

May 2026



AL 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
Gurnoor
Archana Ext. **5879**
Charlotte Ext. **2687**



**Programs subject to change.
Please refer to daily program schedule**

<u>Daily Broadcast on Channels</u> 988, 67,59	<u>RESIDENTS' TOWN HALL MEETING</u>	<u>CONCERTS</u>
<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>Thursday, May 14 3:30 p.m. Assembly Room</p>	<p>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>
	<u>BIRTHDAY CONCERT</u>	
	<p>Thursday, May 28 2:00 p.m. <u>Entertainer:</u> Noah Costa Assembly Room</p>	
	<u>KNITTING & CROCHET GROUP</u>	
	<p>Monday, May 4, 25 3:30 p.m. Classroom AB</p>	
<u>LOBBY PIANIST</u>	<u>DISCUSSION WITH RODNEY</u>	<u>SHAVUOT</u>
<p><u>Lobby Pianist Ari Posner</u> May 26 3:15 p.m. Main floor Lobby</p>	<p>Friday, May 8, 15 2:00 p.m. Assembly Room</p>	<p><u>Erev Shavuot Torah Study with Rabbi Rena</u> May 21 7:30 p.m.</p>
	<u>HARD OF HEARING CLUB</u>	<p><u>Reform Shavuot Services</u> May 22 10:00 a.m.</p>
	<p>Monday, May 11, 25 3:00 p.m. Fireside Lounge</p>	<p><u>Orthodox Services</u> *information will be posted on recreation board</p>
<u>OUTING</u>	<u>NEW RESIDENT WELCOME GROUP</u>	
<p>Charterability Pontoon Boat Ride May 20 9:45 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 rec board.</p>	<p>Monday, May 25 3:15 p.m. Boardroom</p>	

