

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd Sunflowers Week 2:30 ☕ Refreshments 30	1:30 ❤️ Doll Therapy 2:30 📖 Learn about Sunflowers 3:30 🎯 Bean Bag Toss 4:15 📖 Short Stories 6:30 ❤️ Sensory Stimulation 7:00 ❤️ Monday Movie Night 31	Recreation Coordinator: Avery Tessler Phone Number: 416-964-9321 ext 375	August Highlights August 3 - Civic Holiday August 12 - Caribbean Summerfest 2026 August 13 - Caribbean Crooner Trivia August 18 - Cheers to Lemonade Social August 26 - Ripple Rhythm August 28 - Banana Split Social			Food Day Canada 10:15 🎯 Balloon Badminton 1
Canadian Open Begins Dog Days of Summer Week 2:30 ☕ Refreshments 2	Civic Holiday 10:15 🎯 Bean Bag Toss 12:00 ☕ Civic Holiday Dinner 3	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 ☕ Dog Days Social 3:30 ☕ Friendly Visits 4	9:30 🎯 Balloon Badminton 10:15 ❤️ Aromatherapy 11:00 📖 Let's Play Bingo 1:30 📖 Spiritual Corner 2:30 ❤️ Card and Board Games 3:15 🎯 Bean Bag Toss in the Garden 5	9:30 🎯 Morning Stretch 10:00 ❤️ Gardening 10:30 📖 Hymn Sing Along 1:30 ❤️ Dog Paper Craft 2:30 📖 Dog Days Trivia 3:30 🎯 Ball Toss 6	International Beer Day 9:30 🎯 Sunshine Yoga 11:00 📖 Historical Fridays: History of Old Sayings 1:30 ❤️ Short Stories 2:00 ❤️ Sing Along with Avery 2:30 ☕ Ice Cream Social 3:15 ❤️ Friendly Visits 7	International Cat Day 10:15 🎯 Balloon Badminton 8
Caribbean Week 2:30 ☕ Refreshments 9	1:30 ❤️ Doll Therapy 2:30 📖 Amazing Animals: Iguana 3:30 🎯 Bean Bag Toss 4:15 📖 Short Stories: Caribbean Folktales 6:30 ❤️ Sensory Stimulation 10	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 ☕ Soca Social 3:30 ☕ Friendly Visits 11	Caribbean Summerfest 2026 12:00 ☕ Caribbean Summerfest 2026 12	9:30 🎯 Morning Stretch 10:00 ❤️ Gardening 10:00 ❤️ Pet Visits with Ann and Pierre 10:30 📖 Hymn Sing Along 1:30 ❤️ Caribbean Colouring Craft 2:30 📖 Caribbean Crooner Trivia 6:30 ☕ Comedy Hour with Mia 13	9:30 🎯 Sunshine Yoga 11:00 📖 Historical Fridays: History of Pirates 1:30 ❤️ Short Stories 2:00 ❤️ Sing Along with Avery 2:30 ☕ Ice Cream Social 3:15 ❤️ Friendly Visits 14	World Honey Bee Day 10:15 🎯 Balloon Badminton 15
Sunshine & Citrus Week 2:30 ☕ Refreshments 16	9:30 🎯 Balloon Badminton 10:30 ☕ Monday Morning News Update 11:00 🎯 Garden Visits - Stillman Garden 1:30 ❤️ Doll Therapy 2:30 📖 Amazing Animals: Platypus 3:30 🎯 Bean Bag Toss 4:15 📖 Short Stories on the Terrace 6:30 ❤️ Sensory Stimulation 7:00 ❤️ Monday Movie Night 17	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 ☕ Cheers to Lemonade Social 3:30 ☕ Friendly Visits 18	World Humanitarian Day 9:30 🎯 Balloon Badminton 10:15 ❤️ Aromatherapy 11:00 📖 Let's Play Bingo 1:30 📖 Spiritual Corner 2:30 📖 Learn about the Sunny Side of Wellness 3:15 ❤️ Bean Bag Toss in the Garden 19	9:30 🎯 Morning Stretch 10:00 ❤️ Gardening 10:30 📖 Hymn Sing Along 1:30 ❤️ Sunny Paper Crafts 2:30 📖 Sunshine and Citrus Trivia 3:30 🎯 Ball Toss 20	Canadian National Exhibition Opens 9:30 🎯 Sunshine Yoga 11:00 📖 Historical Fridays: This month in history 1:30 ❤️ Short Stories 2:00 ❤️ Sing Along with Avery 2:30 ☕ Ice Cream Social 3:15 ❤️ Friendly Visits 21	10:15 🎯 Balloon Badminton 22
"Let's go to the Ex!" Week 2:30 ☕ Refreshments 23	Ukraine Independence Day 1:30 ❤️ Doll Therapy 2:30 📖 Amazing Animal: Jumbo the Circus Elephant 3:30 🎯 Ring Toss 4:15 📖 Short Stories: Ukrainian Folktales 5:00 ☕ Ukrainian Dinner 6:30 ❤️ Sensory Stimulation 7:00 ❤️ Monday Movie Night 24	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 ☕ Funnel Cake Fun Social 3:30 ☕ Friendly Visits 25	9:30 🎯 Balloon Badminton 10:15 ❤️ Aromatherapy 11:00 📖 Let's Play Bingo 1:30 📖 Spiritual Corner 2:00 ☕ Ripple Rhythm Drumming Circle - Stillman Garden 2:30 ❤️ Spa: Nails and Hand Massages 3:15 ❤️ Terrace Time 26	9:30 🎯 Morning Stretch 10:00 ❤️ Gardening 10:30 📖 Hymn Sing Along 1:30 ❤️ Fun in the Sun Coloring 2:30 📖 Carnival Trivia 3:30 🎯 Ball Toss 27	9:30 🎯 Sunshine Yoga 11:00 📖 Historical Fridays: The CNE 1:30 ❤️ Short Stories 2:00 ❤️ Sing Along with Avery 2:30 ☕ Banana Split Social 3:15 ❤️ Friendly Visits 28	10:15 🎯 Balloon Badminton 29