

# July 2026

<b>Daily Broadcast on Channels</b> <b>988, 67,59</b>	<b>RESIDENTS' TOWN HALL MEETING</b>	<b>REFORM SERVICES</b>
<b>Chair Exercise</b> 9:30 a.m., 11:00 a.m., 2:00 p.m., 7:00 p.m., 11:00 p.m.	Thursday, July 9 3:30 p.m. Assembly Room	<b>Reform Service with Rabbi Rena</b> July 4 10:00 a.m.
<b>Chair Tai Chi</b> 2:00 a.m., 10:00 a.m.	<b>BIRTHDAY CONCERT</b>	<b>HAWAIIAN PARADISE BBQ</b>
<b>Standing Tai Chi</b> 10:30 a.m., 4:00 p.m., 8:00 p.m.	Thursday, July 30 2:00 p.m. <b>Entertainer: Eddy Culjak</b> Assembly Room	Friday, July 17 11:30 a.m.- 1:00 p.m. Outdoor Back Parkette
<b>Meditation</b> 9:00 p.m.	<b>SPECIAL PROGRAMMING FOR JULY</b>	<b>DISCUSSION WITH RODNEY</b>
<b>NEW RESIDENT WELCOME GROUP</b>	<b>Discussion: Observance of the 17th of Tammuz with Rabbi Rena</b> July 2 11:15 a.m. Assembly Room	Friday, July 9, 24 2:00 p.m. Assembly Room
Monday, July 27 3:15 p.m. Boardroom	<b>Tisha B'Av Learning with Chaplain Raquel</b> July 23 11:15 a.m. Assembly Room	<b>HARD OF HEARING CLUB</b>
<b>OUTING</b>	<b>ICE CREAM SOCIALS</b>	Monday July 6, 20 3:00 p.m. Fireside Lounge
Charterability Pontoon Boat Ride July 8 9:30 a.m. – 2:30 p.m. Sign up started on June 25 <sup>th</sup> at concierge. RSVP by Thursday July 2 <sup>nd</sup> . See additional details on flyer by recreation board.	Monday July 6, 13 2:00 p.m. Outdoor Back Parkette	<b>SAFARI THEME DAY</b>
		Hands on Exotics: Exotic Animal Presentation Wednesday July 15 2:00 p.m. Assembly Room



