

Recreation Choices April 2019

Terrace Gardens • Amabell Banzon, Director of Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:15 Music in the Lounge (FLA)* 10:15 Morning Updates (AR)* 10:30 What am I? (AR) 11:15 Name that Tune (AR) 1:30 Bean Bag Toss (AR) 3:45 Stretch & Flex with Nathan (AR) 6:30 Documentary: Seder for the Soul	9:15 Pet Visit with Karen & Lennie (FLA) 10:15 Morning Updates (AR) 10:30 Concentration (AR) 11:15 Marlene's Healthy Stretches (AR) 1:30 Comedy Hour with Jack Garson (FLA)* 4:00: Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	10:00 Baycrest Falls Prevention (AR) 11:00 Ladder Toss (AR) 1:00 Brain Fitness: Riddles (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Bocce Ball (AR) 4:00 Ball Toss (3rd) 6:15 Chabad Sunshine Group (AR)	9:30 Music in the Lounge (FLA)* 9:30 Outing: Walmart 10:15 Morning Updates (AR) 10:30 Brain Fitness: Word in a Word (AR) 1:30 Outing: Model Matzah Bakery at Chabad Lubavitch Community Centre (\$5) 1:15 Marlene's Healthy Stretches (AR) 2:00 The Price Is Right (AR) 6:00 Bingo with Amabell	10:15 Optimist News (AR)* 10:30 TEP (AR) 11:15 Name that Tune (AR) 1:00 Ramp Bowling (AR) 4:00 Sing-A-long (FLA) 7:31 Candle Lighting	9:30 Shabbat Music (FLA)* 10:45 Shabbat Service with Rabbi Shlomo (AR) 12:00 Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 Sing-A-long w/ Eitz Chaim Viewmount (FLA) 6:30 Movie Night: The Animated Haggadah (1985) 8:34 Shabbat Ends
7	8	9	10	11	12	13
10:00 Word Searches at Reception 10:00 POKENO with the Habonim Group (AR) 11:00 Seated Yoga w/ Ronda (AR) 1:30 Music Concert w/ Frances de Mello (FLA) 4:00 Balloon Badminton (AR) 6:30 Movie Night: The Ten Commandments (1956)	10:15 Morning Updates (AR)* 10:30 You be the Judge (AR) 1:00 Bocce Ball (AR) 2:00 Passover Sing along with Students from Leo Baeck (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Healthy Minds: Connections Between Music & Nature with James (AR)	9:15 Pet Visit with Ben & Sylvie (FLA) 10:15 Morning Updates (AR) 10:30 Bean Bag Toss (AR) 11:15 Marlene's Healthy Stretches (AR) 1:15 Fun Facts (AR) 4:00 Rabbi Visit with Rabbi Goldstein 6:00 Bingo with Janeth (AR)	10:00 Baycrest Falls Prevention (AR) 11:00 Sing for Wellness w/ Kathy (AR) 1:00 Outing: Markham Museum with tour guide (\$7) 1:45 Stretch & Flex with Nathan (AR) 4:00 Spelling Bee (AR) 4:00 Puzzles & Games (3rd) 6:15 Chabad Sunshine Group (AR)	9:30 Music in the Lounge (FLA)* 9:30 Outing: Sherway Gardens 10:15 Morning Updates (AR) 10:30 Brain Fitness: Boggle Word Game (AR) 1:15 Marlene's Healthy Stretches (AR) 2:00 Recreation Meeting (AR) 6:00 Bingo with Amabell (AR)	10:15 Optimist News (AR)* 10:30 TEP (AR) 11:00 Bocce Ball (AR) 1:00 Ramp Bowling (AR) 4:00 Sing-A-long (FLA) 7:39 Candle Lighting	10:00 You Be The Judge (AR) 11:00 Bocce Ball (AR) 10:45 Shabbat Service with Rabbi Shlomo (AR) 12:00 Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 Sing-A-long w/ Eitz Chaim Viewmount (FLA) 6:30 Movie Night: The Book of Esther 8:43 Shabbat Ends
14	15	16	16 Canadian Film Day	18	Passover 19	Passover 20
10:00 TEP (AR) 10:30 Moving Stories (AR) 1:30 Music Concert w/ Cara Chilsholm (AR) 4:00 Balloon Badminton (AR) 6:30 Movie Night: Prince of Egypt (1998)	10:15 Morning Updates (AR) 10:30 TEP (AR) 11:00 Concentration (AR) 1:00 Bean Bag Toss (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Sing A-long with Reena Singers (AR)	9:15 Pet Visit with Karen & Lennie 10:15 Morning Updates (AR)* 10:30 Karaoke Sing A-Long (FLA) 11:15 Marlene's Healthy Stretches (AR) 1:00 Arts and Crafts: Elijah's Cup (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	10:00 Baycrest Falls Prevention (AR) 11:00 Brain Fitness: Hollywood Trivia (AR) 1:00 Match the Artist with the Film (AR) 1:45 Stretch & Flex with Nathan (AR) 3:15 Canadian Film: A Bear Name Teddy (TR) 6:15 Chabad Sunshine Group (AR)	9:30 Music in the Lounge (FLA)* 10:15 Morning Updates (AR)* 10:30 Bocce Ball (AR) 11:00 Outing: Miles Nadal JCC Daytime Passover Seder 1:15 Marlene's Healthy Stretches (AR) 2:00 Balloon Badminton (AR) 6:00 Bingo with Amabell (AR)	9:30 Outing: Cherry Blossom Scenic Drive at High Park 10:00 Music in the Lounge (AR) 1:00 Movie Matinee: Moses (TR) 4:00 Passover Seder w/ Cantor Edwards (DR) 7:47 Candle Lighting	9:30 Shabbat Music in the Lounge (AR)* 12:00 Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 Passover Seder w/ Cantor Edwards 8: 52 Shabbat Ends

