

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Coordinator: Kim 416-964-9231 ext. 375 Recreation Supervisor : Elleni 416-964-9231 ext. 242		Canada Day 1 9:15 ♥ Daily Data - Auditorium 9:30 🌿 Exercises - Auditorium 12:30 🍷 Canada Day Dinner - Main Dining Room 2:30 ♥ Canada Day Concert - Stillman Garden 4:30 🍷 Happy Hour - Link 7:00 ♥ Documentary Night: One Day in the Life of Noah Piugattiuk (2019) - Auditorium	World UFO Day 2 9:15 ♥ Daily Data - Auditorium 9:30 ♥ Art - Craftroom 9:30 🌿 Exercises - Auditorium 10:30 ♥ Textiles & Tea - Craftroom 1:30 🌿 Let's Get Physical 2:30 🍷 Baking - Craftroom 4:30 🍷 Happy Hour - Link 7:00 ♥ Drama series: The Handmaid's Tale - Episode 7 "The Other Side" - Auditorium	9:15 ♥ Daily Data - Auditorium 3 9:30 🌿 Exercises - Auditorium 9:30 🍷 Table Games - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 ♥ Reminisce & Recollect - Craftroom 2:00 🍷 Not Averse to Verse Poetry Group - Library 3:30 🌿 Walks around Belmont 4:30 🍷 Happy Hour - Link	9:15 ♥ Daily Data - Auditorium 4 9:30 🌿 Exercises - Auditorium 10:00 🍷 Vendor: Yvonne Creations - Main Lobby 1:30 🍷 Belmont Blooms Gardening - Stillman Garden 2:30 🍷 Ice Cream Social - Stillman Garden 3:30 🌿 Ecumenical Prayer Service - Chapel 4:30 🍷 Happy Hour - Link 7:00 ♥ Documentary Night: Wild Columbia Revealed - Auditorium 7:00 🍷 Friday Frivolity Social - Solarium	Tour de France 5 9:30 🌿 Exercises - Auditorium 2:00 ♥ Documentary series: Britain's Most Historic Towns "Naval Portsmouth" - Auditorium 4:30 🍷 Happy Hour - Link 7:00 ♥ Movie Night: East of Eden (1955) - Auditorium
10:45 🌿 Metropolitan United Church Virtual Online Service - Auditorium 6 2:00 ♥ Movie Matinee: East of Eden (1955) - Auditorium 3:30 🍷 Tea Social - Macdonald Room 4:30 🍷 Happy Hour - Link	Global Forgiveness Day 7 9:30 🌿 Exercises - Auditorium 10:00 🍷 Vendor: AAA Clothing - Main Lobby 10:30 ♥ Reminisce & Recollect - Craftroom 1:30 🌿 Walks around Belmont 2:30 🍷 Table Games - Craftroom 3:30 ♥ Spa - Craftroom 4:30 🍷 Happy Hour - Link 7:00 ♥ Monday Evening Movie: Love & Mercy (2014) - Auditorium	9:15 ♥ Daily Data - Auditorium 8 9:30 🌿 Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 🌿 Trivia - Craftroom 11:00 🚗 Outing to Toronto Botanical Garden 1:30 🍷 Tech Help Tuesday - Craftroom 2:30 🍷 Current Events - Library 4:30 🍷 Happy Hour - Link 7:00 ♥ Live Music With : UK School Choir - Auditorium	Argentina Day 9 9:15 ♥ Daily Data - Auditorium 9:30 ♥ Art - Craftroom 9:30 🌿 Exercises - Auditorium 10:30 ♥ Textiles & Tea - Craftroom 1:30 🌿 Let's Get Physical 2:30 🍷 Argentinian Social - Macdonald Room 4:30 🍷 Happy Hour - Link 5:30 🍷 Argentinian Dinner - Main Dining Room 7:00 ♥ Documentary Night: The Motorcycle Diaries (2004) - Auditorium	9:15 ♥ Daily Data - Auditorium 10 9:30 🌿 Exercises - Auditorium 9:30 🍷 Table Games - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 ♥ Reminisce & Recollect - Craftroom 2:00 🍷 Not Averse to Verse Poetry Group - Library 3:30 🌿 Walks around Belmont 4:30 🍷 Happy Hour - Link 7:00 ♥ Live Music