

May 2019 Events in the Community

ETOBICOKE PHILHARMONIC ORCHESTRA: FRIDAY, MAY 10TH AT 8:00 PM

This year's season concludes with Love, death, hope and the life of angels: we explore all the big themes in this final concert of the year with two of Canada's rising stars in the opera world. Featuring: Margarete von Vaight, Betty Wayne Allison.

MUSIC APPRECIATION PRESENTATION: TUESDAY, MAY 14TH AT 11:00 AM

An accomplished, life-long musician and natural raconteur with an encyclopedic knowledge of the greatest music know to man, shares a diverse selection of musical tracks on CD – some familiar and some not. Join the discussion as he shares his deep passion for music as well as insights into what makes each recorded piece truly special and what connects it to the next piece to be played.

TIMOTHY EATON AND HIS DEPARTMENT STORE: MAY 21ST AT 11:00 AM

Timothy Eaton, an Irish immigrant, arrived in Toronto in the 1860s with a dream – to become one of Canada's great wholesalers – and he failed miserably. But it was his small retail store that eventually grew into a Canadian institution. Eaton's department stores and their Eaton's catalogue spread the brand from coast to coast. Always an innovator, he revolutionized retailing in Toronto and employed thousands in his stores and manufacturing facilities. The rise and eventual fall of Eaton's is one of the great Canadian family sagas.




MANAGER & EMPLOYEE PHONE LIST

| | |
|--|----------|
| General Manager, Keval Khanna | ext. 202 |
| Executive Chef, Carl MacNeil | ext. 215 |
| Resident Service Manager, Tina Bronzovic | ext. 201 |
| Sales Advisor, Beth-Anne Macvicar | ext. 206 |
| Sales Manager, Cynthia Bettencourt | ext. 205 |
| Restaurant Manager, Jill Harmer | ext. 270 |
| Health & Wellness Manager, Laura Larson | ext. 203 |
| Life Enrichment Coordinator | ext. 210 |
| Building Maintenance, Tom Loleski | ext. 211 |
| Life Enrichment/Personal Trainer | ext. 209 |
| Business Office Manager, Kayla Daley | ext. 212 |

