

October 2024



Monthly Calendar: October 2024

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
Tanya Ext. 2990

Recreation Staff

416-785-2500
Veronica Ext. 2272
Jessica Ext. 5879
Eduardo Ext. 2358



Programs subject to change.
Please refer to daily program schedule



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
9:00 p.m.

BRIDGE WITH JONATHAN

Tuesday October 1, 15, 29
1:30 p.m.
11th Floor Lounge

DISCUSSION WITH RODNEY

Tuesday October 22, 29
3:30 p.m.
Assembly Room

CHOIR

Sundays
3:30 p.m.
Assembly Room

RESIDENTS' TOWN HALL MEETING

Thursday October 31
3:30 p.m.
Assembly Room

BIRTHDAY CONCERT

Thursday, October 31
2:00 p.m.
Entertainer: Noah Kosta
Assembly Room

KNITTING & CROCHET GROUP

Monday October 21, 28
4:00 p.m.
Assembly Room

NATURE WALK WITH SAM

Saturdays
10:30 a.m.
Meet in lobby
*weather dependent

SCHMOOZE IN LOBBY BRING A NEIGHBOUR

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

TERRACE RESIDENT CHOIR PERFORMANCE

Wednesday October 9
2:00 p.m.
Assembly Room

HIGH HOLIDAY PROGRAMMING

Rosh Hashanah Concert with Cantor Edwards (prerecorded)
October 2
2:00 p.m.

Decorate the Sukkah
October 15
2:00 p.m.

Sukkah Program with Rabbi Rena
October 16
3:30 p.m.

Sylvia Banack Memorial Kol Nidre Service (Conservative)
October 11
3:00 p.m.

Orthodox and Reform
Synagogue times will be posted on the Recreation Board

Monthly Program Schedule: October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Coffee with the Rec Team</u> Sunday October 6, 20, 27 9:00 a.m. Lobby</p> <p><u>Jeopardy with Jessica</u> October 6 10:30 a.m.</p> <p><u>Zumba with Veronica</u> October 20 10:30 a.m.</p> <p><u>Chair Exercise with Eduardo</u> October 27 10:30 a.m.</p> <p><u>Schmooze in Lobby</u> <u>Bring a Neighbour</u> Coffee & Tea Served 2:00 p.m.</p> <p><u>Yoga Class</u> 2:00 – 3:00 p.m.</p> <p><u>Choir</u> 3:30 p.m.</p> <p><u>Retro Movie Night</u> 7:00 p.m.</p>	<p><u>Chair Exercise</u> 10:30 -11:00 a.m.</p> <p><u>October 7th Memorial</u> October 7 3:00 p.m.</p> <p><u>Singalong with the Posners</u> October 21 2:00 p.m.</p> <p><u>Oxygen Presentation</u> <u>(Topic to be confirmed)</u> October 28 2:00 p.m.</p> <p><u>Neighbour Schmooze</u> <u>7th Floor with Tanya</u> October 21 3:00 p.m.</p> <p><u>Neighbour Schmooze</u> <u>11th Floor with Yentie</u> October 28 3:00 p.m.</p> <p><u>Knitting and Crochet Group</u> October 21, 28 4:00 p.m.</p> <p><u>Bridge</u> 7:00 p.m. 11th Floor Lounge</p> <p><u>Mahjong</u> 7:00 p.m. Lobby</p>	<p><u>Balance Exercise</u> 10:15- 11:00 a.m.</p> <p><u>Yiddish Group</u> 1:00 p.m.</p> <p><u>Bridge with Jonathan</u> October 1, 15, 29 1:30 p.m. 11th Floor Lounge</p> <p><u>Bingo</u> 2:00 p.m.</p> <p><u>Decorate the Sukkah</u> October 15 2:00 p.m.</p> <p><u>Discussion with Rodney</u> October 22, 29 3:30 p.m.</p> <p><u>Choir Rehearsal</u> October 8 3:30 p.m.</p> <p><u>Book Club</u> <u>'Book Talk'</u> October 15 3:30 p.m. Classroom AB</p> <p><u>Rummy Q</u> 6:30 p.m. 6th Floor Lounge</p> <p><u>TV Series</u> The Crown 7:00 p.m.</p>	<p><u>Sharing Dance Class with Annie</u> 10:30-11:15 a.m.</p> <p><u>Rosh Hashanah Concert with Cantor Edwards (prerecorded)</u> October 2 2:00 p.m.</p> <p><u>Terrace Resident Choir Performance</u> October 9 2:00 p.m.</p> <p><u>Music Appreciation with Jessica</u> <u>Fall Themed Songs</u> October 16th 2:00 p.m.</p> <p><u>Sing Along with Hugh</u> October 23 2:00 p.m.</p> <p><u>Museum on Wheels</u> October 30 2:00 p.m.</p> <p><u>Mussar Discussion Group</u> 3:15 p.m.</p> <p><u>Sukkah Program with Rabbi Rena</u> October 16 3:30 p.m. Fireside Lounge</p> <p><u>Modern Movie Night</u> 7:00 p.m.</p>	<p><u>Balance Exercise</u> 10:15- 11:00 a.m.</p> <p><u>Concert</u> 2:00 p.m.</p> <p><u>October 3- No Concert-Rosh Hashanah</u> <u>October 10 – Janie Respitz</u> <u>October 17- No Concert- Sukkot</u> <u>October 24- No Concert-Shemini Atzeret</u> <u>October 31- Birthday Concert with Noah Kosta</u></p> <p><u>Residents' Town Hall Meeting</u> October 31 3:30 p.m.</p> <p><u>Poetry</u> October 10 4:00 p.m. Classroom AB</p> <p><u>Rummy Q</u> 6:30 p.m. 6th Floor</p>	<p><u>Chair Exercise</u> 10:30 -11:00 a.m.</p> <p><u>Philosophy</u> 1:00 p.m. Fireside Lounge</p> <p><u>Sylvia Banack Memorial Kol Nidre Service</u> October 11 3:00 p.m.</p> <p><u>Pre-Shabbat Program</u> 5:00 p.m. Dining Room</p> <p><u>Orthodox Synagogue Services</u> Refer to the weekend schedule posted on the recreation board.</p> <p>Candle Lighting in the Dining Room Shabbat Shalom</p>	<p><u>Orthodox Synagogue Services</u> Refer to the weekend schedule posted on the recreation board, 1st floor.</p> <p><u>Nature Walk with Sam</u> 10:30 a.m. Meet in lobby</p> <p><u>Schmooze in Lobby, Bring a neighbour</u> Coffee & Tea Served 2:00 p.m.</p> <p><u>Saturday Afternoon Sing Along with Sophie</u> 3:00 p.m. Lobby</p> <p><u>Daily Broadcast on Channels 988, 67, 59</u></p> <p><u>Chair Exercise</u> 9:30 a.m., 11:00 a.m. 2:00 p.m., 7:00 p.m., 11:00 p.m.</p> <p><u>Chair Tai Chi</u> 2:00 a.m., 10:00 a.m.</p> <p><u>Standing Tai Chi</u> 10:30 a.m., 4:00 p.m., 8:00 p.m.</p> <p><u>Meditation</u> 9:00 p.m.</p>
<p>All Programs take place in Assembly Room unless noted</p>						