





INSPIRED SENIOR LIVING

June 2023 Independent Living Calendar Hazelton Place



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Celebrating Senior's Month</p>	 <p>Father's Day</p>					
<p>10:00 Sit & Stretch (MR) 4</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Java Music Club (MT)</p> <p>2:30 Movie Matinee- Thelma And Louise (1991) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:30 Bowling Club (MR)</p> <p>5:00 Resident Directed Pool Club (GAM)</p> <p>7:00 Movie Night- Thelma And Louise (1991) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 5</p> <p>10:00 Individual Visits (SUI)</p> <p>10:30 Morning Sing Along (MT)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>1:00 Falls Pervation (MR)</p> <p>2:00 Poetry Club (AS)</p> <p>2:30 Movie Matinee- Grand Torino (2008) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 Fishing Competition (MR)</p> <p>4:00 Word Games (MR)</p> <p>5:00 Memory Game (MT)</p> <p>6:00 Spiritual Talks Discussion (MT)</p> <p>7:00 Movie Night- Grand Torino (2008) (MT)</p>	<p>10:00 Energizing Exercises (MR) 6</p> <p>10:30 Energizing Exercises #2 (MR)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>11:00 Balance Class (MR)</p> <p>1:30 Go4Life Walking Club Outside (LL)</p> <p>1:30 Falls Prevention (MR)</p> <p>1:30 Documentary - Drain Alcatraz: The World's Most Notorious Prison (MT)</p> <p>2:00 Artful Enrichment- Watercolors (AS)</p> <p>2:30 Fit Minds- Interact (MR)</p> <p>2:30 Movie Matinee- The Mule (2018) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 Bingo Game (MR)</p> <p>4:00 Current Events Discussion Group (MR)</p> <p>5:00 Digital Education & Literacy (LIB)</p> <p>7:00 Movie Night- The Mule (2018) (MT)</p> <p>7:00 Go for a walk around Yorkville (please Sign up at front desk) (Out)</p>	<p>9:30 Novo Health Exercises (MR) 7</p> <p>10:30 Hand Therapy (AS)</p> <p>11:00 Storytelling (MT)</p> <p>11:00 Go For Life Walking Club (SU)</p> <p>11:00 Book Club Discussion Becoming (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:30 Java Music Club - Sing Along (MT)</p> <p>2:00 Memory Game (MT)</p> <p>2:00 Arts & Crafts- Collage Making (AS)</p> <p>2:00 Allan Gardens Outing (SU)</p> <p>2:30 Movie Matinee- Out of Africa (1985) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:30 Mini Golf Club (MR)</p> <p>4:00 Go4Life Walking Club Outdoors (Out)</p> <p>4:00 Residents Directed Billiards Club (GAM)</p> <p>4:30 Digital Entertainment (MT)</p> <p>6:00 Karaoke Night with Harlan (MT)</p> <p>7:00 Movie Night- Out of Africa (1985) (MT)</p>	<p>10:00 Yoga with Karusia (MR) 8</p> <p>10:30 Morning Sing Along (MT)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>12:30 Documentary- Locked And Loaded: Outsmarting Mother Nature (MT)</p> <p>1:30 Falls Prevention (MR)</p> <p>1:30 Gardening Club (P)</p> <p>2:00 MOMA - Art Session (AS)</p> <p>2:00 Drum Fit (MT)</p> <p>2:00 MOMA Artist Presentation- Emil Nolde (AS)</p> <p>2:30 Movie Matinee- From Here to Eternity (1953) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Brain Games and Riddles (MR)</p> <p>4:00 Bowling Club (MR)</p> <p>5:00 Ted Talks- A new Understanding of Human History and the Roots of Inequality (MT)</p> <p>7:00 Bridge with David (BR)</p> <p>7:00 Go For Life Walking Club Winners Outing (SU)</p> <p>7:00 Movie Night- From Here to Eternity (1953) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 9</p> <p>10:00 Individual Visits (SUI)</p> <p>10:30 Go4Life Walking Club (Out)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:30 How Technology Works: Q&A Session with Andrei (MT)</p> <p>2:00 Art Session with Lynn in the fresh air (P)</p> <p>2:30 Fit Minds (MR)</p> <p>2:30 Movie Matinee- My Fair lady (1964) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:30 Challenge Trivia (MR)</p> <p>4:00 Morals and Ethics Discussion Club (MR)</p> <p>6:30 Sing Along Karaoke (AB)</p> <p>7:00 Movie Night- My Fair lady (1964) (MT)</p>	<p>10:00 Sit & Stretch (MR) 10</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Interactive Trivia Game (MT)</p> <p>2:30 Movie Matinee- Wild (2014) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Brain Games and Charades (MR)</p> <p>4:00 Happy Hour (AB)</p> <p>5:00 Ted Talks- How to Live to Be 100+ (MT)</p> <p>7:00 Movie Night- Wild (2014) (MT)</p>
