




Recreation Choices July 2019

Terrace Gardens • Amabell Banzon, Director of Recreation, ext. 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Canada Day 11:00 Canada Day Music Concert (FLA) 1:30 Canada Day History Presentation (AR) 2:45 Canada Day Special Tea: Red Velvet Cupcake (AR) 4:00 Canada Day Trivia (AR) 6:00 *Canadian Film Movie on Netflix: Fun Mom Dinner (FLA)	2 9:15 Pet Visit with Karen & Lennie 10:15 Spelling Bee (AR) 11:15 Marlene's Healthy Stretches (AR) 11:30 TEP (3 rd) 12:30-1:00* TED TALKS: The Healing Power of Reading (FLA) 1:30 Portable Planetarium with Sean Chubbuck (TH) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	3 10:15 *On This Day in History (AR) 10:30 Ramp Bowling (AR) 1:00 Outing: Afternoon Movie at Albion Library: Moana 1:45 Stretch & Flex with Nathan (AR) 4:00 Ladder Toss (AR) 6:15 Chabad Sunshine Group (AR)	4 9:30 Outing: Walmart 10:30 *Sing-Along (FLA) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 1 (FLA) 1:15 Marlene's Healthy Stretches (AR) 2:00 Recreation Meeting (AR) 4:00 Bean Bag Toss (AR) 6:00 Bingo with Amabell (AR)	5 10:15 *Optimist News 10:30 Morning Movement (AR) 11:00 Scattegories (AR) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 2 (FLA) 1:30 TEP (AR) 2:00 What Am I? (AR) 8:44 Candle Lighting	6 Shabbat 9:30 *Shabbat Music (FLA) 10:45 Shabbat Service with Rabbi Shlomo (AR) 12:00 Shabbat Kiddush 1:30 Bingo (AR) 4:00 Shabbat Visit By Raizy, Naomi and Hadarit 6:00 *Netflix Movie Night: The Royal House Of Windsor: Episode 1: Adapt Or Die (FLA) 9:55 Shabbat Ends
	7 10:30 *Morning Updates (AR) 11:00 Seated Yoga with Ronda (AR) 1:30 Music Concert with Frances De Mello (FLA) 4:00 POKENO (AR) 6:00 *Netflix Movie Night: The Royal House of Windsor, Episode 2: Love And Duty (FLA)	8 9:15 Pet Visit with Ben & Sylvie 10:15 *Horoscope and Morning Updates (AR) 10:30 Morning Movement (AR) 11:00 Culinary Meeting (AR) 12:30-1:00* Documentary Series: Life-Challenges of Life (FLA) 1:30 Fun Facts About Canada (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 *Netflix Movie Night: The Royal House of Windsor, Episode 3: Enter The Outsider (FLA)	9 10:00 Morning Movement (AR) 10:15 Ladder Toss (AR) 11:30 TEP (3 rd) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00* TED TALKS: The Age of Genetic Wonders (FLA) 1:30 Ramp Bowling (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	10 Country & Western Day 11:00 Mix & Match Vendor 9:45 Make Western Themed Centerpieces (AR) 11:00 Western Landscape Art Painting (AR) 11:30 Country & Western Photo Booth (AR) 12:00 Country & Western Lunch Style Theme (DR) 1:00* Name That Country Tune (AR) 1:45 Stretch & Flex with Nathan (AR) 3:30 Movie Matinee: * The Good, The Bad, and the Ugly (FLA) 6:15 Chabad Sunshine Group (AR)	11 9:30 Outing: Katz Cottage 11:00 Balloon Badminton (AR) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 3 (FLA) 1:15 Marlene's Healthy Stretches (AR) 4:00 Boggle (AR) 6:00 Bingo with Amabell (AR)	12 10:15 *Optimist News 10:30 Morning Movement (AR) 11:00 Riddles (AR) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 4 (FLA) 1:30 TIFF Movie and Discussion: Inside Llewyn Davis (TH) 4:00 Ladder Toss (AR) 8:41 Candle Lighting
14 10:30 TEP (AR) 11:00 Bocce Ball (AR) 1:30 Music Concert with Sima L (FLA) 4:00 Balloon Badminton (AR) 6:00 00 *Netflix Movie Night: The Royal House Of Windsor, Episode 5: Fire, Feud and Fury (FLA)	15 10:15 *Horoscope and Morning Updates (AR) 10:30 Morning Movement (AR) 11:00 Concentration: Canada Day Edition (AR) 12:30-1:00 Documentary Series:* Life-Reptiles and Amphibians (FLA) 1:30 Lotto 6/49 2:30 Resident Information Meeting (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 *Netflix Movie Night: The Royal House Of Windsor, Episode 6: The Top Job (FLA)	16 9:15 Pet Visit with Karen & Lennie 10:15 Word in a Word (AR) 11:30 TEP (3 rd) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00* TED TALKS: The Power of Appreciation (FLA) 1:30 The Price Is Right (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	17 10:15 *On This Day in History (AR) 10:30 TEP (AR) 11:00 Bocce Ball (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 *Sing-Along (FLA) 6:15 Chabad Sunshine Group (AR)	18 10:15 *Morning Updates (AR) 10:30 Spelling Bee (AR) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 5 (FLA) 1:15 Marlene's Healthy Stretches (AR) 2:00 Artificial Flower Arranging with Amabell (AR) 6:00 Bingo with Amabell (AR)	19 10:15 *Optimist News 10:30 Morning Movement (AR) 11:00 *Name That Tune (AR) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 6 (FLA) 1:30 Ramp Bowling (AR) 4:00 Lotto 6/49 (AR) 8:36 Candle Lighting	20 Shabbat 9:30 *Shabbat Music (FLA) 10:45 Shabbat Service with Rabbi Shlomo (AR) 12:00 Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00 Shabbat Visit By Raizy, Naomi and Hadarit 6:00 *Netflix Movie Night: Elizabeth: The Golden Age (FLA) 9:44 Shabbat Ends



