

# May 2026



## Monthly Calendar: May 2026

### 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  
Tanya Ext. **2990**

**Recreation Staff**  
416-785-2500  
Archana Ext. **5879**  
Charlotte Ext. **2687**



**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.

### KNITTING & CROCHET GROUP

Monday, May 4, 25  
3:30 p.m.  
Classroom AB

### OUTING

Charterability Pontoon Boat Ride  
May 20  
9:30 a.m. – 2:30 p.m.  
Sign up will start on Wednesday May 6 at concierge. RSVP by Wednesday May 13. See additional details on flyer by recreation board.

### RESIDENTS' TOWN HALL MEETING

Thursday, May 14  
3:30 p.m.  
Assembly Room

### BIRTHDAY CONCERT

Thursday, May 28  
2:00 p.m.  
**Entertainer:** Noah Costa  
Assembly Room

### PRESENTATIONS

**History of the Annex: The Former Heart of Toronto's Jewish Community**

May 6  
2:00 p.m.

**Lecture: Queen Victoria: Empress of an Era with Paul**

**Dias**  
May 13  
2:00 p.m.

**Art Presentation: The Art of Jewish Music by Ian**

**Leventhal**  
May 20  
1:30 p.m.

**Presentation: The Life and Music of Frederic Chopin**  
May 27  
2:00 p.m.

### SHAVUOT

**Erev Shavuot Torah Study with Rabbi Rena**  
May 21  
7:30 p.m.

**Reform Shavuot Services**  
May 22  
10:00 a.m.

**Orthodox Services**  
\*information will be posted on recreation board

### DISCUSSION WITH RODNEY

Friday, May 8, 15  
2:00 p.m.  
Assembly Room

### HARD OF HEARING CLUB

Monday, May 11, 25  
3:00 p.m.  
Fireside Lounge

### NEW RESIDENT WELCOME GROUP

Monday, May 25  
3:15 p.m.  
Boardroom

# Monthly Program Schedule: May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><a href="#"><u>Coffee with the Rec Team</u></a> 9:00 a.m. Lobby</p> <p><a href="#"><u>Games Café &amp; Creative Colouring with Volunteers</u></a> 10:00 a.m. Classroom AB</p> <p><a href="#"><u>Sunday Movement with Gurnoor</u></a> May 3 10:30 a.m.</p> <p><a href="#"><u>Jeopardy with Charlotte and Alice: Monumental Women</u></a> May 10 2:00 p.m.</p> <p><a href="#"><u>Sunday Stretch with Archana</u></a> May 17, 31 10:30 a.m.</p> <p><a href="#"><u>Sweat and Shine Exercise with Charlotte</u></a> May 24 10:30 a.m. <a href="#"><u>Yoga Class</u></a> May 3, 17, 24, 31 2:00 p.m. May 10 10:30 a.m. (Time change) <a href="#"><u>Movie Matinee</u></a> 1:30 p.m. Fireside Lounge <a href="#"><u>Choir</u></a> 3:30 p.m.</p> <p><a href="#"><u>Retro Movie Night</u></a> 7:00 p.m.</p>	<p><a href="#"><u>Chair Exercise</u></a> 10:30-11:00 a.m.</p> <p><a href="#"><u>Music Appreciation with Charlotte: Music from WWII Part 2</u></a> May 4 2:00 p.m.</p> <p><a href="#"><u>Honoring the Women Who Shape Us</u></a> May 11 2:00 p.m.</p> <p><a href="#"><u>Movie: Chicago</u></a> May 18 (Victoria Day STAT Holiday) 2:00 p.m.</p> <p><a href="#"><u>Sing Along</u></a> The Posners May 25 2:00 p.m.</p> <p><a href="#"><u>New Resident Welcome Group</u></a> May 25 3:15 p.m. Boardroom</p> <p><a href="#"><u>Hard of Hearing Club</u></a> May 11, 25 3:00 p.m. Fireside Lounge</p> <p><a href="#"><u>Knitting and Crochet Group</u></a> May 4, 25 3:30 p.m. Classroom AB</p> <p><a href="#"><u>Bridge</u></a> 7:00 p.m. 11<sup>th</sup> Floor Lounge</p>	<p><a href="#"><u>Balance Exercise</u></a> 10:15- 11:00 a.m.</p> <p><a href="#"><u>Yiddish Group</u></a> 1:00 p.m.</p> <p><a href="#"><u>Bingo</u></a> 2:00 p.m.