

345 Sherbourne Street, Toronto, ON M5A 2S3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 - Virtual Outing: Dollarama - 3R 12:00 - <i>Team Clean</i> 3:00 - Creative movement - 3 4:00 - 1:1 Aromatherapy - 2R 6:00 - 1:1 Bedside Therapy - 2R 6:30 - 1:1 Virtual Visits with Short Term Mission - All	2 10:00 - Classical Music - 3 1:00 - Face to Family - 2R 2:00 - Montessori - 3 3:00 - Netflix Movie - 2 4:00 - Basketball - 3 6:30 - Evening Stretches - 2 Ground Hog Day	3 10:30 - Wellness Wednesdays - All 12:00 - Reality Orientation - 3 1:00 - Connecting with Loved Ones - 4R 2:00 - Virtual Family Visiting - 3R 6:00 - Aromatherapy - 3R	4 9:30 - Tuck Shop Cart - 2R 2:00 - SMILES Online - All 2:30 - BLM: Collage by Njideka Akunyili Crosby - 2 3:00 - Fresh Air Break - 4R 6:00 - Virtual Concert: Harry Belafonte - 4	5 9:30 - 1:1 Ball Toss - 2R 10:00 - Travelling Tuck Shop - 4R 10:30 - Virtual Pet Therapy - All 1:00 - Coffee Social - 3 1:15 - Friendly Virtual Visits with Sasha! - 2R 4:00 - Classic Music - 3 6:00 - Movie Night - 3	6 10:00 - Seated Yoga - 2 10:30 - Hymn Sing - 3 1:00 - Baking Bread - 2 2:00 - Virtual family Visit - 3R 2:30 - Weaving on the Loom - 2 4:00 - Exercise - 3
7 9:30 - Wheelchair Exercise - 2 10:00 - Virtual Mass - 2R 2:00 - Bingo - 3 2:00 - Hymn Sing - 2 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3 Super Bowl Sunday	8 12:00 - Dim Sum Social - 3 1:00 - Fresh Air Break - 4R 1:30 - Residents' Council - CR 3:00 - BINGO - 4 3:00 - Creative movement - 3 6:00 - Relaxation - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All	9 1:00 - Face to Family - 2R 3:00 - Netflix Movie - 2 6:30 - Evening Stretches - 2	10 9:30 - Active Mornings - 2 10:00 - Reminiscing - 3R 10:00 - Virtual Outing: Toronto Sights! - 2R 10:30 - Wellness Wednesdays - All 1:00 - Connecting with Loved Ones - 4R 2:00 - Bedside Therapy - 2R 2:00 - LGBTQ Concert - 3 4:00 - Volleyball - 3	11 9:00 - Move to Fresh Air - 3R 9:30 - Tuck Shop Cart - 2R 10:00 - Making Flowers - 3 10:15 - Virtual Visits with Sasha! - 2R 1:30 - SMILES Online - All 2:00 - Travelogue: Hong Kong - 3 2:30 - LGBTQ+: Advanced Love - 2 3:00 - Fresh Air Break - 4R 6:00 - Virtual Concert: Stevie Wonder - 4	12 2:00 - Chinese New year Celebration - 3 2:30 - Valentine Day social - CR 6:00 - Relaxation - 3 Losar (Tibetan Buddhist New Year) Chinese New Year!	13 10:00 - Seat or Feet Dance - 4 1:00 - Travelling Tuck Shop - 4R 2:00 - Fresh Air Break - 4R
14 10:00 - Spiritual Sunday - 4R 1:00 - Art Cart - 4R 3:00 - Virtual Outing: City of LOVE, Paris - 4 Valentines Day	15 1:00 - Fresh Air Break - 4R 1:00 - Smart Brains - 3 2:00 - Paint World - 3R 2:00 - Birthday Celebration - 4R 3:00 - BINGO - 4 3:00 - Creative movement - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All Family Day Happy Birthday Jovita M & Michael R!	16 10:00 - Classical Music - 3 2:00 - Montessori - 3 4:00 - Basketball - 3 Mardi Gras! Vasant Panchami (Hindu Festival)	17 10:30 - Wellness Wednesdays - All 12:00 - Reality Orientation - 3 1:00 - Connecting with Loved Ones - 4R 2:00 - Virtual Family Visiting - 3R 6:00 - Aromatherapy - 3R	18 9:30 - Tuck Shop Cart - 2R 2:00 - SMILES Online - All 2:30 - BLM: Portraits by Kehinde Wiley - 2 3:00 - Fresh Air Break - 4R 6:00 - Virtual Concert: Aretha Franklin - 4	19 Cultural Day: Cuba 9:15 - Virtual Visits with Sasha! - 2R 9:30 - Virtual Outing: Havana, Cuba - 2 10:00 - Art Cart - 4R 10:30 - Virtual Pet Therapy - All 1:00 - Coffee Social - 3 1:00 - Tuck Shop & Cuban Snack Cart - 4R 2:00 - A lo Cubano! Cart - 2R 3:00 - Virtual Outing: Havana, Cuba - 4 4:00 - Classic Music - 3 6:00 - Movie Night - 3	20 10:00 - Seated Yoga - 2 10:30 - Hymn Sing - 3 1:00 - Baking Bread - 2 2:00 - Virtual family Visit - 3R 2:30 - Weaving on the Loom - 2 4:00 - Exercise - 3
21 9:30 - Wheelchair Exercise - 2 10:00 - Virtual Mass - 2R 2:00 - Bingo - 3 2:00 - Birthday Celebration - 4R 2:00 - Hymn Sing - 2 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3 Happy Birthday Virginia W!	22 1:00 - Fresh Air Break - 4R 2:00 - Chinese Movie - 3 3:00 - BINGO - 4 3:00 - Creative movement - 3 6:00 - Relaxation - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All	23 1:00 - Face to Family - 2R 3:00 - Netflix Movie - 2 6:30 - Evening Stretches - 2	24 9:30 - Active Mornings - 2 10:00 - Reminiscing - 3R 10:30 - Wellness Wednesdays - All 1:00 - Connecting with Loved Ones - 4R 2:00 - Bedside Therapy - 2R 2:00 - Board Game - 3 4:00 - Volleyball - 3 Lunch Club: Mandarin *Sign Up Required	25 9:00 - Move to Fresh Air - 3R 9:30 - Tuck Shop Cart - 2R 2:00 - Cantonese Opera - 3 2:00 - SMILES Online - All 2:30 - LGBTQ+: Allyship - 2 3:00 - Fresh Air Break - 4R 6:00 - Virtual Concert: Jimi Hendrix - 4	26 9:30 - 1:1 Ball Toss - 2R 10:30 - Life Story - 2R 11:15 - Virtual Visits with Sasha! - 2R 1:00 - TIFF Digital Seniors Film Fridays Discussion - All 2:00 - My Wishes - 2R 2:30 - New Year Wishes - 3 6:00 - Relaxation - 3	27 10:00 - Seat or Feet Dance - 4 1:00 - Travelling Tuck Shop - 4R 2:00 - Fresh Air Break - 4R Maghi-Purnima (Hindu celebration)
28 10:00 - Spiritual Sunday - 4R 1:00 - LGBTQ2S+ Art Cart: Andy Warhol - 4R 3:00 - Virtual Outing: NASA International Space Station - 4						

2 - 2nd Floor Activity Room
4R - 4th Fl 1:1 Resident Room

2R - 2nd Fl 1:1 Resident Room
All - All

3 - 3rd Floor Activity Room
CR - Craft Room

3R - 3rd Fl 1:1 Resident Room

4 - 4th Floor Activity Room