<p>10:00 Sit & Stretch (MR) 11</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Java Music Club (MT)</p> <p>2:30 Movie Matinee- Bend It Like Beckham (2022) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:30 Bowling Club (MR)</p> <p>5:00 Resident Directed Pool Club (GAM)</p> <p>7:00 Movie Night- Bend It Like Beckham (2022) (MT)</p>	<p>Eye Clinic (LL) 12</p> <p>9:30 Novo Health Exercises (MR)</p> <p>10:00 Individual Visits (SUI)</p> <p>10:30 Morning Sing Along (MT)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>2:00 Poetry Club (AS)</p> <p>2:30 Movie Matinee- The Devil Wears Prada (2006) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 Fishing Competition (MR)</p> <p>4:00 Word Games (MR)</p> <p>5:00 Memory Game (MT)</p> <p>6:00 Spiritual Talks Discussion (MT)</p> <p>7:00 Movie Night- The Devil Wears Prada (2006) (MT)</p>	<p>10:00 Energizing Exercises (MR) 13</p> <p>10:30 Energizing Exercises #2 (MR)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>11:00 Balance Class (MR)</p> <p>1:30 Go4Life Walking Club Outside (LL)</p> <p>1:30 Falls Prevention (MR)</p> <p>1:30 Documentary - Being The Queen: The Life of Elizabeth II (MT)</p> <p>2:00 Artful Enrichment- Watercolors (AS)</p> <p>2:30 Fit Minds- Interact (MR)</p> <p>2:30 Movie Matinee- News of the World (2020) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 Bingo Game (MR)</p> <p>4:00 Current Events Discussion Group (MR)</p> <p>5:00 Digital Education & Literacy (LIB)</p> <p>7:00 Movie Night- News of the World (2020) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 14</p> <p>10:30 Hand Therapy (AS)</p> <p>11:00 Storytelling (MT)</p> <p>11:00 Go For Life Walking Club (SU)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:00 Outing to McMichael Art Gallery (SU)</p> <p>1:30 Java Music Club - Sing Along (MT)</p> <p>2:00 Memory Game (MT)</p> <p>2:00 Arts & Crafts- Collage Making (AS)</p> <p>2:30 Movie Matinee- True Spirit (2023) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:30 Mini Golf Club (MR)</p> <p>4:00 Go4Life Walking Club Outdoors (Out)</p> <p>4:00 Residents Directed Billiards Club (GAM)</p> <p>4:30 Digital Entertainment (MT)</p> <p>6:00 Karaoke Night with Harlan (MT)</p> <p>7:00 Movie Night- True Spirit (2023) (MT)</p>	<p>10:00 Yoga with Karusia (MR) 15</p> <p>10:30 Morning Sing Along (MT)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>11:30 Men's Health Awareness Bake Sale (MAI)</p> <p>12:30 Documentary- The Fascinating World of Deep Mountain Lakes (MT)</p> <p>1:30 Falls Prevention (MR)</p> <p>2:00 MOMA - Art Session (AS)</p> <p>2:00 Drum Fit (MT)</p> <p>2:30 Movie Matinee- Rocketman (2019) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Brain Games and Riddles (MR)</p> <p>4:00 Bowling Club (MR)</p> <p>5:00 Ted Talks- Less Stuff, More Happiness (MT)</p> <p>7:00 Bridge with David (BR)</p> <p>7:00 Go For Life Walking Club Winners Outing (SU)</p> <p>7:00 Movie Night- Rocketman (2019) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 16</p> <p>10:00 Individual Visits (SUI)</p> <p>10:30 Go4Life Walking Club (Out)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:30 How Technology Works: Q&A Session with Andrei (MT)</p> <p>2:00 Artful Enrichment- Acrylics on canvas Session (AS)</p> <p>2:30 Fit Minds (MR)</p> <p>2:30 Movie Matinee- Iron Lady (2011) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 