



Recreation Choices January 2017

Terrace Gardens by Revera • Naomi Max, Recreation Coordinator

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day! 10:00 New Year Word Jumbles @ Reception Desk 11:00 Ballet Fitness 1:30 Afternoon Concert with Jay Franco 3:00 Torah Lesson with Rabbi Heshi Kuhnreich 4:00 TG Men's Club w/ Richard 6:30 New release film "Florence Foster Jenkins" (TR)	2 9:30 Beautiful Music of Israel* 10:30 Lets Have a Ball on 3 rd 11:00 Bender Ball AR 1:30 POKENO AR 2:45 Crosswords & Tea Time 3:45 Exercise w/ Nathaniel 4:15 Creative Arts on 3 rd 6:30 Biography Night, Gold Meir Part 1	3 9:15 Pet Therapy visits w/ Lennie & Karen 9:30 Recipe Exchange & Video* (FLA) 10:30 Sing Along* 11:15 Wellness & Health 1:30 Terrace Gardening Club AR 2:45 Tea & Health Benefits Social 4:15 Scattergories on 3 rd 6:30 Bingo with Eddie (AR)	4 National Trivia Day 9:45 News You Can Use 10:15 Music n' Movement Circle (3 rd) 11:00 Miya's Music Therapy Class AR 1:00 Word Games 1:45 Nathaniel's Stretch & Flex (AR) 2:45- Tea & Trivia 3:30 The World's Most Beautiful Waterfalls 4:15 Active Games on 3 rd 6:30 Games Night (Residents Choice)	5 10:00 Pet Therapy Visits w/ Brody & Stephanie 10:15 Gentle Exercises on 3 rd 10:30 Outing to the Evergreen Winter Market 1:30 Crafting 2:45 Word Searches & Tea 4:15 Matching Games on 3 rd 6:30 Bingo w/ Eddie	6 9:30 Coffee & Canadian Jewish News Review (FLA) 10:15 Morning Stretch 11:00 Polish to Perfection 1:00 Marlene's Health & Wellness AR 2:00 Family Feud FLA 2:45 Parsha & Tea Time 3:45 Oneg Shabbat on 3 rd 4:15 Candle Lighting 5:00 Shabbat Kiddush	7 Shabbat Shalom- Parsha Vayigash 11:00 Morning Exercise with Eric 12:00 Shabbat Kiddush 2:45 Shabbat Tea Time 3:00 Volunteer Visiting 5:45 Shabbat Ends- Shavuah Tov! 6:15 Funny Old Episodes: The Dean Martin Show (TR)*
8 10:00 Word Puzzles available @ Reception Desk 11:00 Sing for Wellness 1:30 Afternoon Concert with Elden Cohen 3:00 Torah Lesson with Rabbi Heshi Kuhnreich 4:00 TG Men's Club w/ Richard 6:30 Residents Choice Movie Night	9 9:30 Beautiful Music of Israel* 10:30 Lets Have a Ball on 3 rd 11:00 Bender Ball AR 1:30 Outing to John Vince Bulk Food Store 1:45 Board Games AR 3:45 Exercise w/ Nathaniel 4:15 Creative Arts on 3 rd 6:30 Biography, Discussion & Tea Night, Gold Meir Part 2	10 9:15 Pet Therapy visits w/ Lennie & Karen 9:30- Explores Café- Lets Visit Chicago* 10:30 Sing Along 11:15 Wellness & Health 1:30 Paint by Numbers 2:45 Tea & Trivia 3:30 This Day in History 4:15 Spelling Bee on 3 rd 6:30 Bingo with Chantel (AR)	11 10:00 Falls Prevention Class 11:00 Chase the Ace AR 1:00 You Be The Judge Discussion 1:45 Nathaniel's Stretch & Flex (AR) 2:45 Tea & Word Puzzles 3:30 Spelling Bee 4:20 Trivia on 3 rd 6:00 Successful Aging Introduction Session Followed by Refreshments	12 National Tea Day 9:30 Outing