

Recreation Choices **September 2019**




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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Labour Day 2	3	4	5	6	Shabbat 7
10:30* Morning Update (AR) 11:00 TEP: Tier 1 Exercise (AR) 1:30 Music Concert with Arny Galoyo (FLA) 6:00 Netflix Movie Night: Sunset Song (FLA)	10:30 Packed Lunch and Movie at Imagine Cinemas: Lion King (\$10) 10:30* Morning Update (AR) 11:00 Bocce Ball (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 5 (FLA) 1:15 Lotto 6/49 (AR) 2:30 Social Tea with Piano Background Music by Amabell (AR) 4:00 Word in a Word (AR) 6:00* Netflix Movie Night: Shtisel, Episode 3 (FLA)	9:30 Outing: Morning Stroll at Dempsey Park 10:00 Move and Groove (FLA) 10:15* Morning Updates m(AR) 10:30 Riddles (AR) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00* TED TALKS: Why Government Should Prioritize Well-being (FLA)* 1:15 Pokeno (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	9:30 Pumpkin Spice Latte Cart 10:00 Move and Groove (FLA) 10:30 Healthy Minds: Vision Quest: A View of Native Life with Lianne Harris (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 6 (FLA) 1:15 Black Jack (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Java Music Club (AR) 6:15 A.G.E Chabad Sunshine Group (AR)	10:00 Move & Groove (FLA) 10:15* Joke of the Day & Morning Update (AR) 10:30 TEP: Tier 1 Exercise (AR) 11:00 Concentration (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 7 (FLA) 1:15 Marlene's Healthy Stretches (AR) 2:00 Recreation Meeting (AR) 6:00 Bingo with Amabell (AR)	10:00 Move & Groove (FLA) 10:15* Optimist News (AR) 10:30 Morning Movement (AR) 11:00 Guess My Career (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 8 (FLA) 1:30 Art Therapy with Lynn (AR) 4:30 Cocktail Hour (FLA) 7:26 Candle Lighting	9:30* Shabbat Music (FLA) 10:00 You Be The Judge (AR) 11:00 TEP: Tier 1 Exercises (AR) 12:00 Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00* Sing A-long (FLA) 6:00* Netflix Movie Night: Brooklyn (FLA) 8:26 Shabbat Ends
8	9	10	11	Donut Day 12	13	Shabbat 14
10:30* Morning Update (AR) 11:00 Seated Yoga with Ronda (AR) 1:30 Music Concert with Arie Isakovan (FLA) 2:45 Welcome New Residents (AR) 6:00*Netflix Movie Night: Our Souls at Night (FLA)	9:30 Outing: Walmart at Dufferin 10:00 Move & Groove (FLA) 10:15* Morning Update & Horoscope (AR) 10:30 TEP: Tier 1 Exercises (AR) 11:00 Spot The Difference (AR) 12:30-1:00 Documentary Series: Top 10 Secrets & Mysteries: People Without Identity (FLA) 1:15 Scrapbook Making 1 (AR) 2:30 Social Tea with Piano Background Music by Amabell (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00* Netflix Movie Night: Shtisel, Episode 4 (FLA)	9:15 Pet Visit with Ben & Sylvie 10:00 Move & Groove (FLA) 10:30 Word in a Word (AR) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00*TED TALKS: The Real Relationship between your age and your chance of success (FLA) 1:15 The Price is Right (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	9:30 Pumpkin Spice Latte Cart 10:00 Move & Groove (FLA) 10:15* On This Day in History (AR) 10:30 TEP: Tier 1 Exercises (AR) 11:00 A-Z Word Challenge (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 9 (FLA) 1:15 Culinary Meeting (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Java Music Club (AR) 6:15 A.G.E Chabad Sunshine Group (AR)	10:00 Move & Groove (FLA) 10:15 Donut Ring Toss (AR) 11:00 Donut Pop Up Photo Booth (Outside Activity Room) 11:30* "How It's Made: Donut" Youtube (FLA) 1:15 Marlene's Healthy Stretches (AR) 2:00 Food Demonstration with Robert: Donut (AR) 2:15 Decorate Your Own Donut (AR) 2:30-3:00 Special Tea: Donut (AR) 4:00 Name That Yummy Donut (AR) 6:00 Bingo with Amabell (AR)	10:00 Move & Groove (FLA) 10:15* Optimist News (AR) 10:30 Morning Movement (AR) 11:00 Jeopardy (AR) 12:00-1:00 Ladies' Lunch: RSVP at reception (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 10 (FLA) 1:30 Ramp Bowling (AR) 4:30 Cocktail Hour (FLA) 7:14 Candle Lighting	9:30* Shabbat Music (FLA) 10:00 TEP: Tier 1 Exercises (AR) 10:45 Shabbat Service with Rabbi Shlomo (AR) 12:00 Shabbat Kiddush (DR) Rabbi Shlomo (AR) 1:30 Bingo (AR) 4:00* Sing A-long (FLA) 6:00* Netflix Movie Night: Brooklyn (FLA) 8:26 Shabbat Ends
15	16	17	18	19	20	Shabbat 21
10:30*Morning Update (AR) 11:00 TEP: Tier 1 Exercise (AR) 1:30 Music Concert with Sima L (FLA) 4:00 Beach Volleyball (AR) 6:00* Netflix Movie Night: The Land of Steady Habits (FLA)	10:00 Move & Groove (FLA) 10:15* Morning Update & Horoscope (AR) 10:30 Outing: Woodbine Casino and Packed Lunch 10:30 Morning Movement (AR) 11:00 Ladder Toss (AR) 12:30-1:00 *Documentary Series: Top 10 Secrets and Mysteries: Nature's Magic (FLA) 1:15 Scrapbook Making 2 (AR) 2:30 Social Tea with Piano Background Music by Amabell (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 Move & Groove (FLA) 10:15 Word in A Word (AR) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00* TED TALKS: The Secret Life of Dogs (FLA) 1:15 Lotto 6/49 (AR) 1:30 Outing: Black Creek Pioneer Village 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)	9:30 Pumpkin Spice Latte Cart 10:00 Move & Groove (FLA) 10:15* On This Day in History (AR) 11:00 Ballroom Dancing with Derek (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 11 (FLA) 1:15 Riddles (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Java Music Club (AR) 6:15 A.G.E Chabad Sunshine Group (AR)	10:00 Move & Groove (FLA) 10:15* Joke of the Day & Morning Update (AR) 10:30TEP: Tier 1 Exercises (AR) 11:00 Let's Play Golf! (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 2, Episode 12 (FLA) 1:15 Marlene's Healthy Stretches (AR) 2:00 Tongue Twister Game (AR) 4:00* Sing A-long (FLA) 6:00 Bingo with Amabell (AR)	10:00 Move & Groove (FLA) 10:15* Optimist News (AR) 10:30 Morning Movement (AR) 11:00 Riddles (AR) 11:00-3:00 VENDOR: Bijoux Treasures by Inga 12:00-1:00 Men's Lunch: RSVP at Reception (AR) 12:30-1:00*Miss Fisher's Murder Mystery, Season 2, Episode 13 (FLA) 1:30 Music Concert with Steve Koven (FLA) 4:00 Cocktail Hour (FLA) 7:01 Candle Lighting	9:30* Shabbat Music (FLA) 10:00 You Be The Judge (AR) 11:00 TEP: Tier 1 Exercises (AR) 12:00 Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00* Sing A-long (FLA) 6:00* Netflix Movie Night: Five Nights in Maine (FLA) 8:00 Shabbat Ends