AL Monthly Program Schedule: May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Coffee with the Rec Team 9:00 a.m. Lobby</p> <p>Games Café & Creative Colouring with Volunteers 10:00 a.m. Classroom AB</p> <p>Sunday Movement with Gurnoor May 3 10:30 a.m.</p> <p>Jeopardy with Charlotte and Alice: Monumental Women May 10 2:00 p.m.</p> <p>Sunday Stretch with Archana May 17, 31 10:30 a.m.</p> <p>Sweat and Shine Exercise with Charlotte May 24 10:30 a.m.</p> <p>Movie Matinee 1:30 p.m. Fireside Lounge</p> <p>Yoga Class May 3, 17, 24, 31 2:00 p.m. May 10 10:30 a.m. (Time change)</p> <p>Choir 3:30 p.m.</p> <p>Retro Movie Night 7:00 p.m.</p>	<p>Chair Exercise 10:30-11:00 a.m.</p> <p>Chair Exercise 10:30- a.m. 3rd Floor 11:00 a.m. 4th Floor</p> <p>Famous Personalities Quiz 1:15 p.m. 3rd Floor</p> <p>Music therapy with Justine 3:15 p.m. 4th Floor</p> <p>Music Appreciation: Music from WWII Part 2 May 4 2:00 p.m.</p> <p>Honoring the Women Who Shape Us May 11 2:00 p.m.</p> <p>Movie: Chicago May 18 Victoria Day (STAT Holiday) 2:00 p.m.</p> <p>Sing Along The Posners May 25 2:00 p.m.</p> <p>Hard of Hearing Club May 11, 25 3:00 p.m. Fireside Lounge</p> <p>Knitting and Crochet Group May 4, 25 3:30 p.m. Classroom AB</p> <p>Bridge 7:00 p.m. 11th Floor Lounge</p>	<p>Balance Exercise 10:15- 11:00 a.m.</p> <p>Chair Exercise 10:30- a.m. 3rd Floor 11:00 a.m. 4th Floor</p> <p>Yiddish Group 1:00 p.m.</p> <p>Happiness Project May 19, 26 1:15 p.m. 3rd Floor</p> <p>Bingo 2:00 p.m.</p> <p>Games with Thomas 3:15 p.m. 4th Floor</p> <p>Jeopardy May 12, 26 2:15 p.m. Classroom AB</p> <p>Trivia 3:30 p.m. 4th Floor</p> <p>May 19, 26 Bridge with Jonathan May 5, 19 1:30 p.m. 11th Floor Lounge</p> <p>Book Club May 19 3:30 p.m. Classroom AB</p> <p>Rummy Q 6:30 p.m. 6th Floor Lounge</p> <p>TV Series Manifest 7:00 p.m.</p>	<p>Sharing Dance Exercise with Annie 10:30-11:15 a.m.</p> <p>Chair Exercise 10:30- a.m. 3rd Floor 11:00 a.m. 4th Floor</p> <p>Travelogue May 19, 26 1:30 p.m. 3rd Floor</p> <p>Arts and Games 3:30 p.m. 4th Floor</p> <p>History of the Annex: The Former Heart of Toronto's Jewish Community May 6 2:00 p.m.</p> <p>Lecture: Queen Victoria: Empress of an Era with Paul Dias May 13 2:00 p.m.</p> <p>Art Presentation: The Art of Jewish Music by Ian Leventhal May 20 1:30 p.m.</p> <p>Presentation: The Life and Music of Frederic Chopin May 27 2:00 p.m.</p> <p>Mussar Discussion Group 3:15 p.m.</p> <p>Special Feature for Mussar on May 20: The Holocaust Torah at the Terraces: Our Unique Treasure</p> <p>Modern Movie Night 7:00 p.m.</p>	<p>Balance Exercise 10:15- 11:00 a.m.</p> <p>Chair Exercise 10:30- a.m. 3rd Floor 11:00 a.m. 4th Floor</p> <p>Active/Board games May 19,26 1:30 p.m. 3rd Floor lounge</p> <p>Discussion group May 19, 26 3:30 p.m. 4th Floor lounge</p> <p>Film Club May 7, 28 7:00 p.m.</p> <p>Residents' Town Hall Meeting May 14 3:30 p.m.</p> <p>Erev Shavuot Torah Study with Rabbi Rena May 21 7:30 p.m.</p> <p>Hebrew Speaking Club May 21 3:15 p.m. Fireside Lounge</p> <p>Rummy Q 6:30 p.m. 6th Floor</p> <p>All Programs take place in Assembly Room unless noted</p>	<p>Chair Exercise 10:30 -11:00 a.m. No Chair Exercise on May 22</p> <p>Chair Exercise 10:30- a.m. 3rd Floor 11:00 a.m. 4th Floor</p> <p>Friday Social 1:15 p.m. 3rd floor May 19, 26</p> <p>Reform Shavuot Services May 22 10:00 a.m.</p> <p>Howard Mednick Presents: Operatic Drinking Songs May 1 2:00 p.m.</p> <p>Sing Along with Gurnoor May 19,26 3:30 p.m. 3rd Floor</p> <p>Discussion with Rodney May 8, 15 2:00 p.m.</p> <p>Sing Along with Jean-Claude May 29 2:00 p.m.</p> <p>Additional program details will be posted on the recreation board</p>	<p>Orthodox Synagogue Services Times noted on recreation board</p> <p>Nature Walks with Sam 10:30 a.m. Meet in Lobby</p> <p>Saturday Afternoon Sing Along with Sophie 3:00 p.m. Lobby</p> <p>Local News with Marlene & Robert 2:00 p.m. Fireside Lounge</p> <p>A Few Words of Torah with Ralph 2:30 p.m. Classroom AB</p> <p>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.</p> <p>Chair Tai Chi 2:00 a.m.,10:00 a.m.</p> <p>Standing Tai Chi 10:30 a.m., 4:00 p.m., 8:00 p.m.</p> <p>Meditation 9:00 p.m.</p>