With : Jordan Klapman - Macdonald Room	9:15 ♥ Daily Data - Auditorium 11 9:30 🌿 Exercises - Auditorium 10:30 🌿 Grace Church on the Hill Communion Service - Auditorium 11:00 ♥ Spa - Craftroom 1:30 🍷 Belmont Blooms Gardening - Stillman Garden 2:30 🍷 Ice Cream Social - Stillman Garden 3:30 🌿 Ecumenical Prayer Service - Chapel 4:30 🍷 Happy Hour - Link 7:00 ♥ Documentary Night: Sammy Davis Jr.: I Gotta Be Me (2017) - Auditorium	9:30 🌿 Exercises - Auditorium 12 2:00 ♥ Documentary series: Britain's Most Historic Towns "Elizabethan Plymouth" - Auditorium 4:30 🍷 Happy Hour - Link 7:00 ♥ Movie Night: A League of Their Own (1992) - Auditorium
10:00 🌿 Grace Church On-The-Hill Virtual Online Service - Auditorium 13 2:00 ♥ Movie Matinee: A League of Their Own (1992) - Auditorium 3:30 🍷 Tea Social - Macdonald Room 4:30 🍷 Happy Hour - Link	Bastille Day 14 9:30 🌿 Exercises - Auditorium 10:30 ♥ Music Appreciation - Auditorium 1:30 🌿 Walks around Belmont 2:30 🍷 Sablés et Sociale - Macdonald Room 4:30 🍷 Happy Hour - Link 7:00 ♥ Monday Evening Movie: The Miracle Worker (1962) - Auditorium	MLB All-Star Game 15 9:15 ♥ Daily Data - Auditorium 9:30 🌿 Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 🍷 Trivia - Craftroom 12:00 🍷 Dog Days BBQ - Rose Garden 2:30 🍷 Current Events - Library 4:30 🍷 Happy Hour - Link 7:00 ♥ Live Music With : Bruce Charlap - Macdonald Room	World Snake Day 16 9:15 ♥ Daily Data - Auditorium 9:30 ♥ Art - Craftroom 9:30 🌿 Exercises - Auditorium 10:30 ♥ Textiles & Tea - Craftroom 1:30 🌿 Let's Get Physical 2:30 🍷 Baking - Craftroom 4:30 🍷 Happy Hour - Link 7:00 ♥ Drama series: The Handmaid's Tale - Episode 8 "Jezebels" - Auditorium	Perseids Meteor Shower 17 9:15 ♥ Daily Data - Auditorium 9:30 🌿 Exercises - Auditorium 9:30 🍷 Table Games - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 ♥ Reminisce & Recollect - Craftroom 2:00 🍷 Not Averse to Verse Poetry Group - Library 3:30 🌿 Walks around Belmont 4:30 🍷 Happy Hour - Link 7:00 ♥ Special Performance by Act 2: "Talking Matters: Dealing with Dementia" - Auditorium	World Listening Day 18 9:15 ♥ Daily Data - Auditorium 9:30 🌿 Exercises - Auditorium 10:00 🍷 Vendor: Lavucci Fashions - Main Lobby 10:30 🌿 St. Thomas Anglican Communion Service - Auditorium 1:30 🍷 Belmont Blooms Gardening - Stillman Garden 2:30 🍷 Ice Cream Social - Stillman Garden 3:30 🌿 Ecumenical Prayer Service - Chapel 4:30 🍷 Happy Hour - Link 7:00 ♥ Live Music With : Jim Clayton - Macdonald Room	9:30 🌿 Exercises - Auditorium 19 2:00 ♥ Documentary series: Britain's Most Historic Towns "Glasgow's Age of Steam" - Auditorium 4:30 🍷 Happy Hour - Link 7:00 ♥ Movie Night: Operation Mincemeat (2022) - Auditorium
