



INSPIRED SENIOR LIVING

March 2024 Independent Calendar Hazelton Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>					
<p>10:00 Sit & Stretch (MR) 3</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Java Music Club (MT)</p> <p>2:30 Movie Matinee- Meet Me in St. Louis (1944) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 Bowling Club (MR)</p> <p>5:00 Resident Directed Pool Club (GAM)</p> <p>7:00 Movie Night- Meet Me in St. Louis (1944) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 4</p> <p>10:00 Individual Visits (SUI)</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- Before Sunset (2004) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 4 In a Row Competition (MR)</p> <p>3:30 Bingo Game (2ND)</p> <p>4:00 Word Games (MR)</p> <p>5:00 Memory Game (MT)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- Before Sunset (2004) (MT)</p>	<p>10:00 Energizing Exercises (MR) 5</p> <p>10:30 Energizing Exercises #2 (MR)</p> <p>11:00 Balance Class (MR)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>11:30 Brain Gym (MR)</p> <p>1:30 Go4Life Walking Club Outside (LL)</p> <p>1:30 Falls Prevention (MR)</p> <p>1:30 Meet Me at the MoMA Discussion- Andy Warhol (American Visual Artist) (MT)</p> <p>1:30 Documentary - Kiss The Ground (MT)</p> <p>2:30 Attention Game (MR)</p> <p>2:30 Movie Matinee- The Prestige (2006) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Fit Minds- Interact (MR)</p> <p>4:00 Current Events Discussion (MR)</p> <p>6:00 Go4Life Walking Club (Out)</p> <p>7:00 Movie Night- The Prestige (2006) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 6</p> <p>10:30 Hand Therapy (AS)</p> <p>11:00 French Language Learning sessions by Rose (AS)</p> <p>11:00 Resident Food Meeting (MT)</p> <p>11:30 Seated Zumba (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:30 Java Music Club - Sing Along (MT)</p> <p>2:00 Arts & Crafts- Collage Making (AS)</p> <p>2:00 Trivia Competition (MT)</p> <p>2:30 Movie Matinee- Top Hat (1935) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 4 In a Row Game (MR)</p> <p>4:00 Residents Directed Billiards Club (GAM)</p> <p>4:30 Trivia Game (MT)</p> <p>5:00 Go4Life Walking Club Outdoors (Out)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- Top Hat (1935) (MT)</p>	<p>10:00 Yoga with Karusia (MR) 7</p> <p>10:30 Morning Sing Along (MT)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>12:30 Documentary- Chasing Corals (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- Past Lives (2023) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Brain Games and Riddles (MR)</p> <p>4:00 Jenga (MR)</p> <p>5:00 Ted Talks (MT)</p> <p>7:00 Go For Life Walking Club Winners Outing (SU)</p> <p>7:00 Bridge with David (BR)</p> <p>7:00 Movie Night- Past Lives (2023) (MT)</p>	<p>Living Loving Local Dinner (Maple) (DIN) 1</p> <p>9:30 Novo Health Exercises (MR)</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>2:00 Artful Enrichment- Acrylics on canvas Session (AS)</p> <p>2:00 Brain Games (MT)</p> <p>2:30 Challenge Trivia (MR)</p> <p>2:30 Movie Matinee- The Prince And The Showgirl (1957) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Fit Minds: Stay Sharp (MR)</p> <p>4:00 Morals and Ethics Discussion Club (MR)</p> <p>5:00 Bingo Game (AS)</p> <p>7:00 Movie Night- The Prince And The Showgirl (1957) (MT)</p>	<p>Living Loving Local Dinner (DIN) 2</p> <p>10:00 Sit & Stretch (MR)</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Name That Tune Game (MT)</p> <p>2:30 Movie Matinee- Plane (2023) (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 (MT)</p> <p>7:00 Movie Night- Plane (2023) (MT)</p>
