

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Coordinator: Avery Tessler Phone Number: 416-964-9321 ext 375		9:30 ☕ Morning Stretch 1 10:00 ☕ Strolls about Belmont 10:30 📖 Morning Prayers 11:00 📖 Nice News of the Day! 1:30 ❤️ Terrace Time 2:00 🍷 Sunflower Social 3:30 🍷 Friendly Visits	9:30 ☕ Balloon Badminton 2 10:15 ❤️ Aromatherapy 11:00 📖 Let's Play Bingo in the Garden 1:30 📖 Spiritual Corner 2:30 ❤️ Spa: Nails and Hand Massages 3:15 ❤️ Terrace Time	9:30 ☕ Morning Stretch 3 10:00 ❤️ Gardening 10:30 📖 Hymn Sing Along 1:30 ❤️ Coloring/ Art 3:15 📖 Flower Trivia	9:30 ☕ Sunshine Yoga 4 11:00 📖 Historical Fridays: This Month in History 1:30 ❤️ Short Stories 2:00 ❤️ Sing Along 2:30 🍷 Ice Cream Social	International Day of Charity 5 10:15 ☕ Balloon Badminton
BuskerFest Week 6 2:30 🍷 Refreshments	Brazilian Independence Day Labour Day 7 10:15 ☕ Bean Bag Toss 12:00 🍷 Labour Day Lunch	9:30 ☕ Morning Stretch 8 10:00 ☕ Strolls about Belmont 10:30 📖 Morning Prayers 11:00 📖 Nice News of the Day! 1:30 ❤️ Terrace Time 1:45 ❤️ 1:1 Short Stories 2:00 🍷 Street Food Social 3:30 🍷 Friendly Visits 5:00 🍷 Brazilian Dinner	9:30 ☕ Balloon Badminton 9 10:15 ❤️ Aromatherapy 10:45 📖 Let's Play Bingo in the Garden 1:30 📖 Spiritual Corner 2:30 ❤️ Board and Card Games 3:15 ❤️ Terrace Time	9:30 ☕ Morning Stretch 10 10:00 ❤️ Gardening 10:00 ❤️ Pet Visits with Ann and Pierre 10:30 📖 Hymn Sing Along 1:30 ❤️ Coloring/ Art 2:30 📖 Talented Trivia 3:30 ☕ Ball Toss	9:30 ☕ Sunshine Yoga 11 11:00 📖 Historical Fridays: History of Operation Yellow Ribbon 1:30 ❤️ Short Stories 2:00 ❤️ Sing Along with Avery 2:30 🍷 Ice Cream Social 3:15 ❤️ Friendly Visits	10:15 ☕ Balloon Badminton 12
Toronto International Film Festival (TIFF) Week 13 1:00 Grandparents Day 2:30 🍷 Refreshments	2:00 📖 Amazing Animals: Squirrel 14	10:30 📖 Morning Prayers 15 11:00 📖 Nice News of the Day! 3:00 🍷 TIFF Social	10:00 ☕ Balloon Badminton 16 2:00 🍷 Birthday Party	10:30 📖 Hymn Sing Along 17 3:15 📖 Canadian Movie Trivia - Stillman Garden	2:30 🍷 Ice Cream Social 18	10:15 ☕ Balloon Badminton 19
Harvest Week 20 2:30 🍷 Refreshments	International Day of Peace 21 2:30 📖 Amazing Animals: Dove	Autumn Begins 22 9:30 ☕ Morning Stretch 10:00 ☕ Strolls about Belmont 10:30 📖 Morning Prayers 11:00 📖 Nice News of the Day! 1:30 ❤️ Terrace Time 2:00 🍷 Harvest Social 3:30 🍷 Friendly Visits	9:30 ☕ Balloon Badminton 23 10:15 ❤️ Aromatherapy 10:45 📖 Let's Play Bingo 1:30 📖 Spiritual Corner 2:30 ❤️ Baking: Apple Treats 3:15 ❤️ Terrace Time	9:15 ☕ Morning Strolls 24 11:00 📖 Hymn Sing Along 1:30 ❤️ Coloring in Nature - Stillman Garden 2:30 📖 Fall into Trivia 3:30 ☕ Ball Toss	9:30 ☕ Sunshine Yoga 25 11:00 📖 Historical Fridays: Terry Fox 1:30 ❤️ Short Stories 2:00 ❤️ Sing Along 2:30 🍷 Ice Cream Social	10:15 ☕ Balloon Badminton 26 12:30 ❤️ Calming Colouring
Truth and Kindness Week 27 2:30 🍷 Refreshments	1:30 ❤️ Doll Therapy 28 2:30 📖 Amazing Animals: of Indigenous Culture 3:15 📖 Short Stories	9:30 ☕ Morning Stretch 29 10:00 ☕ Strolls about Belmont 10:30 📖 Morning Prayers 11:00 📖 Nice News of the Day! 1:30 ❤️ Terrace Time 2:00 🍷 Together in Truth Social 3:30 🍷 Friendly Visits	National Day for Truth and Reconciliation 30 9:30 ☕ Balloon Badminton 10:15 ❤️ Aromatherapy 10:45 📖 Let's Play Bingo 1:30 📖 Spiritual Corner 2:30 ❤️ Spa: Nails and Hand Massages 3:15 ❤️ Terrace Time	September Highlights September 1 - Sunflower Social September 7 - Labour day September 15 - TIFF Social September 16 - Birthday Party September 22 - Harvest Social September 30 - National Day for Truth and Reconciliation		