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Terrace Gardens • Janeth Arapol, Recreation Aide, ext. 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
21 10:30 *Morning Updates (AR) 11:00 Seated Yoga with Ronda (AR) 1:30 Music Concert with Viviana (FLA) 2:45 Welcome New Residents (AR) 6:00 *Netflix Movie Night: A Dog's Purpose (FLA)	22 9:15 Pet Visit with Ben & Sylvie 10:15 *Horoscope and Morning Updates (AR) 10:30 Morning Movement (AR) 11:00 Ladder Toss (AR) 12:30-1:00 *Documentary Series: Life- Mammals (FLA) 1:30 Bean Bag Toss (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Sing-Along with the Reena Singers (AR)	23 10:15 Boggle (AR) 11:30 TEP (3 rd) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00 TED TALKS: *The Revolutionary power of diverse thought (FLA) 1:30 POKENO (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	24 10:15 *On This Day in History (AR) 11:00 Ballroom Dancing with Derek (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 The Price Is Right (AR) 6:15 Chabad Sunshine Group (AR)	25 9:30 Outing: Outdoor Activities & Lunch Picnic at Marie Curtis Park 10:30am Retro Fit with Robert (AR) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 7 (FLA) 1:15 Marlene's Healthy Stretches (AR) 2:00 Bowlerama (AR) 6:00 Bingo with Amabell (AR)	26 SPORTS DAY 10:00 TEP (AR) 10:30 Bowling (AR) 11:00 Bocce Ball (AR) 12:30-1:00 *Miss Fisher's Murder Mystery Episode 8 (FLA) 1:30 Basketball Shooting Competition Between Residents and The Management Team! (AR) 8:29 Candle Lighting	27 Shabbat 9:30 *Shabbat Music (FLA) 10:00* Morning Update (AR) 10:30 Family Feud (AR) 12:00 Shabbat Kiddush 1:30 Bingo (AR) 4:00 Shabbat Visit By Raizy, Naomi and Hadarit 6:00 *Netflix Movie Night: Lalaland (FLA) 9:36 Shabbat Ends	
28 10:30 TEP (AR) 11:00 Name That Tune (AR) 1:30 Music Concert with Jeff King (FLA) 2:45 July Birthday Party 6:00 *Netflix Movie Night: The Spy Next Door (FLA)	29 10:15 *Horoscope and Morning Updates (AR) 10:30 Morning Movement (AR) 11:00 Bocce Ball (AR) 12:30-1:00 *Documentary Series: Life- Fish (FLA)* 1:30 Black Jack (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Sing-Along with the Reena Singers (AR)	30 10:15 Bocce Ball (AR) 11:30 TEP (3 rd) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00 TED TALKS: Help Discover Ancient Ruins- Before It's too late (FLA) 1:30 Boggle (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	31 10:15 *On This Day in History (AR) 10:30 TEP (AR) 11:00 Name That Tune (AR) 1:00 Outing: Woodbine Centre 1:45 Stretch & Flex with Nathan (AR) 4:00 Riddles (AR) 6:15 Chabad Sunshine Group (AR)				
	SAVE THE DATE Tuesday, August 20th Carnival & Community Event	ROOM LEGEND Activity Room (AR) Front Lounge Area (FLA) 3 rd = 3 rd Floor Dining Room (DR) Private Dining Room (PDR) Theatre Room (TR) (RR)= Resident Run	CALENDAR LEGEND Highlights Outings *iPad/Apple TV Programs	IMPORTANT DATES July 1 st – Canada Day July 10 th – Country & Western Day July 26 th - Sports Day	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!	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.	