**Baycrest Terraces**

Residence and Community

*Where life thrives*

## Monthly Calendar: AL July 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**  
Rebecca Ext. **2667**

#### Recreation Staff

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



**Programs subject to change.**

**Please refer to daily program schedule**

## AL Monthly Program Schedule: July 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. Lobby</p> <p><a href="#"><u>Sweat and Shine Exercise with Charlotte</u></a> July 5 2:00 p.m.</p> <p><a href="#"><u>Sunday Movement with Gurnoor</u></a> July 12 10:30 a.m.</p> <p><a href="#"><u>Sunday Stretch with Archana</u></a> July 19 10:30 a.m.</p> <p><a href="#"><u>Yiddish Concert with Joseph Landau</u></a> July 26 2:00 p.m.</p> <p><a href="#"><u>Yoga Class</u></a> July 5, 12, 19 2:00 p.m. July 26 10:30 a.m. (Time change)</p> <p><a href="#"><u>Movie Matinee</u></a> 1:30 p.m. Fireside Lounge</p> <p><a href="#"><u>Movie Night Theme: Humphrey Bogart Movies</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>Chair Exercise</u></a> 10:30- a.m. 3<sup>rd</sup> Floor 11:00 a.m. 4<sup>th</sup> Floor</p> <p><a href="#"><u>Capital of the countries/ Complete the phrase/Art social</u></a> 1:00 p.m. 3<sup>rd</sup> Floor</p> <p><a href="#"><u>Ice Cream Socials</u></a> July 6, 13 2:00 p.m. Outdoor Back Parkette</p> <p><a href="#"><u>1:1 visits with Max/Active Games</u></a> 4<sup>th</sup> floor and 3<sup>rd</sup> floor</p> <p><a href="#"><u>Music Appreciation with Charlotte: Elvis Presley</u></a> July 20 2:00 p.m.</p> <p><a href="#"><u>Sing Along</u></a> The Posners July 27 2:00 p.m.</p> <p><a href="#"><u>New Resident Welcome Group</u></a> July 27 3:15 p.m. Boardroom</p> <p><a href="#"><u>Knitting and Crochet Group</u></a> July 6, 27 4:00 p.m. Classroom AB</p> <p><a href="#"><u>Mahjong</u></a> 7:00 p.m. Lobby</p>	<p><a href="#"><u>Balance Exercise</u></a> 10:15- 11:00 a.m.</p> <p><a href="#"><u>Chair Exercise</u></a> 10:30- a.m. 3<sup>rd</sup> Floor 11:00 a.m. 4<sup>th</sup> Floor</p> <p><a href="#"><u>Yiddish Group</u></a> 1:00 p.m.</p> <p><a href="#"><u>Bowling/Ball toss</u></a> 3<sup>rd</sup> floor 2:00 p.m.</p> <p><a href="#"><u>Bridge with Jonathan</u></a> July 14, 28 1:30 p.m. 11<sup>th</sup> Floor Lounge</p> <p><a href="#"><u>Board Games with Thomas</u></a> 3:15 p.m. 4<sup>th</sup> floor</p> <p><a href="#"><u>Trivia with Gurnoor</u></a> 4:00 p.m. 4<sup>th</sup> floor</p> <p><a href="#"><u>Lobby Pianist Ari Posner</u></a> July 28 3:15 p.m. Lobby</p> <p><a href="#"><u>Book Club</u></a> July 21 3:30 p.m. Classroom AB</p> <p style="text-align: center;">All Programs take place in Assembly Room unless noted</p>	<p><a href="#"><u>Sharing Dance Exercise with Sabra</u></a> (Summer Instructor Starting July 8) 10:30-11:15 a.m.</p> <p><a href="#"><u>Chair Exercise</u></a> 10:30- a.m. 3<sup>rd</sup> Floor 11:00 a.m. 4<sup>th</sup> Floor</p> <p><a href="#"><u>Social hour with Caleb</u></a> 4<sup>th</sup> floor 1:15 p.m.</p> <p><a href="#"><u>Movie Afternoon: Beyond the Sea</u></a> July 1 (Canada Day STAT Holiday) 2:00 p.m.</p> <p><a href="#"><u>Presentation: Da Vinci - The True Renaissance Man with Paul Dias</u></a> July 8 2:00 p.m.</p> <p><a href="#"><u>Safari Theme Day</u></a> <a href="#"><u>Hands on Exotics: Animal Presentation</u></a> July 15 2:00 p.m.</p> <p><a href="#"><u>Howard Mednick Presents: Be Proud Of Your Culture Through Classical Music</u></a> July 22 2:00 p.m.</p> <p><a href="#"><u>Food Meeting</u></a> July 29 2:00 p.m.</p> <p><a href="#"><u>Mussar Discussion Group</u></a> 3:15 p.m.</p> <p><a href="#"><u>Pontoon Outing</u></a> July 8</p>	<p><a href="#"><u>Balance Exercise</u></a> 10:15- 11:00 a.m.</p> <p>No Balance Exercise July 2</p> <p><a href="#"><u>Chair Exercise</u></a> July 2 10:30-11:00 a.m.</p> <p><a href="#"><u>Chair Exercise</u></a> 10:30- a.m. 3<sup>rd</sup> Floor 11:00 a.m. 4<sup>th</sup> Floor</p> <p>Discussion group with Gurnoor 4<sup>th</sup> floor</p> <p>Travelogue with Gurnoor 3<sup>rd</sup> floor</p> <p><a href="#"><u>Ontario Jewish Archives Presents: Highlights from the OJA Collection</u></a> July 2 2:00 p.m.</p> <p><a href="#"><u>Concert</u></a> 2:00 p.m.</p> <p>July 2 – No concert July 9 – Mark Youhanan (acapella) July 16 – Milan (acapella) July 23 – No Concert July 30 – Birthday Concert with Eddy Culjak</p> <p><a href="#"><u>Residents’ Town Hall Meeting</u></a> July 9 3:30 p.m.</p> <p><a href="#"><u>Discussion: Humanitarian Work in the Jewish World with Avrum</u></a> July 23 2:00 p.m.</p> <p><a href="#"><u>Hebrew Speaking Club</u></a> July 23 Fireside Lounge</p>	<p><a href="#"><u>Chair Exercise</u></a> 10:30 -11:00 a.m.</p> <p><a href="#"><u>Chair Exercise</u></a> 10:30- a.m. 3<sup>rd</sup> Floor 11:00 a.m. 4<sup>th</sup> Floor</p> <p><a href="#"><u>Discussion Group: Energize and Socialize with Dinie</u></a> 11:05 a.m. Fireside Lounge</p> <p><a href="#"><u>Sing Along with Gurnoor</u></a> 3<sup>rd</sup> floor lounge</p> <p><a href="#"><u>Discussion with Rodney</u></a> July 3 2:00 p.m.</p> <p><a href="#"><u>Howard Mednick Presents: Classical Music In Popular Culture</u></a> July 10 2:00 p.m.</p> <p><a href="#"><u>Hawaiian Paradise BBQ</u></a> July 17 11:30 a.m.- 1:00 p.m. Outdoor Back Parkette</p> <p><a href="#"><u>Jeopardy Afternoon</u></a> July 24 2:00 p.m.</p> <p><a href="#"><u>Presentation: Robert Schumann – Scenes from Childhood with Joseph Sharon</u></a> July 31 2:00 p.m.</p> <p><a href="#"><u>A Few Words of Torah with Ralph</u></a> 3:15 p.m. Classroom AB (New Date)</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 Discussion Group</u></a> 2:00 p.m. Fireside Lounge</p> <p><a href="#"><u>Saturday Afternoon Sing Along with Sophie</u></a> 3:00 p.m. Lobby</p> <p><a href="#"><u>Reform Service with Rabbi Rena</u></a> July 4 10:00 a.m.</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>