

**345 Sherbourne Street, Toronto, ON M5A 2S3**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 2:00 - Bingo - 3 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3 <i>*Don't forget to turn your clocks back!</i>	<b>2</b> 9:00 - Reality Orientation - All 1:00 - NEWS NEWS NEWS - 4R 3:00 - Bingo - 4 3:00 - Creative movement - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All	<b>3</b> 2:00 - Birthday Celebration - 4R 2:30 - Netflix Movie - 2 3:00 - Gentle Stretches - 2 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R <b>Happy Birthday Robert S!</b>	<b>4</b> 9:00 - Reality Orientation - 3 10:00 - Reading Club - 2 1:00 - Face to Family - 4R 2:00 - Birthday Celebration - 4R 4:00 - Volleyball - 3 6:00 - 1:1 Manicures - 4R <b>Happy Birthday Ahmed A!</b>	<b>5</b> 9:00 - Fresh Air - 3R 10:00 - Painting Together - 2 10:40 - Weaving with Michelle - 2 2:00 - Smiles Online - 2 & 4 2:15 - Reminiscing - 3R 2:40 - 1:1 Ball toss - 2R 6:00 - Virtual Concert - 4	<b>6</b> 10:00 - My Wishes - 2R 2:30 - Legacy Project - 2R 2:30 - Coffee and conversation - 3 4:00 - Music and movement - 3 6:00 - Relaxation - 3 <i>My Wishes</i>	<b>7</b> 10:00 - NBS Dance - 4 1:00 - Word Games - 4R 3:00 - Kicks & Giggles - 4R
<b>8</b> Spiritual Sunday - 4R 1:00 - Remembrance Day Art - 4 3:00 - Autumn Strolls - 4R	<b>9</b> 10:00 - Movement to Music - 3 12:00 - Dim Sum Social - 3 1:00 - NEWS NEWS NEWS - 4R <b>1:30 - Residents' Council - CR</b> 2:00 - Wine & Cheese Cart - All 3:00 - Creative movement - 3 3:30 - Fitness Club - 2 6:30 - 1:1 Virtual Visits with Short Term Mission - All	<b>10</b> 10:00 - Music & Memories - 3 2:00 - Birthday Celebration - 2R 2:30 - Netflix Movie - 2 3:00 - Gentle Stretches - 2 4:00 - Basketball - 3 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R <b>Happy Birthday Peter B!</b>	<b>11</b> 10:00 - Virtual Ceremony of Remembrance - 4 1:00 - Face to Family - 4R 2:00 - Remembrance Day Movie - 3 2:00 - World War Trivia - 4 2:30 - Remembrance Day Painting - 3R 6:00 - Aromatherapy - 3R <i>Remembrance Day</i>	<b>12</b> 10:00 - Painting Together - 2 10:40 - Weaving with Michelle - 2 2:00 - Smiles Online - 2 & 4 2:40 - 1:1 Ball toss - 2R	<b>13</b> 10:00 - Bingo - 4 1:00 - Superstitious Trivia - 4 2:30 - Coffee Social - 3 4:00 - Music and movement - 3 6:00 - iPad Fun! - 3R	<b>14</b> 10:00 - Guided Meditation - 2 10:30 - NBS Dance - 2 10:30 - Hymn Sing - 3 2:00 - Face To Family - 3R 2:30 - Baking Bread - 2 4:00 - Exercise - 3
<b>15</b> 10:00 - Seated Yoga - 2 2:00 - Bingo - 3 2:00 - Hymn Sing - 2 2:30 - Virtual Mass - 2R 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	<b>16</b> 9:00 - Reality Orientation - All 1:00 - NEWS NEWS NEWS - 4R 3:00 - Bingo - 4 3:00 - Creative movement - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All	<b>17</b> 2:30 - Netflix Movie - 2 3:00 - Gentle Stretches - 2 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R	<b>18</b> 9:00 - Reality Orientation - 3 9:30 - Making Bread - 3 10:00 - Reading Club - 2 1:00 - Face to Family - 4R 2:30 - Fancy Nails - 2 4:00 - Volleyball - 3 6:00 - 1:1 Manicures - 4R	<b>19</b> 9:00 - Fresh Air - 3R 10:00 - Painting Together - 2 10:40 - Weaving with Michelle - 2 2:00 - Smiles Online - 2 & 4 2:15 - Reminiscing - 3R 2:40 - 1:1 Ball toss - 2R 6:00 - Virtual Concert - 4	<b>20</b> 2:30 - Coffee and conversation - 3 4:00 - Music and movement - 3 6:00 - Relaxation - 3	<b>21</b> 10:00 - NBS Dance - 4 1:00 - Word Games - 4R 3:00 - Kicks & Giggles - 4R
<b>22</b> Spiritual Sunday - 4R 1:00 - Craft Club - 4 2:00 - Birthday Celebration - 2R 3:00 - Autumn Strolls - 4R <b>Happy Birthday Kenchan D!</b>	<b>23</b> 1:00 - NEWS NEWS NEWS - 4R 2:00 - Tim Hortons Cart - All 3:00 - Creative movement - 3 3:30 - Fitness Club - 2 6:30 - 1:1 Virtual Visits with Short Term Mission - All	<b>24</b> 10:00 - Music & Memories - 3 2:30 - Netflix Movie - 2 3:00 - Gentle Stretches - 2 4:00 - Basketball - 3 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R	<b>25</b> 9:45 - Coffee Cart - All 1:00 - Face to Family - 4R 2:00 - Face To Family - 3R 6:00 - Aromatherapy - 3R 6:00 - 1:1 Manicures - 4R	<b>26</b> 10:00 - Painting Together - 2 10:40 - Weaving with Michelle - 2 2:00 - Smiles Online - 2 & 4 2:40 - 1:1 Ball toss - 2R 3:00 - Bingo - 4 6:00 - Not So Board Games - 4	<b>27</b> <b>Cultural Day: Ecuador</b> 10:00 - Music of Ecuador - 4 10:30 - Textiles of Ecuador - 2 2:30 - A Taste of Ecuador - All 2:30 - Coffee Social - 3 3:00 - Mejenga Soccer - 2R 4:00 - Movement to Music from Ecuador! - 3 6:00 - Armchair Travel! - 3R	<b>28</b> 10:00 - Guided Meditation - 2 10:30 - NBS Dance - 2 10:30 - Hymn Sing - 3 2:00 - Board Games - 2 2:00 - Face To Family - 3R 4:00 - Exercise - 3
<b>29</b> 10:00 - Seated Yoga - 2 2:00 - Bingo - 3 2:00 - Hymn Sing - 2	<b>30</b> 9:00 - Reality Orientation - All 1:00 - NEWS NEWS NEWS - 4R					

2:30 - Virtual Mass - 2R 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	3:00 - Bingo - 4 3:00 - Creative movement - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All					
2 - 2nd Floor Activity Room	2R - 2nd Fl 1:1 Resident Room	3 - 3rd Floor Activity Room	3R - 3rd Fl 1:1 Resident Room		4 - 4th Floor Activity Room	
4R - 4th Fl 1:1 Resident Room	All - All	CR - Craft Room				