June Birthday Party with Patricia Duffy (LL)</p> <p>3:30 Challenge Trivia (MR)</p> <p>4:00 Morals and Ethics Discussion Club (MR)</p> <p>6:30 Sing Along Karaoke (AB)</p> <p>7:00 Movie Night- Iron Lady (2011) (MT)</p>	<p>10:00 Sit & Stretch (MR) 17</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Resident Movie Selection Meeting (MT)</p> <p>2:30 Movie Matinee- Chariots of Fire (1981) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Brain Games and Charades (MR)</p> <p>4:00 Happy Hour (AB)</p> <p>5:00 Ted Talks- The Habits of Happiness (MT)</p> <p>7:00 Movie Night- Chariots of Fire (1981) (MT)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fathers Day 18 10:00 Sit & Stretch (MR) 10:45 Spiritual Guided Meditation (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Philadelphia (1993) (MT) 3:00 Tea Time (LL) 3:00 Fathers Day Celebration with Debi Sander Walker (LL) 3:30 Bowling Club (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night-	The Dental Clinic (SU) 19 9:30 Novo Health Exercises (MR) 10:00 Individual Visits (SUI) 10:30 Morning Sing Along (MT) 11:00 Spiritual Guided Meditation (MT) 1:00 Falls Prevention (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Jurassic Park (1993) (MT) 3:00 Tea Time (LL) 3:15 Fishing Competition (MR) 4:00 Word Games (MR) 5:00 Memory Game (MT) 6:00 Spiritual Talks Discussion (MT) 7:00 Movie Night- Jurassic Park (1993) (MT)	Vendor Shop (LL) 20 10:00 Energizing Exercises (MR) 10:30 Energizing Exercises #2 (MR) 11:00 Spiritual Guided Meditation (MT) 11:00 Balance Class (MR) 1:30 Go4Life Walking Club Outside (LL) 1:30 Falls Prevention (MR) 1:30 Documentary - Grand Canyon: The Jaw Dropping Beauty of America's National Park (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Fit Minds- Interact (MR) 2:30 Movie Matinee- One True Thing (1998) (MT) 3:00 Tea Time (LL) 3:15 Bingo Game (MR) 4:00 Current Events Discussion Group (MR) 5:00 Digital Education & Literacy (LIB) 7:00 Movie Night- One True Thing (1998) (MT)	Canada's National Indigenous Peoples Day 21 9:30 Novo Health Exercises (MR) 10:30 Hand Therapy (AS) 11:00 Go For Life Walking Club (SU) 11:00 Aga Khan Museum Outing (SU) 1:00 Falls Prevention (MR) 1:30 Java Music Club - Sing Along (MT) 2:00 Memory Game (MT) 2:00 Arts & Crafts- Collage Making (AS) 2:00 Documentary: The Indigenous People of America (MT) 2:30 Movie Matinee- Atanarjuat: The Fast Runner (2001) (MT) 3:00 Tea Time (LL) 3:00 Communion Service (STG) 3:30 Mini Golf Club (MR) 4:00 Go4Life Walking Club Outdoors (Out) 4:00 Residents Directed Billiards Club (GAM) 4:30 Digital Entertainment (MT) 6:00 Karaoke Night with Harlan (MT) 7:00 Movie Night- Atanarjuat: The Fast Runner (2001) (MT)	Vendor Shop (LL) 22 Hearing Clinic (LL) 10:00 Yoga with Karusia (MR) 10:30 Morning Sing Along (MT) 11:00 Spiritual Guided Meditation (MT) 12:30 Documentary- BBC Earth: 50 Top Natural History Moments (MT) 1:30 Falls Prevention (MR) 1:30 Gardening Club (Out) 2:00 Drum Fit (MT) 2:00 MOMA Artist Presentation- Walter Osborne (AS) 2:30 Movie Matinee- Roman Holiday (1953) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Riddles (MR) 4:00 Bowling Club (MR) 5:00 Ted Talks- The History of our World in 18 minutes (MT) 7:00 Bridge with David (BR) 7:00 Go For Life Walking Club Winners Outing (SU)	9:30 Novo Health Exercises (MR) 23 10:00 Individual Visits (SUI) 10:30 Go4Life Walking Club (Out) 11:00 Spiritual Guided Meditation (MT) 1:00 Falls Prevention (MR) 1:30 Life Enrichment Meeting (MT) 2:00 Artful Enrichment- Art with Lynn (AS) 2:30 Fit Minds (MR) 2:30 Movie Matinee- To Kill A Mockingbird (1962) (MT) 3:00 Tea Time (LL) 3:00 Hight Tea with Jordan Klapman (LL) 3:30 Challenge Trivia (MR) 4:00 Morals and Ethics Discussion Club (MR) 6:30 Sing Along Karaoke (AB) 7:00 Movie Night- To Kill A Mockingbird (1962) (MT)	10:00 Sit & Stretch (MR) 24 10:45 Spiritual Guided Meditation (MT) 2:00 Interactive Trivia Game (MT) 2:30 Movie Matinee- The Long Goodbye (1973) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 5:00 Ted Talks- How Societies Can Grow Old Better (MT) 7:00 Movie Night- The Long Goodbye (1973) (MT)
