

345 Sherbourne Street, Toronto, ON M5A 2S3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 - Welcoming October - 2 1:00 - Hello October! - 4 2:00 - Smiles Online - 2 2:30 - Birthday Celebration - 2R 2:45 - It's Beginning to Look A Lot Like Autumn! - All 7:00 - Special Virtual LGBTQ Seniors Event: Drag Heels - All Happy Birthday Jean B!	2 Welcoming Fall 10:00 - Bingo - 4R 10:00 - Drumming to Celebrate Autumn Festival - DR 1:00 - Autumn Strolls - 4R 2:00 - Birthday Celebration - 3R 2:00 - Fall Landscapes - 2 2:30 - Coffee Social - 3 4:00 - Creative movements - 3 Happy Birthday Yen Ha L!	3 10:00 - NBS Dance - 2 10:30 - Hymn Sing - 3 2:00 - Face To Family - 3R 2:00 - Art & BLM - 2 4:00 - Exercise - 3
4 10:00 - Mindful Meditation - 2 2:00 - Bingo - 3 2:00 - Hymn Sing - 2 2:30 - Virtual Tibetan Buddhist Service - 2R 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	5 9:30 - Reality Orientation - All 1:00 - NEWS NEWS NEWS - 4R 2:00 - Birthday Celebration - 3R 2:00 - Family Visits(3rd fl) - Back 3:00 - NBS Dance - 4 4:00 - My Station - 3 6:00 - Mindful Meditation - 4R 6:00 - Relaxation - 3 Happy Birthday Wing Han C!	6 9:00 - Reality Orientation - All 2:00 - Family Visits (2nd fl) - Back 4:30 - 1:1 Reminiscing - All 6:30 - Face to Family - 2R	7 9:00 - Reality Orientation - 3 10:00 - Art History - 2R 2:00 - Beauty Cart - 2R 2:00 - Family Time - 4 4:00 - Volleyball - 3 6:30 - 1:1 Snoezelen Spa - 4R Residents Council Election! Room to Room Voting All Day	8 9:00 - Stroll With Me - 3R 10:00 - Coffee & Conversation - 2 1:00 - Sing Along - 4 2:00 - Birthday Celebration - 3R 2:00 - Smiles Online - 2 2:15 - Reminiscing - 3R 6:00 - Short Stories - 4R Happy Birthday Cecil E!	9 10:00 - Tim Horton's Drive Through - All 2:00 - Birthday Celebration - 2R 2:30 - Coffee and conversation - 3 6:00 - Relaxation - 3 6:30 - Garden Club - CR Happy Birthday Jane R!	10 10:00 - Craft Club - 4 1:00 - Let's Talk About Mental Health! - 4R 2:00 - Birthday Celebration - 2R 4:00 - Kicks & Giggles - 4R <i>World Mental Health Day</i> Happy Birthday Davina S!
11 Spiritual Sunday - 4R 1:00 - Name That Tune - 4 3:00 - Pumpkin Pie Cart - 4R	12 10:00 - Thanksgiving Social - 3 1:00 - Thanksgiving Art - 4 2:00 - Birthday Celebration - 4R 2:00 - Family Visits(3rd fl) - Back 4:00 - My Station - 3 6:00 - Thankful Thoughts - 4R Happy Birthday Barry V! Thanksgiving	13 10:00 - Music & Memories - 3 2:00 - Family Visits (2nd fl) - Back 4:00 - Basketball - 3 6:30 - Face to Family - 2R	14 9:45 - Coffee Cart - All 1:30 - Residents' Council - CR 2:00 - Birthday Celebration - 2R 2:00 - Face To Family - 3R 2:00 - Family Time - 4 6:00 - Aromatherapy - 3R 6:00 - Seat or Feet DANCE - 4 Happy Birthday Jose!	15 9:00 - Reality Orientation - All 1:00 - 1:1 Balloon Volleyball - 4R 3:00 - Name That Tune! - 4 6:00 - Not So Board Games - 4	16 10:00 - My Wishes - 2R 2:00 - My Legacy - 2R 2:30 - Coffee Social - 3 4:00 - Creative movements - 3 <i>My Wishes</i>	17 10:00 - NBS Dance - 2 10:30 - Hymn Sing - 3 2:00 - Face To Family - 3R 2:00 - LGBTQ Poets - 2 4:00 - Exercise - 3
18 10:00 - Mindful Meditation - 2 2:00 - Bingo - 3 2:00 - Hymn Sing - 2 2:30 - Virtual Lutheran Service - 2R 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	19 9:15 - Good Morning Hello's! - All 1:00 - NEWS NEWS NEWS - 4R 2:00 - Family Visits(3rd fl) - Back 3:00 - Celebrating LGBTQ History Month - 4 4:00 - My Station - 3 6:00 - Practicing Mindfulness - 4 6:00 - Relaxation - 3	20 9:00 - Reality Orientation - All 2:00 - Family Visits (2nd fl) - Back 4:30 - 1:1 Reminiscing - All 6:30 - Face to Family - 2R	21 10:00 - LGBTQ Art History - 2R 2:00 - Beauty Cart - 2R 2:00 - Family Time - 4 6:30 - 1:1 Snoezelen Spa - 4R	22 9:00 - Stroll With Me - 3R 10:00 - Coffee Cart - All 1:00 - Sing Along - 4 2:00 - Smiles Online - 2 6:00 - Short Stories - 4R	23 Cultural Day: Pakistan 10:00 - Pakistani Art - 2R 2:00 - Tea Cart: Pakistani Chai - 2 2:30 - Travelogue: Pakistan - 3 4:15 - Easy Listening: Music from Pakistan - 3 6:30 - Famous Pakistani Things - 3R	24 10:00 - Apple Picking Cart - 4R 1:00 - Soothing Stretches - 4R 2:00 - Birthday Celebration - 2R 4:00 - Kicks & Giggles - 4R Happy Birthday Kwong Yuk L!
25 Spiritual Sunday - 4R 1:00 - Name That Tune - 4 3:00 - Autumn Strolls - 4R	26 9:00 - Stroll With Me - 3R 10:00 - Baking Club - 3 1:00 - Trick Or Trivia - 4R 2:00 - Family Visits(3rd fl) - Back 4:00 - My Station - 3 6:00 - Mindful Meditation - 4R	27 10:00 - Music & Memories - 3 2:00 - Family Visits (2nd fl) - Back 4:00 - Basketball - 3 6:30 - Face to Family - 2R	28 9:45 - Coffee Cart - All 2:00 - Face To Family - 3R 2:00 - Family Time - 4 6:00 - Aromatherapy - 3R 6:00 - Seat or Feet DANCE - 4	29 10:00 - Coffee & Conversation - 2 1:00 - Dress Up! - 4R 2:00 - Smiles Online - 2 6:00 - Not So Board Games - 4	30 10:00 - TRICK OR TREAT CART - 4R 1:00 - Staff Costume Parade Contest - All 4:00 - Creative movements - 3 6:00 - Friendly Visits - All	31 10:00 - Spooky Stretching - 2 10:30 - Haunting Halloween Tunes - 3 2:00 - Face To Family - 3R 2:00 - Spooky Movie - 2 2:00 - Healthy Halloween Treats - 2R 4:00 - Exciting Exercises - 3R <i>Halloween</i>