to Centre Point Mall 10:00 Pet Therapy Visits w/ Brody and Stephanie 10:15 3 rd Floor Gentle Exercises 10:45 Chair Yoga/ Relaxation Class (AR) 1:30 Let's Create Crystallized Snowflakes 2:45 Herbal Tea Health Facts & Benefits 4:15 Scattergories on 3 rd 6:30 Bingo w/ Eddie	13 9:30 Coffee & Canadian Jewish News Review (FLA) 10:15 Morning Stretch 11:00 Facials with Friends 1:00 Marlene's Health & Wellness AR 2:00 1920s Themed Trivia 2:45 Parsha & Tea Time 3:45 Oneg Shabbat on 3 rd 4:15 Candle Lighting 5:00 Shabbat Kiddush	14 Shabbat Shalom- Parsha Veyechi 11:00 Morning Exercise w/ Adriana 12:00 Shabbat Kiddush 2:45 Shabbat Tea Time 3:00 Volunteer Visiting 6:00 Shabbat Ends- Shavuah Tov! 6:15 Funny Old Episodes: I Love Lucy (FLA)*
15 10:00 Word Puzzles available @ reception Desk 11:00 Ballet Fitness 1:30 Afternoon Concert with Gerry Larkin 3:00 Torah Lesson with Rabbi Heshi Kuhnreich 4:00 TG Men's Club w/ Richard 6:30 Special Film "The Imitation Game" TR	16 9:30 Recipe Exchange & Videos* 10:30 Lets Have a Ball on 3 rd 11:15 Bender Ball AR 1:30 POKENO 2:45- Crosswords & Tea Time 3:45 Exercise w/ Nathaniel 4:15 Creative Arts on 3 rd 6:30 Biography, Discussion & Tea Night, 'Frank Sinatra'	17 9:15 Pet Therapy visits w/ Lennie & Karen 9:30 Explorers Café- Lets Visit New Orleans* 10:30 Sing Along 11:15 Health & Wellness 1:30 Lets Bake a Warm Cinnamon Apple Snack 2:45 Tea & Trivia 3:30 Terrace Gardening Club 4:15 Matching Games on 3 rd 6:30 Bingo with Eddie (AR)	18 10:00 Falls Prevention Class 10:15 Music n' Movement Circle (3 rd) 11:00 Miya's Music Therapy Class AR 1:00 Guess Where? 1:45 Nathaniel's Stretch & Flex 2:45 Biography of Barbara Streisand, Tea & Discussion 4:15 Sing Along on 3 rd 6:00 Successful Aging 'Get Moving' Followed by Refreshments	19 9:30 Lotto 649! 10:00 Pet Therapy Visits w/ Brody and Stephanie 10:15 3 rd Floor Gentle Exercises 10:45 Chair Yoga/ Relaxation Class (AR) 12:00 Outing to Active 55- The Genius of Neil Simon (\$4) 1:30 Let's Craft Beautiful Organizers 3:15 This Day in History 4:15 Active Games on 3 rd 6:30 Bingo w/ Eddie	20 9:30 Coffee & Canadian Jewish News Review (FLA) 10:15 Morning Stretch 11:00 Polish to Perfection 1:00 Marlene's Health & Wellness AR 2:00 You Be the Judge 2:45 January Birthday Celebration! 3:45 Oneg Shabbat on 3 rd 4:15 Candle Lighting 5:00 Shabbat Kiddush	21 Shabbat Shalom- Parsha Shemot 11:00 Morning Exercise with Kharen 12:00 Shabbat Kiddush 2:45 Shabbat Tea Time 3:00 Volunteer Visiting 6:00 Shabbat Ends- Shavuah Tov! 6:15 Funny Old Episodes: The Jack Benny Show (FLA)*