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Passover 21 10:00 Word Searches at Reception 1:30 Chocolate Black Jack (AR) 3:30 Seated Yoga w/ Ronda 6:30 Movie Night: A Rugrats Passover (1995)	Passover 22 10:15 Morning Updates (AR) 10:30 TEP (AR) 11:00 Word in a Word (AR) 1:00 POKENO (AR) 3:45 Stretch & Flex with Nathan (AR) 6:30 Documentary: History of Passover presented by Murray Stein	Passover 23 10:15 Morning Updates (AR) 10:30 Karaoke Sing A-long (FLA)* 11:15 Marlene's Healthy Stretches (AR) 1:00 Craft: Make your own Passover Seder Plate (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR)	Passover 24 10:00 Baycrest Falls Prevention (AR) 11:00 Ladder Toss (AR) 1:00 Passover Trivia (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Balloon Badminton (AR) 4:00 Ball Toss (3rd)	Passover 25 10:15 Morning Updates (AR)* 10:30 Healthy Minds: Desire & Greed: A History of Luxury Goods with Lianne Harris (AR) 1:15 Marlene's Healthy Stretches (AR) 2:00 Bocce Ball (AR) 6:00 Bingo with Amabell (AR) 7:55 Candle Lighting	Passover 26 10:15 Optimist News (AR)* 10:30 TEP (AR) 11:00 True or False Questionnaire (AR) 1:00 Outing: Centennial Park Conservatory for Spring Flower Display 1:00 Ramp Bowling (AR) 4:00 Facts about Passover (AR) 7:56 Candle Lighting	Passover 27 9:30 Shabbat Music in the Lounge (FLA)* 10:00 TEP (AR) 11:00 You Be The Judge (AR) 12:00 Shabbat Kiddush (DR) 1:30 Bingo with Amabell (AR) 4:00 Sing-A-long (FLA) 9:02 Shabbat Ends
28 10:00 TEP (AR) 10:30 Moving Stories (AR) 1:30 Music Concert w/ Arie Isakovan (FLA) 2:45 April Birthday Party (AR) 6:30 Movie Night: Shalom Sesame: It's Passover Grover (2011)	29 10:15 Morning Updates (AR) 10:30 TEP (AR) 11:00 Word in a Word (AR) 1:00 Chocolate Black Jack (AR) 2:00 Resident Information Meeting (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Sing A-long with Reena Singers (AR)	30 10:15 Morning Update (AR) 10:30 Karaoke Sing-A-Long (FLA)* 11:15 Marlene's Healthy Stretches (AR) 1:00 Riddles (AR)* 2:00 Culinary Meeting (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth				
	TEP 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	ROOM LEGEND FLA-Front Lounge Area AR- Activity Room MD-Main Dining Room 3rd- 3rd Floor Lounge TR-Theatre	CALENDAR LEGEND Highlights Outings * iPad/Apple TV Programs	IMPORTANT DATES First Night: Passover Seder Friday, April 19th at 4:00pm Second Night: Passover Seder Saturday, April 20th at 4:00pm	SAVE THE DATE! Alia n Tan Jay Fashion Show Friday, May 17th at 1:30pm, Activity Room	