May 2019 Calendar of Events Spring at Last



MAY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|--|---|--|---|--|---|
|  | LOCATION Pool (P) Outside Excursion (OE) Games Room (GR) Exercise Room (ER) Theatre (T) 2nd Floor Lounge (L) Montgomery's (M) Demo Kitchen (DK) Games Room (G) Demo kitchen (DK) 2nd floor lounge (L) Bistro (B) Private Dining Room (PDR) Theater (T) | | 9:15am AquaFit (P) 1 9:30am Cherry Blossom Bus Tour (OE) 10:00am Tapestry Book Exchange (GR) 10:00am Shopping Excursion "Dollarama" (OE) 10:15am Vital Core Training (ER) 11:00am Tech-Tips (T) 1:00pm Afternoon Bridge (L) 2:00pm Cherry Blossom Bus Tour (OE) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 2:45pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER) | 9:30am Sit To Be Fit (ER) 2 10:00am Food Council Meeting (DK) 10:15am Stretching and Relaxation (ER) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Mall Walk (OE) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 3 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Core & Posture Strength (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:30pm Simple Strength Training (ER) 7:30pm Movie Night (T) | 10:00am Stretching and Relaxation (ER) 4 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Library Excursion (OE) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 12:30pm Aquafit (P) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T) | |
| | 10:30am Wii Wheel of Fortune (T) 5 11:00am Scrabble (G) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 3:00pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) 7:30pm Sing - Along with George (DK) | 9:15am AquaFit (P) 6 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 11:05am Chair Yoga (ER) 11:35am Basic Yoga (ER) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) | 9:30am Gentle Balance Builders (ER) 7 10:00am Charitable Donations (GR) 10:00am Rogers Training Session (DK) 10:15am Stretching and Relaxation (ER) 2:00pm Colour Me Calm (G) 2:00pm Core & Posture Strength (ER) 2:00pm Glitz N' Glamour Jewelry Club (L) 2:00pm Rogers Training Session (DK) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 8 10:15am Vital Core Training (ER) 11:00am Tech-Tips (T) 11:30am Resident Luncheon (OE) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 2:45pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER) | 9:30am Sit To Be Fit (ER) 9 10:00am Resident Council Meeting (PDR) 10:15am Stretching and Relaxation (ER) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Mall Walk (OE) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 10 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Core & Posture Strength (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:30pm Simple Strength Training (ER) 7:30pm Movie Night (T) 8:00pm Etobicoke Philharmonic Orchestra (OE) | 10:00am Stretching and Relaxation (ER) 11 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 12:30pm Aquafit (P) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T) |
| | 10:30am Wii Wheel of Fortune (T) 12 11:00am Scrabble (G) 11:30am Mothers' Day Brunch (M) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 3:00pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) | 9:15am AquaFit (P) 13 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 11:05am Chair Yoga (ER) 11:35am Basic Yoga (ER) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) | 9:30am Gentle Balance Builders (ER) 14 10:00am Life Enrichment Council Meeting (T) 10:15am Stretching and Relaxation (ER) 11:00am Music Appreciation Session (DK) 2:00pm Colour Me Calm (G) 2:00pm Core & Posture Strength (ER) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 15 10:15am Vital Core Training (ER) 11:00am Morning Bingo (DK) 11:00am Tech-Tips (T) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 2:45pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER) | 9:30am Sit To Be Fit (ER) 16 10:15am Stretching and Relaxation (ER) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Take a Hike Club (OE) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 17 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Core & Posture Strength (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:30pm Simple Strength Training (ER) 7:30pm Movie Night (T) | 10:00am Stretching and Relaxation (ER) 18 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Library Excursion (OE) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 12:30pm Aquafit (P) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T) |
| | 10:30am Wii Wheel of Fortune (T) 19 11:00am Scrabble (G) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 3:00pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) | 9:15am AquaFit (P) 20 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 12:30pm Tapestry Tea (DK) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) | 9:30am Gentle Balance Builders (ER) 21 10:15am Stretching and Relaxation (ER) 11:00am Timothy Eaton & His Department Store Presentation (DK) 2:00pm Colour Me Calm (G) 2:00pm Core & Posture Strength (ER) 2:00pm Glitz N' Glamour Jewelry Club (L) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 22 10:00am Casino Niagara (OE) 10:15am Vital Core Training (ER) 11:00am Tech-Tips (T) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 2:45pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER) | 9:30am Sit To Be Fit (ER) 23 10:15am Stretching and Relaxation (ER) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Take a Hike Club (OE) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 24 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Core & Posture Strength (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:30pm Simple Strength Training (ER) 7:30pm Movie Night (T) | 10:00am Stretching and Relaxation (ER) 25 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 12:30pm Aquafit (P) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T) |
| | 10:30am Wii Wheel of Fortune (T) 26 11:00am Scrabble (G) 1:30pm Trivia Challenge (DK) 2:00pm Colour Me Calm (G) 2:30pm Afternoon Matinee Movie (T) 3:00pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) | 9:15am AquaFit (P) 27 10:15am Chair Cardio (ER) 11:00am Alphabet Game (T) 11:05am Chair Yoga (ER) 11:35am Basic Yoga (ER) 1:00pm Afternoon Bridge (L) 1:00pm Euchre Club (G) 1:00pm Intermediate Golf (T) 1:15pm Cribbage Tutorial (G) 1:30pm Giant Crossword Puzzle (T) 2:30pm Stretching and Relaxation (ER) 3:00pm Wii Wheel of Fortune (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (G) 4:00pm Zumba Gold! (ER) 6:45pm Double Down Tonk--- \$\$\$\$ (G) 7:30pm Movie Night (T) | 9:30am Gentle Balance Builders (ER) 28 10:00am Riverview Farm (OE) 10:15am Stretching and Relaxation (ER) 2:00pm Colour Me Calm (G) 2:00pm Core & Posture Strength (ER) 2:00pm Therapy Dog (B) 3:15pm AquaFit (P) 3:15pm Sit To Be Fit (ER) 3:15pm The Dictionary Word (T) 4:00pm Texas Hold' Em Poker----\$\$\$\$ (G) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 29 10:15am Vital Core Training (ER) 11:00am Resident Monthly Meeting (DK) 11:00am Tech-Tips (T) 1:00pm Afternoon Bridge (L) 2:00pm Mindful Reflection (T) 2:00pm Stretching and Relaxation (ER) 2:45pm Cocktail Hour (M) 3:30pm Simple Strength Training (ER) | 9:30am Sit To Be Fit (ER) 30 10:15am Stretching and Relaxation (ER) 11:00am Transport. to Shopper's Drug Mart (OE) 11:15am Alphabet Game (T) 1:00pm Colours in Motion (DK) 1:00pm Euchre Club (G) 1:00pm Take a Hike Club (OE) 1:00pm Tapestry Chorus Club (L) 2:00pm Agility, Balance and Coordination (ER) 2:30pm Beginner's Spanish (T) 3:15pm Taking Charge of Arthritis (ER) 4:00pm Black Jack (DK) 4:00pm Vertigo Workshop (ER) | 9:15am AquaFit (P) 31 9:30am Sit To Be Fit (ER) 10:15am Chair Cardio (ER) 11:00am Core & Posture Strength (ER) 11:30am Trivia Challenge (DK) 1:30pm Texas Hold' Em Poker----\$\$\$\$ (G) 3:00pm Zumba Gold! (ER) 3:30pm AquaFit (P) 3:30pm Cribbage (G) 3:30pm Double Down Tonk--- \$\$\$\$ (DK) 4:00pm Body, Mind & Core (T) 4:30pm Simple Strength Training (ER) 7:30pm Movie Night (T) | 10:00am Stretching and Relaxation (ER) 32 11:00am Chair Yoga (ER) 11:00am Colour Me Calm (G) 11:00am Mindful Reflection (T) 11:30am Basic Yoga (ER) 12:30pm Aquafit (P) 3:00pm Knitters with a Cause (L) 3:15pm Muscle Flow (ER) 7:30pm Movie Night (T) |