Recreation Choices **September 2019**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
22	23	24	25	26	27	28	
<p>10:30* Morning Update (AR) 11:00 Seated Yoga with Ronda (AR) 1:30 Music Concert with Eldan Cohen (FLA) 6:00* Netflix Movie Night: Daughters of the Dust (FLA)</p>	<p>10:00 Move & Groove (FLA) 10:15* Horoscope & Morning Update (AR) 10:30 Morning Movement (AR) 11:00 Concentration: Falls Pictures Edition (AR) 12:30-1:00* Documentary Series: Top 10 Secrets & Mysteries: History's Mysterious Work of Art (FLA) 1:15 Fall Flower Arrangement (AR) 2:30 Social Tea with Piano Background Music by Amabell (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00 Sing A-long with Reena Singers (AR)</p>	<p>9:15 Pet Visit with Karen & Lennie 10:00 Move & Groove (FLA) 10:15 Word in a Word (AR) 11:15 Marlene's Healthy Stretches (AR) 12:30-1:00 TED TALKS: The Political Power of Being a Good Neighbor (FLA) 1:15 Finish the Melodies (AR) 4:00 Rabbi Visit with Rabbi Goldstein (AR) 6:00 Bingo with Janeth (AR)</p>	<p>9:30 Outing: Morning Stroll at Harborfront and Cherry Beach 10:00 Move & Groove (FLA) 12:30-1:00 Miss Fisher's Murder Mystery, Season 3, Episode 1 (FLA) 1:15 Ladder Toss (AR) 1:45 Stretch & Flex with Nathan (AR) 4:00 Java Music Club (AR) 6:15 A.G.E Chabad Sunshine Group (AR)</p>	<p>10:00 Move & Groove (FLA) 10:15* Joke of the Day & Morning Update (AR) 10:30 TEP: Tier 1 Exercise (AR) 11:00 Family Feud (AR) 1:15 Marlene's Healthy Stretches (AR) 2:00 Let's Play Golf (AR) 4:00 Afternoon Painting (AR) 6:00 Bingo with Amabell (AR)</p>	<p>10:00 Move & Groove (FLA) 10:15* Optimist News (AR) 10:30 TEP: Tier 1 Exercises (AR) 11:00 Kicking off the New Year with Sweet Fruit & Interesting Facts about Shofar Rabbi Yirmi Cohen (AR) 12:30-1:00* Miss Fisher's Murder Mystery, Season 3, Episode 2 (FLA) 1:15 Challah Baking (AR) 4:00 Afternoon Music & Movement (FLA) 4:30 Cocktail Hour (FLA) 6:48 Candle Lighting</p>	<p>9:30* Shabbat Music (FLA) 10:00 TEP: Tier 1 Exercises (AR) 10:45 Shabbat Service with Rabbi Shlomo (AR) 12:00 Shabbat Kiddush (DR) 1:30 Bingo (AR) 4:00* Sing A-long (FLA) 6:00* Netflix Movie Night: Little Boxes (FLA) 7:47 Shabbat Ends</p>	
29	30						
<p>Erev Rosh Hashanah 10:30* Morning Update (AR) 11:00 TEP: Tier 1 Exercises (AR) 1:30 Music Concert with Andrew and Louise (FLA) 2:45 Celebrating September Birthdays (AR) 6:44 Candle Lighting</p>	<p>Rosh Hashanah 10:00 Move & Groove (FLA) 10:45 Rosh Hashanah Service (AR) 12:30-1:00* Documentary Series: Top 10 Secrets and Mysteries: Secrets and Magic of Alternative Medicine (FLA) 1:30 Honey & Apple Tasting (AR) 2:30 Rosh Hashanah Treats (AR) 3:45 Stretch & Flex with Nathan (AR) 6:00* Netflix Movie Night: Shtisel, Episode 5 (FLA)</p>	<p>ROOM LEGEND Activity Room (AR) Front Lounge Area (FLA) 3rd = 3rd Floor Dining Room (DR) Private Dining Room (PDR) Theatre Room (TR) (RR)= Resident Run</p>		<p>CALENDAR LEGEND Highlights Outings *IPad/Apple TV Programs</p>		<p>IMPORTANT DATES September 2nd: Labour Day September 12th: Donut Day September 23rd: First Day of Fall September 29th-October 1st: Rosh Hashanah</p>	<p>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.</p>
<p>SAVE THE DATE</p> <p>Active Aging Week Oct 1st- 7th</p> 