22 10:00 Word Jumbles @ Reception Desk 11:00 Marlene's Fitness 1:30 Afternoon Concert with Maria Van Zoomerman 3:00 Torah Lesson with Rabbi Heshi Kuhnreich 4:00 TG Men's Club w/ Richard 6:30 Resident's Choice Netflix Movie Night FLA*	23 9:30 Beautiful Music of Israel* 10:30 Lets Have a Ball on 3 rd 11:15 Bender Ball AR 1:30 Games Day in the AR 2:45 Crosswords & Tea Time 3:45 Exercise w/ Nathaniel 4:15 Creative Arts on 3 rd 6:30 Intergenerational Program: Games Night with the Chabad Sunshine Group	24 9:15 Pet Therapy visits w/ Lennie & Karen 9:30 Lotto 649! 10:30 Sing Along 1:30 Crafting Snowmen 2:45 Tea & Health Benefits Social 3:30 Terrace Gardening Club 4:15 Spelling Bee on 3 rd 6:30 Bingo with Chantel (AR)	25 9:30 Outing to Chabad of Markham Lunch and Learn 10:00 Falls Prevention Class 1:00 POKENO 1:45 Nathaniel's Stretch & Flex (AR) 2:45 Tea & Trivia 3:30 This Day in History 4:15 Active Games on 3 rd 6:00 Successful Aging 'Cognitive/ Memory Strategies' Followed by Refreshments	26 9:30 Word Games 10:00 Pet Therapy Visits w/ Brody and Stephanie 10:15 3 rd Floor Gentle Exercises 10:45 Chair Yoga/ Relaxation Class (AR) 1:30 Crafting Jewelry- Let's Bead Together 2:45 Tea & Crosswords 3:30 Music & Song 4:15 Active Games on 3 rd 6:30 Bingo w/ Eddie	27 National Chocolate Cake Day 9:30 Coffee & Canadian Jewish News Review (FLA) 10:15 Morning Stretch 10:30 Lets Bake Chocolate Cake Part 1 1:00 Outing to the Wagman Centre "Drop in Gym" 1:00 Marlene's Health & Wellness 2:00 Lets Bake Chocolate Cake Part 2 2:45 Parsha and Tea Time 3:45 Oneg Shabbat on 3 rd Floor 4:15 Candle Lighting	28 Rosh Chodesh Shevat Shabbat Shalom- Parsha Shevat 11:00 Morning Exercise with Adriana 12:00 Shabbat Kiddush 2:45 Shabbat Tea Time 3:00 Volunteer Visiting 6:15 Shabbat Ends- Shavuah Tov! 6:30 Funny Old Episodes: The Honeymooners (TR)*
29 10:00 Word Puzzles @ Reception Desk 11:00 Morning Fitness 1:30 Afternoon Concert with Yitzchak Argaman 3:00 Torah Lesson with Rabbi Heshi Kuhnreich 4:00 TG Men's Club w/ Richard 6:30 Special Film "Big Eyes" TR	30 9:30 This Day in History 10:30 Lets Have a Ball on 3 rd 11:15 Bender Ball AR 1:30 POKENO 2:45 Tea & Trivia 3:45 Exercise w/ Nathaniel 4:15 Creative Arts on 3 rd 6:30 Intergenerational Program: Games Night with the Chabad Sunshine Group	31 9:15 Pet Therapy visits w/ Lennie & Karen 9:30 Explorers Café- Lets Visit Montreal* 10:30 Sing Along 11:15 Health & Wellness 1:00 Resident Council Meeting 1:45 Lets Bake Coconut Macarons 2:45 Tea & Health Benefits Social 3:30 Biography of Yitzchak Perlman & Discussion 6:30 Bingo with Eddie (AR)		CALENDAR LEGEND Special Events Outings * iPad/Apple TV Programs NEW Revera Programs NEW programs offered	Dates to Remember Wednesday Nights Successful Aging Programs Sunday Afternoons Torah Study with Rabbi Heshi Kuhnreich January 5th Outing to the Evergreen Brickworks Winter Market January 19th Outing to the JCC for a lecture January 25th Outing to Chabad of Markham Lunch & Learn January 31st Resident's Council	ROOM LEGEND: AR= Activity Room TR= Theatre Room LL= Lower Level FLA= Front Lounge Area 3rd= 3rd Floor Lounge