</p> <p><a href="#"><u>Jeopardy</u></a> May 12, 26 2:15 p.m. Classroom AB</p> <p><a href="#"><u>Bridge with Jonathan</u></a> May 5, 19 1:30 p.m. 11<sup>th</sup> Floor Lounge</p> <p><a href="#"><u>Book Club</u></a> May 19 3:30 p.m. Classroom AB</p> <p><a href="#"><u>Lobby Pianist Ari Posner</u></a> May 26 3:15 p.m. Lobby</p> <p><a href="#"><u>Rummy Q</u></a> 6:30 p.m. 6th Floor Lounge</p> <p><a href="#"><u>TV Series Manifest</u></a> 7:00 p.m.</p>	<p><a href="#"><u>Sharing Dance Exercise with Annie</u></a> 10:30-11:15 a.m.</p> <p><a href="#"><u>Presentation: History of the Annex: The Former Heart of Toronto's Jewish Community</u></a> May 6 2:00 p.m.</p> <p><a href="#"><u>Lecture: Queen Victoria: Empress of an Era with Paul Dias</u></a> May 13 2:00 p.m.</p> <p><a href="#"><u>Art Presentation: The Art of Jewish Music by Ian Leventhal</u></a> May 20 1:30 p.m.</p> <p><a href="#"><u>Presentation: The Life and Music of Frederic Chopin</u></a> May 27 2:00 p.m.</p> <p><a href="#"><u>Mussar Discussion Group</u></a> 3:15 p.m.</p> <p>Special Feature for Mussar on May 20: The Holocaust Torah at the Terraces: Our Unique Treasure <a href="#"><u>Modern Movie Night</u></a> 7:00 p.m.</p> <p><a href="#"><u>Charterability Pontoon Outing</u></a> May 20 9:30 a.m. – 2:30 p.m. Sign up starts Wednesday May 6 at Concierge. RSVP by Wednesday May 13. See additional details on flyer by recreation board.</p>	<p><a href="#"><u>Balance Exercise</u></a> 10:15- 11:00 a.m.</p> <p><a href="#"><u>Concert</u></a> 2:00 p.m. May 7 – Mark Youhanan (Acapella) May 14 – Milan (Acapella) May 21 – Janie Respitz (Acapella) May 28 – Birthday Concert with Noah Costa</p> <p><a href="#"><u>Film Club</u></a> May 7, 28 7:00 p.m.</p> <p><a href="#"><u>Residents' Town Hall Meeting</u></a> May 14 3:30 p.m.</p> <p><a href="#"><u>Erev Shavuot Torah Study with Rabbi Rena</u></a> May 21 7:30 p.m.</p> <p><a href="#"><u>Hebrew Speaking Club</u></a> May 21 3:15 p.m. Fireside Lounge</p> <p><a href="#"><u>Rummy Q</u></a> 6:30 p.m. 6th Floor</p> <p style="text-align: center;"><b>All Programs take place in Assembly Room unless noted</b></p>	<p><a href="#"><u>Chair Exercise</u></a> 10:30 -11:00 a.m. No Chair Exercise on May 22</p> <p><a href="#"><u>Reform Shavuot Services</u></a> May 22 10:00 a.m.</p> <p><a href="#"><u>Howard Mednick Presents: Operatic Drinking Songs</u></a> May 1 2:00 p.m.</p> <p><a href="#"><u>Discussion with Rodney</u></a> May 8, 15 2:00 p.m.</p> <p><a href="#"><u>Sing Along with Jean-Claude</u></a> May 29 2:00 p.m.</p> <p>Additional program details will be posted on the recreation board</p>	<p><a href="#"><u>Orthodox Synagogue Services</u></a> Times noted on recreation board</p> <p><a href="#"><u>Nature Walks with Sam</u></a> 10:30 a.m. Meet in Lobby</p> <p><a href="#"><u>Local News with Marlene &amp; Robert</u></a> 2:00 p.m. Fireside Lounge</p> <p><a href="#"><u>A Few Words of Torah with Ralph</u></a> 2:30 p.m. Classroom AB</p> <p><a href="#"><u>Saturday Afternoon Sing Along with Sophie</u></a> 3:00 p.m. Lobby</p> <p><a href="#"><u>Daily Broadcast on Channels 988, 67, 59</u></a> <a href="#"><u>Chair Exercise</u></a> 9:30 a.m., 11:00 a.m. 2:00 p.m., 7:00 p.m., 11:00 p.m.</p> <p><a href="#"><u>Chair Tai Chi</u></a> 2:00 a.m., 10:00 a.m.</p> <p><a href="#"><u>Standing Tai Chi</u></a> 10:30 a.m., 4:00 p.m., 8:00 p.m.</p> <p><a href="#"><u>Meditation</u></a> 9:00 p.m.</p>