10:00 Sit & Stretch (MR) 25 10:45 Spiritual Guided Meditation (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- The Godfather Part 2 (1974) (MT) 3:00 Tea Time (LL) 3:30 Bowling Club (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- The Godfather Part 2 (1974) (MT)	9:30 Novo Health Exercise (MR) 26 10:00 Individual Visits (SUI) 10:30 Morning Sing Along (MT) 11:00 Spiritual Guided Meditation (MT) 1:00 Falls Prevention (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Ghost (1990) (MT) 3:00 Tea Time (LL) 3:15 Fishing Competition (MR) 4:00 Word Games (MR) 5:00 Memory Game (MT) 6:00 Spiritual Talks Discussion (MT) 7:00 Movie Night- Ghost (1990) (MT)	10:00 Energizing Exercises (MR) 27 10:30 Energizing Exercises #2 (MR) 11:00 Spiritual Guided Meditation (MT) 11:00 Balance Class (MR) 1:30 Go4Life Walking Club Outside (LL) 1:30 Falls Prevention (MR) 1:30 Documentary - A Volcano Odyssey (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Fit Minds- Interact (MR) 2:30 Movie Matinee- Maid In Manhattan (20002) (MT) 3:00 Tea Time (LL) 3:15 Bingo Game (MR) 3:30 Movie Theatre Outing (SU) 4:00 Current Events Discussion Group (MR) 5:00 Digital Education & Literacy (LIB) 7:00 Movie Night- Maid In Manhattan (20002) (MT)	Annual Hazelton BBQ Party (P) 28 9:30 Novo Health Exercises (MR) 10:30 Hand Therapy (AS) 11:00 Go For Life Walking Club (SU) 1:00 Falls Prevention (MR) 2:00 Memory Game (MT) 2:00 Arts & Crafts- Collage Making (AS) 2:30 Movie Matinee- The American President (1995) (MT) 3:00 Tea Time (LL) 3:30 Mini Golf Club (MR) 4:00 Go4Life Walking Club Outdoors (Out) 4:00 Residents Directed Billiards Club (GAM) 4:30 Digital Entertainment (MT) 6:00 Karaoke Night with Harlan (MT) 7:00 Movie Night- The American President (1995) (MT)	10:00 Yoga with Karusia (MR) 29 10:30 Morning Sing Along (MT) 11:00 Residents' General Meeting (MT) 12:30 Documentary - The Hidden City Beneath the Ice (MT) 1:30 Falls Prevention (MR) 2:00 MOMA - Art Session (AS) 2:00 Drum Fit (MT) 2:00 Living Loving Local Presentation - Strawberry (MT) 2:30 Movie Matinee- Elizabeth (1998) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Riddles (MR) 5:00 Ted Talks- What You Can Do to Prevent Alzheimer's (MT) 7:00 Bridge with David (BR) 7:00 Go For Life Walking Club Winners Outing (SU) 7:00 Movie Night- Elizabeth (1998) (MT)	9:30 Novo Health Exercises (MR) 30 10:00 Individual Visits (SUI) 10:30 Go4Life Walking Club (Out) 11:00 Spiritual Guided Meditation (MT) 1:00 Falls Prevention (MR) 1:30 How Technology Works: Q&A Session with Andrei (MT) 2:00 Artful Enrichment- Acrylics on canvas Session (AS) 2:30 Fit Minds (MR) 2:30 Movie Matinee- Norma Rae (1979) (MT) 3:00 Tea Time (LL) 3:30 Challenge Trivia (MR) 4:00 Morals and Ethics Discussion Club (MR) 6:30 Sing Along Karaoke (AB) 7:00 Movie Night- Norma Rae (1979) (MT)	

Novo Health Exercise Classes

Every Monday, Wednesday & Friday:

- 9:30am– Flexibility Class
- 10:15am– Strength Class
- 11:00am– Balance Class
- 11:45am– Falls Prevention #1
- 1:00pm– Falls Prevention #2

Every Tuesday & Thursday:

- 1:30pm– Falls Prevention



WEDNESDAY
JUN 21

Canada's National
Indigenous Peoples Day

Locations Legend

- Movie Theatre (MT)
- Meeting Room (MR)
- Lower Lobby (LL)
- 111 Art Studio (AS)
- Sign-up (SU)
- Outside (Out)
- Suites (SUI)
- Annex Bar (AB)

- Games Room (GAM)
- Bedford Bridge Lounge (BR)
- Library (LIB)
- Patio (P)
- St. George Lounge (STG)
- Main Lobby (MAI)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program