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Queen Mother Wing



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Coordinator: Avery 416-964-9231 ext. 375 Recreation Supervisor: Kim 416-964-9231 ext. 242	Labour Day 9:30	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 9:45 Chats with Avery 10:30 Falls Prevention - Auditorium 10:30 Trivia - Craftroom 2:30 Current Events - Library 4:30 Happy Hour - Link 7:00 Macdonald Room	9:15 ➤ Daily Data - Auditorium 9:30 ➢ Exercises - Auditorium 10:30 ➤ Textiles & Tea - Craftroom 2:30 ■ Baking - Craftroom 4:30 ■ Happy Hour - Link 7:00 ➤ Drama series: 11.22.63 "The Eyes of Texas" - Auditorium	Auditorium 9:30	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 1:00 Guided Meditation - Craftroom 2:30 Cream Social - Stillman Garden 3:30 Ecumenical Prayer Service - Chapel 4:30 Happy Hour - Link 7:00 Documentary Night: Sunday Best (2025) - Auditorium	9:30 Exercises - Auditorium 2:00 Documentary series: Churchill at War "The Gathering Storm" - Auditorium 4:30 Happy Hour - Link 7:00 Movie Night: Loving (2016) - Auditorium
10:00	9:30 Sexercises - Auditorium 10:30 Music Appreciation - Auditorium 1:30 Malks around Belmont 4:30 Malks around Belmont 4:30 Monday Evening Movie: Planes, Trains and Automobiles (1987) - Auditorium	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 9:45 Chats with Avery 10:30 Falls Prevention - Auditorium 10:30 Falls Prevention - Auditorium 10:30 Falls Prevention - Auditorium 1:30	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 9:45 Reminisce & Recollect 10:30 Textiles & Tea - Craftroom 1:30 Walks around Belmont 2:30 Birthday Party for Aug, Sept, Oct - Auditorium 4:00 Card and Board Games - Craftroom 4:30 Happy Hour - Link 7:00 Drama series: 11.22.63 "The Truth" - Auditorium	Auditorium 9:30 Exercises - Auditorium 9:45 Short Stories 10:30 Falls Prevention - Auditorium 10:30 Seasonal Sips 2:00 Not Averse to Verse Poetry Group - Library 3:30 Walks around Belmont	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 0:30 Grace Church on the Hill Communion Service - Auditorium 1:15 Walks around Belmont 1:30 Cream Social - Stillman Garden 1:30 Chapel 1:30 Happy Hour - Link 1:50 Documentary Night: Leonardo The Works (2019) - Auditorium	9:30 Exercises - Auditorium 2:00 Documentary series: Churchill at War "His Finest Hour" - Auditorium 4:30 Happy Hour - Link 7:00 Movie Night: Indiana Jones Raiders of the Lost Ark (1981) - Auditorium
10:45	9:30 Exercises - Auditorium 1:00 Tea and Tenant Recreation Surveys - MacDonald Room 1:30 Walks around Belmont 2:30 Belmont Blooms Gardening - Stillman Garden 4:30 Happy Hour - Link 7:00 Guest Speaker: Lorne Opler "Strength and Cardio Exercises for better Brain Health" - Auditorium	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 9:45 Chats with Avery 10:30 Falls Prevention - Auditorium 10:30 Trivia - Craftroom 1:30 Tech Help Tuesday - Craftroom 2:00 Artistic Expressions with Sara - Craftroom 2:30 Current Events - Library 4:30 Happy Hour - Link 7:00 Live Music With : Shaya Petroff - Macdonald Room	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 9:45 Short Stories 10:30 Textiles & Tea - Craftroom 1:30 Walks around Belmont 2:30 Baking - Craftroom 4:30 Happy Hour - Link 7:00 Drama series: 11.22.63 "Happy Birthday, Lee Harvey Oswald" - Auditorium	9:30 Exercises - Auditorium 9:45 Short Stories 10:30 Falls Prevention - Auditorium 10:30 Seasonal Sips 2:00 Not Averse to Verse Poetry Group - Library 3:30 Walks around Belmont 4:30 Happy Hour - Link	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 0:30 St. Thomas Anglican Communion Service - Auditorium 1:15 Guided Meditation - Craftroom 2:30 Cream Social - Stillman Garden 3:30 Chapel 4:30 Happy Hour - Link 7:00 Documentary Night: Miso Hungry (2015)	9:30 Exercises - Auditorium 2:00 Documentary series: Churchill at Wa "The Day of Destiny" - Audtorium 4:30 Happy Hour - Link 7:00 Movie Night: The Children's Train (2024) Auditorium
10:00	9:30 Exercises - Auditorium 10:30 Music Appreciation - Auditorium 2:30 Book Club - Library 3:30 Walks around Belmont 4:30 Happy Hour - Link 7:00 Rosh Hashanah Social - Solarium	9:30 Exercises - Auditorium 9:45 Chats with Avery 10:30 Falls Prevention - Auditorium 10:30 Trivia - Craftroom 1:30 Tech Help Tuesday - Craftroom 2:00 Artistic Expressions with Sara - Craftroom 2:30 Current Events - Library 4:30 Happy Hour - Link 7:00 Live Entertainment With: Smile Theatre - Auditorium	9:15 Daily Data - Auditorium 9:15 Outing: Shaw Festival "Major Barbara" 9:30 Exercises - Auditorium 10:30 Textiles & Tea - Craftroom 4:30 Happy Hour - Link 7:00 Drama series: 11.22.63 "Soldier Boy" - Auditorium	Auditorium 9:30	9:15 Daily Data - Auditorium 9:30 Exercises - Auditorium 0:30 St. Basil's Catholic Communion Service - Auditorium 1:15 Walks around Belmont 2:30 Lee Cream Social - Stillman Garden 3:30 Chapel 4:30 Happy Hour - Link 7:00 Cocumentary Night: Call me Kate (2022) - Auditorium	9:30
10:45 Metropolitan United Church Virtual Online	9:30	National Day for Truth and Reconciliation Orange Shirt Day 9:15 Daily Data - Auditorium		<u>September 1</u> 1st - Labo		

Virtual Online

Service - Auditorium 2:00 Movie Matinee: Spirited

Away (2001) -Auditorium

3:30 **E** Tea Social - Macdonald Room

4:30 Phappy Hour - Link

Belmont 2:30

Belmont Blooms Gardening Stillman Garden

4:00 Card and Board Games -Craftroom

4:30 P Happy Hour - Link 7:00 **Bingo - Solarium**

9:15 V Daily Data - Auditorium 9:30
Exercises - Auditorium

9:45 P Chats with Avery 10:30 🛞 Falls Prevention - Auditorium

10:30 📂 Trivia - Craftroom 1:30 Frach Help Tuesday - Craftroom

2:00 V Artistic Expressions with Sara - Craftroo 2:30 Current Events - Library 4:30 **Happy Hour - Link**

7:00 V Live Music With : Andrew Scott -**Macdonald Room**









4th - TIFF at Belmont 10th - Birthday Party 23rd - Smile Theatre Performance 24th - Outing to Shaw Festival 27th - Board Cocktail Party 30th - National Day for Truth and Reconciliation

