

# October 2026 - Terraces

## MEMORY CARE REPOSITORY OF INDIVIDUALIZED ACTIVITIES

- Horticulture
- Happiness Project
- Audiobooks
- Board Games
- Walks (In / Outdoors)
- Creative Expression
- Mental Aerobics Worksheet
- Reading/Story Telling
- Mindfulness
- Dog Visits
- Music Therapy
- One-to-One Support

## Music Presentation: Billy Joel

2:00 p.m.  
Assembly ROom

Presenter: Howard Mednick

October 23

## 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.

## PRESENTATIONS 2: 00 p.m. Assembly Room

- The Evolution of Jazz  
Lecture with Steve Koven  
October 2
- A Celebration of Yiddish  
Culture with Janie Respitz  
October 7
- ROM For You Presents:  
Celebrations  
October 21
- Presentation: Opera  
Choruses  
October 28

## SPECIAL CONCERTS! 2: 00 p.m. Assembly Room

- New Horizons –  
Ukulele Group  
October 25
- Schmaltz & Pepper  
October 26  
Klezmer, Yiddish, Swing,  
Jazz and Classical music

## WEEKLY THURSDAY CONCERTS 2:00 p.m. Assembly Room

- October 1 – Marcus Schwan
- October 8 – Jay Franco
- October 15 – Rhonda Silver,  
Birthday Concert
- October 22 – Kathy Thompson
- October 29 – Isaac Muzikansky



## Memory Care, Possibilities by Baycrest

“Maximizing our residents’ potential through their cognitive health journey.”

### Contact Information

**Memory Care Nurses**  
416-349-1437

**Clinical Manager**  
Elisha Cruz  
647-206-1164

**Possibilities by Baycrest,  
Lead Curator**  
Fern Fabrizi  
437- 348-3927

**Social Workers**  
416-785-2500  
Rebecca Ext. 2667  
Tanya Ext. 2990

**Recreation Team**  
Amy Goldberg Trim  
Theresa Gesman  
Ashley Kubi  
Andrea Nwokeli



Possibilities by Baycrest Core Values:  
Connections, Autonomy, Purpose, and Choice

| Monthly Program Schedule: October 2026                                   |                                                 |                                                      |                                                 |                                                 |                                                          |                                                 |
|--------------------------------------------------------------------------|-------------------------------------------------|------------------------------------------------------|-------------------------------------------------|-------------------------------------------------|----------------------------------------------------------|-------------------------------------------------|
| Programs Are Subject to Change based on residents’ needs and preferences |                                                 |                                                      |                                                 |                                                 |                                                          |                                                 |
| Sunday                                                                   | Monday                                          | Tuesday                                              | Wednesday                                       | Thursday                                        | Friday                                                   | Saturday                                        |
| <u>Creating Connection with Maven</u>                                    | <u>Creating Connection with Maven</u>           | <u>Creating Connection with Maven</u>                | <u>Creating Connection with Maven</u>           | <u>Creating Connection with Maven</u>           | <u>Creating Connection with Maven</u>                    | <u>Creating Connection with Maven</u>           |
| <u>Morning Walks</u><br>9:45 -10:30 a.m.                                 | <u>Walks to Greenhouse</u><br>9:45 -10:30 a.m.  | <u>Morning Walks</u><br>9:45- 10:30 a.m.             | <u>Walks to Greenhouse</u><br>9:45 -10:30 a.m.  | <u>Morning Walks</u><br>9:45 -10:30 a.m.        | <u>Walks Greenhouse</u><br>9:45 -10:30 a.m.              | <u>Morning Walks</u><br>9:45 -10:30 a.m.        |
| <u>Gentle Stretching</u><br>10:45- 11:45 a.m.                            | <u>Seated Yoga</u><br>10:45 -11:45 a.m.         | <u>Resistance Bands Workout</u><br>10:45- 11:45 a.m. | <u>Chair Dance</u><br>10:45 -11:45 a.m.         | <u>Seated Yoga</u><br>10:45 -11:45 a.m.         | <u>Resistance Bands Workout</u><br>10:45 -11:45 a.m.     | <u>Chair Exercise</u><br>10:45 -11:45 a.m.      |
| <u>Individual Activity</u><br>12:45 – 1:15 p.m.                          | <u>Individual Activity</u><br>12:45 – 1:15 p.m. | <u>Individual Activity</u><br>12:45 – 1:15 p.m.      | <u>Individual Activity</u><br>12:45 – 1:15 p.m. | <u>Individual Activity</u><br>12:45 – 1:15 p.m. | <u>Individual Activity</u><br>12:45 – 1:15 p.m.          | <u>Individual Activity</u><br>12:45 – 1:15 p.m. |
| <u>Discussion Group</u><br>1:30 – 2:30 p.m.                              | <u>Music Therapy Group</u><br>1:15 - 2:00 p.m.  | <u>Yiddish Group</u><br>1:00 p.m.<br>Assembly Room   | <u>Community Dog Visit</u><br>1:00 p.m.         | <u>Concert</u><br>2:00 p.m.<br>Assembly Room    | <u>Challah Baking</u><br>2:00 p.m.                       | <u>Singalong</u><br>2:00 p.m.                   |
| <u>Tabletop Activity</u><br>2:45 – 3:45 p.m.                             | <u>Green Thumb Gardener</u><br>2:15 – 3:00 p.m. | <u>Baking</u><br>1:30 – 3:00 p.m.                    | <u>Creative Arts</u><br>1:30 - 2:30 p.m.        | <u>Tabletop Activity</u><br>3:15 – 3:45 p.m.    | <u>Tabletop Activity</u><br>2:45 – 3:45 p.m.             | <u>Tabletop Activity</u><br>2:45 – 3:30 p.m.    |
| <u>Music Appreciation</u><br>5:30 p.m.                                   | <u>Tabletop Activity</u><br>2:45 – 3:45 p.m.    | <u>Tabletop Activity</u><br>2:45 – 3:45 p.m.         | <u>Tabletop Activity</u><br>2:45 – 3:45 p.m.    | <u>Variety Hour</u><br>5:45 p.m.                | <u>Celebrating Shabbat in the Community</u><br>5:30 p.m. | <u>Havdalah Shabbat</u><br>5:30 p.m.            |
|                                                                          | <u>Travelogue</u><br>5:45 p.m.                  | <u>Creative Expression</u><br>5:45 p.m.              | <u>Bingo Night</u><br>5:45 p.m.                 |                                                 |                                                          |                                                 |