### November 2024

### 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 November 5, 19 1:30 p.m. 11<sup>th</sup> Floor Lounge

### **DISCUSSION WITH RODNEY**

Friday November 8, 15, 22 2:00 p.m. Assembly Room

### **CHOIR**

Sundays 3:30 p.m. Assembly Room

# RESIDENTS' TOWN HALL MEETING

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

### **BIRTHDAY CONCERT**

Thursday November 21
2:00 p.m.
Entertainer: Thomas Kovacs
Assembly Room

# KNITTING & CROCHET GROUP

Monday November 4, 18 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

## REFORM SERVICES WITH RABBI RENA

Saturday November 16 10:00 a.m. Assembly Room

# TO LIVE IS TO GIVE! ISRAELI MUSIC CONCERT

Sunday November 3 1:30 p.m. Assembly Room

# POPPY SALE HAND KNITTED POPPIES

Friday November 1<sup>st</sup> 11:00 – 12:30 p.m. Main Lobby

# THEME DAY HAWAIIAN VACATION

11:30 a.m.- Photobooth
11:45 a.m.- Strolling Minstrel
with Milan- Dining Room
2:00 p.m.- Steel Pan
Performer
4:00p.m.- Cocktail Hour &
Hawaiian Dancer
\*Come dressed up in your
tropical best!



### **Monthly Calendar: November 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



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