International Cake Day 20 10:45 🌿 Metropolitan United Church Virtual Online Service - Auditorium 2:00 ♥ Movie Matinee: Operation Mincemeat (2022) - Auditorium 3:30 🍷 Tea Social - Macdonald Room 4:30 🍷 Happy Hour - Link 7:00 🌿 Timothy Eaton Memorial Service - Chapel	9:30 🌿 Exercises - Auditorium 21 10:30 ♥ Reminisce & Recollect - Craftroom 1:30 🌿 Walks around Belmont 2:30 🍷 Book Club - Library 4:30 🍷 Happy Hour - Link 7:00 ♥ Monday Evening Movie: Lady in the Lake (1947) - Auditorium	9:15 ♥ Daily Data - Auditorium 22 9:30 🌿 Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 🍷 Trivia - Craftroom 1:30 🍷 Tech Help Tuesday - Craftroom 2:30 🍷 Current Events - Library 4:30 🍷 Happy Hour - Link 7:00 ♥ Movie Music Night: Oklahoma! (1955) - Auditorium	9:15 ♥ Daily Data - Auditorium 23 9:30 ♥ Art - Craftroom 9:30 🌿 Exercises - Auditorium 10:30 ♥ Textiles & Tea - Craftroom 11:00 🚗 Outing: Waterfront Tour and Lunch 1:30 🌿 Let's Get Physical 2:30 🍷 Baking - Craftroom 4:30 🍷 Happy Hour - Link 7:00 ♥ Drama series: The Handmaid's Tale - Episode 9 "The Bridge" - Auditorium	9:15 ♥ Daily Data - Auditorium 24 9:30 🌿 Exercises - Auditorium 10:30 🌿 Falls Prevention - Auditorium 10:30 ♥ Reminisce & Recollect - Craftroom 2:00 🍷 Not Averse to Verse Poetry Group - Library 3:30 🌿 Walks around Belmont 4:30 🍷 Happy Hour - Link 7:00 ♥ Live Music With : Jeff King - Macdonald Room	9:15 ♥ Daily Data - Auditorium 25 9:30 🌿 Exercises - Auditorium 10:30 🌿 St. Basil's Catholic Communion Service - Auditorium 1:30 🍷 Belmont Blooms Gardening - Stillman Garden 2:30 🍷 Ice Cream Social - Stillman Garden 3:30 🌿 Ecumenical Prayer Service - Chapel 4:30 🍷 Happy Hour - Link 7:00 🍷 Bingo - Solarium	9:30 🌿 Exercises - Auditorium 26 2:00 ♥ Documentary series: Britain's Most Historic Towns "Georgian Edinburgh" - Auditorium 4:30 🍷 Happy Hour - Link 7:00 ♥ Movie Night: High Society (1956) - Auditorium
10:00 🌿 Grace Church On-The-Hill Virtual Online Service - Auditorium 27 2:00 ♥ Movie Matinee: High Society (1956) - Auditorium 3:30 🍷 Tea Social - Macdonald Room 4:30 🍷 Happy Hour - Link	9:30 🌿 Exercises - Auditorium 28 10:30 ♥ Music Appreciation - Auditorium 1:30 🌿 Walks around Belmont 2:30 🍷 Sangria Social - Macdonald Room 4:30 🍷 Happy Hour - Link 7:00 ♥ Monday Evening Movie: Kinky Boots (2006) - Auditorium	9:15 ♥ Daily Data - Auditorium 29 9:30 🌿 Exercises - Auditorium 9:30 ♥ Short Stories - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 🍷 Trivia - Craftroom 1:30 🍷 Tech Help Tuesday - Craftroom 2:30 🍷 Current Events - Library 4:30 🍷 Happy Hour - Link	9:15 ♥ Daily Data - Auditorium 30 9:30 ♥ Art - Craftroom 9:30 🌿 Exercises - Auditorium 10:30 ♥ Textiles & Tea - Craftroom 1:30 🌿 Let's Get Physical 2:30 🍷 Baking - Craftroom 4:30 🍷 Happy Hour - Link 7:00 ♥ Drama series: The Handmaid's Tale - Episode 10 "Night" - Auditorium	9:15 ♥ Daily Data - Auditorium 31 9:30 🌿 Exercises - Auditorium 9:30 🍷 Table Games - Craftroom 10:30 🌿 Falls Prevention - Auditorium 10:30 ♥ Flower Arranging - Craftroom 2:00 🍷 Not Averse to Verse Poetry Group - Library 3:30 🌿 Walks around Belmont 4:30 🍷 Happy Hour - Link 7:00 ♥ Live Music With : James Levac - Macdonald Room	July Highlights 1st - Canada Day 8th - outing to Toronto Botanical Garden 9th - Argentina Day 17th - special performance with Act 2 23rd - outing for a Waterfront tour and Lunch 25th - Bingo Belmont Blooms now Fridays at 1:30pm	