

September

Daily Broadcast on
Channels 988, 67,59

Chair Exercise
9:30 a.m., 11:00 a.m.,
2:00 p.m.,7:00 p.m.,
11:00 p.m.

Chair Tai Chi
2:00 a.m., 10:00 a.m.
Standing Tai Chi
10:30 a.m., 4:00 p.m.,
8:00 p.m.

Meditation
8:00 p.m.

BRIDGE WITH
JONATHAN

Wednesday
September 6, 20
1:30 p.m.
Five Star Lounge

POETRY:

Thursdays
Meredith- September
14, 28
4:00 p.m.
Classroom AB- 1st floor

CHOIR

Sundays
3:15 p.m.
Assembly Room

RESIDENTS' TOWN
HALL MEETING

Thursday September
14
3:30 p.m.
Assembly Room

BIRTHDAY CONCERT

Thursday, September
21
2:00 p.m.
Entertainer: James
Bogan

KNITTING & CROCHET
GROUP

Monday, September 11,
18
4:00 p.m.
Assembly Room

CLASSICAL DJ MUSIC
PRESENTATION WITH
HOWARD MEDNICK

Wednesday
September 20
2:00 p.m.
Assembly Room

SCHMOOZE IN LOBBY
BRING A NEIGHBOUR

Coffee & Tea Served
Daily
2:00 p.m.
Lobby

HIGH HOLIDAY
PROGRAMMING

Journey Through the
High Holidays with
Yentie
September 6
2:00 p.m.

Rosh Hashanah
Program with Cantor
Edwards
September 13
3:15 p.m.

Sukkah Decorating
September 27
2:30 p.m.

Sukkah Drop In
September 29
1:00-3:00 p.m.

Sukkot Program with
Rabbi Rena
September 29
3:00 p.m.

Synagogue Services
To be confirmed
Flyer will be posted on
recreation board



Monthly Calendar: September 2023

Contact Information

To Order Boxed Meals
416-785-2500
Ext. **2477**

Concierge Desk
416-785-2500
Ext. **2267**

Health Center
416-785-2500
Ext. **2292**

Social Workers
416-785-2500
Yentie Ext. 5382

Recreation Staff
416-785-2500
Veronica Ext. 2272
Jessica Ext. 5879
Jackie Ext. 2543



Programs subject to change.
Please refer to daily program schedule



Monthly Program Schedule: September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coffee with the Rec Team Sunday September 3, 10, 24 9:00 a.m. Lobby	GYM OPEN 9:00 a.m. -12: 00 p.m. Ground Floor	Balance Exercise 10:30 -11:15 a.m.	GYM OPEN 9:00 a.m. -12: 00 p.m. Ground Floor	Balance Exercise 10:30 -11:15 a.m.	GYM OPEN 9:00 a.m. -12: 00 p.m. Ground Floor	Orthodox Synagogue Services Refer to the weekend schedule posted on the recreation board, 1 st floor, for specific times Synagogue, 1 st floor
Pet Therapy with Jackie & Leo September 3 10:30 a.m.	Chair Exercise 10:30 -11:00 a.m.	Yiddish Group 1:00 p.m.	Chair Exercise 10:30 -11:00 a.m.	Concert 2:00 p.m.	Chair Exercise 10:30 -11:00 a.m.	
Bridge 1:30 p.m. 8th Floor Lounge	Movie Matinee September 4 1:30 p.m.	Bingo 2:00 p.m.	Bridge with Jonathan September 6, 20 1:30 p.m. Fireside Lounge	September 7- Mark Youhanan September 14- Katherine Thompson September 21- Birthday Concert with James Regan September 28- Jordan Klapman	Philosophy 101: The Four Fundamental Questions 1:00 p.m. Fireside Lounge	
Zumba with Veronica September 10 10:30 a.m.	Singalong September 11- with Hugh & Ruth September 18- with the Posners 2:00 p.m.	Discussion with Rodney September 5, 19 3:30 p.m. Classroom AB	Journey Through the High Holidays with Yentie September 6 2:00 p.m.	September 21- Birthday Concert with James Regan September 28- Jordan Klapman	World Current Events 2:00 – 3:00 p.m.	Schmooze in Lobby, Bring a neighbour Coffee & Tea Served 2:00 p.m.
Schmooze in Lobby Bring a Neighbour Coffee & Tea Served 2:00 p.m.	Book Club September 26 3:30 p.m. Fireside Lounge	Rummy Q 6:30 p.m. 6th Floor	Howard Mednick Presentation September 20 2:00 p.m.	Residents’ Town Hall Meeting September 14 3:30 p.m.	Sukkah Drop In September 29 1:00-3:00 p.m.	Saturday Sing Along 7:00 p.m. Lobby
YOGA CLASS 2:00 – 3:00 p.m. September 24- 10:30 a.m.	Knitting and Crochet Group September 11, 18 4:00 p.m.		Rosh Hashanah Program with Cantor Edwards September 13 3:15 p.m.	Montrealer’s Group September 21 3:15 p.m. 9th floor Lounge	Sukkot Program with Rabbi Rena September 29 3:00 p.m.	Daily Broadcast on Channels 988, 67, 59
Sylvia Banack Memorial Kol Nidre Service September 24 3:00 p.m.	Mahjong 7:00 p.m. Fireside		Sukkah Decorating September 27 2:00 p.m.	Poetry Group 4:00 p.m. With Meredith September 14, 28 Classroom AB- 1 st Floor	Orthodox Synagogue Services Refer to the weekend schedule posted on the recreation board.	Chair Exercise 9:30 a.m., 11:00 a.m. 2:00 p.m., 7:00 p.m., 11:00 p.m.
Choir 3:15 p.m.			Mussar Discussion Group 3:15 p.m. September 13- 1:30 p.m. Assembly Room	Rummy Q 6:30 p.m. 6th Floor	Candle Lighting in the Dining Room Shabbat Shalom	Chair Tai Chi 2:00 a.m.,10:00 a.m.
Movie Night 7:00 p.m.			Bridge 6:30 p.m. 8th Floor Lounge			Standing Tai Chi 10:30 a.m., 4:00 p.m., 8:00 p.m.
						Meditation 9:00 p.m.