie Night: The Mighty Ducks (FLA) 9:38 Shabbat Ends
26	27	28	29	30	31	ROOM LEGEND
10:30am Moving Stories (AR) 1:30 Music Concert with Sima L (FLA) 2:45 May Birthday Party (AR) 4:00 Balloon Badminton (AR) 6:30 *Netflix Movie Night: The Meyerowitz Stories (FLA)	10:15 *Morning Updates (AR) 10:30 TEP (AR) 11:00 Concentration (AR) 1:00 Chocolate Bar Black Jack (AR) 2:00pm Resident Information Meeting (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Sing A-long with Reena Singers (AR)	9:15 Pet Visit with Karen & Lennie 10:00 Word Search and Crossword Puzzles with Kids from Toronto Herschel School (AR) 11:15 Marlene's Healthy Stretches (AR) 1:30 Healthy Minds: Planetarium with Sean Chubbuck (TR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	10:15 *Morning Updates (AR) 10:30 Healthy Minds: How Toxic Chemicals affect you" Presented by Corinne Berman from Environmental Defence (AR) 1:00 Culinary Meeting (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Sing –A-Long (FLA) 6:15 Chabad Sunshine Group (AR)	11:00 Outing: Picnic High Park and Visit High Park Zoo 10:15 *Morning Updates (AR) 10:30 Bean Bag Toss (AR)* 1:15 Marlene's Healthy Stretches (AR) 2:00 Name That Tune (AR)* 6:00 Bingo with Amabell (AR)	10:15 *Optimist News (AR) 10:30 NBS Sharing Dance Seniors (AR) 11:00 Riddles (AR) 1:30 Challah Baking (AR) 4:00 Balloon Badminton (AR) 8:33 Candle Lighting	Activity Room (AR) Front Lounge Area (FLA) 3rd = 3rd Floor Dining Room (DR) Private Dining Room (PDR) Theatre Room (TR)
	SAVE THE DATE		TEP	CALENDAR LEGEND	IMPORTANT DATES	Please note: All Programs are subject to change. Always check the Daily Activity Sheet located outside Activity Room, in the elevator and in the lounge area by the elevators. Thank you!
	International Sushi Day: June 18th Sushi Demonstration with Robert at 1:30pm, Activity Room		Tiered Exercise Program (TEP) This evidence-based exercise program is designed to match residents to exercises that are geared towards their abilities and designed to help maintain or improve their current functional.	Highlights Outings *iPad/Apple TV Programs	May 6 th : Eye Care Express at 9am-3pm (TR) May 12 th : Mother's Day Concert at 1:30pm (FLA) May 17 th : Alia N Tan Jay Fashion Show at 1:30pm, (AR) May 23 rd : Lag BaOmer	