<p>Daylight Saving Time (Out) 10</p> <p>10:00 Sit & Stretch (MR)</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Java Music Club (MT)</p> <p>2:30 Movie Matinee- Robinhood: Prince Of Thieves (1991) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 Bowling Club (MR)</p> <p>5:00 Resident Directed Pool Club (GAM)</p> <p>7:00 Movie Night- () (MT)</p> <p>7:00 Oscars Ceremony (MT)</p>	<p>9:30 Novo Health Exercises (MR) 11</p> <p>10:00 Individual Visits (SUI)</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- On The Basis Of Sex (2018) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 4 In a Row Competition (MR)</p> <p>3:30 Bingo Game (2ND)</p> <p>4:00 Word Games (MR)</p> <p>5:00 Memory Game (MT)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- On The Basis Of Sex (2018) (MT)</p>	<p>10:00 Energizing Exercises (MR) 12</p> <p>10:30 Dance Class with Yvonne (MR)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>11:30 Brain Gym (MR)</p> <p>11:30 Balance Class (MR)</p> <p>1:30 Go4Life Walking Club Outside (LL)</p> <p>1:30 Falls Prevention (MR)</p> <p>1:30 Documentary - Einstein And The Bomb (MT)</p> <p>2:00 Artful Enrichment- Watercolors (AS)</p> <p>2:30 Attention Game (MR)</p> <p>2:30 Movie Matinee- Family Man (2000) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Fit Minds- Interact (MR)</p> <p>4:00 Current Events Discussion (MR)</p> <p>6:00 Go4Life Walking Club (Out)</p> <p>7:00 Movie Night- Family Man (2000) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 13</p> <p>10:30 Hand Therapy (AS)</p> <p>11:00 Seated Zumba (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:00 Dufferin Mall Outing (SU)</p> <p>1:30 Java Music Club - Sing Along (MT)</p> <p>2:00 Arts & Crafts- Collage Making (AS)</p> <p>2:00 Trivia Competition (MT)</p> <p>2:30 Movie Matinee- The Wizard of Oz (1939) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 4 In a Row Game (MR)</p> <p>4:00 Residents Directed Billiards Club (GAM)</p> <p>4:30 Trivia Game (MT)</p> <p>5:00 Go4Life Walking Club Outdoors (Out)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- The Wizard of Oz (1939) (MT)</p>	<p>National Potato Chip Day (2LL) 14</p> <p>10:00 Yoga with Karusia (MR)</p> <p>10:30 Morning Sing Along (MT)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>12:30 Documentary- The Greatest Night In Pop (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- Hotel Rwanda (2004) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Brain Games and Riddles (MR)</p> <p>3:15 March Birthdays Party With Patricia Duffy (LL)</p> <p>4:00 Jenga (MR)</p> <p>5:00 Ted Talks (MT)</p> <p>7:00 Go For Life Walking Club Winners Outing (SU)</p> <p>7:00 Bridge with David (BR)</p> <p>7:00 Movie Night- Hotel Rwanda (2004) (MT)</p>	<p>9:30 Novo Health Exercises (MR) 15</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>2:00 Artful Enrichment- Acrylics on canvas Session (AS)</p> <p>2:00 Brain Games (MT)</p> <p>2:30 Challenge Trivia (MR)</p> <p>2:30 Movie Matinee- Dirty Dancing (1987) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Fit Minds: Stay Sharp (MR)</p> <p>4:00 Morals and Ethics Discussion Club (MR)</p> <p>5:00 Bingo Game (AS)</p> <p>7:00 Movie Night- Dirty Dancing (1987) (MT)</p>	<p>Dental Clinic-Sign Up 16</p> <p>10:00 Sit & Stretch (MR)</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Name That Tune Game (MT)</p> <p>2:30 Movie Matinee- Guess Who's Coming to Dinner (1967) (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 (MT)</p> <p>7:00 Movie Night- Guess Who's Coming to Dinner (1967) (MT)</p>



INSPIRED SENIOR LIVING

March 2024 Independent Calendar Hazelton Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Sit & Stretch (MR)</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Java Music Club (MT)</p> <p>2:30 Movie Matinee- The Quiet Man (1952) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 St. Patrick's Day with Jordan Klapman (LL)</p> <p>3:15 Bowling Club (MR)</p> <p>5:00 Resident Directed Pool Club (GAM)</p> <p>7:00 Movie Night- The Quiet Man (1952) (MT)</p>	<p>9:30 Novo Health Exercises (MR)</p> <p>10:00 Individual Visits (SUI)</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- Contact (1997) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 4 In a Row Competition (MR)</p> <p>3:30 Bingo Game (2ND)</p> <p>4:00 Word Games (MR)</p> <p>5:00 Memory Game (MT)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- Contact (1997) (MT)</p>	<p>10:00 Energizing Exercises (MR)</p> <p>10:30 Energizing Exercises #2 (MR)</p> <p>11:00 Balance Class (MR)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>11:30 Brain Gym (MR)</p> <p>1:30 Go4Life Walking Club Outside (LL)</p> <p>1:30 Falls Prevention (MR)</p> <p>1:30 Meet Me at the MoMA Discussion- Charles Jervas (MT)</p> <p>1:30 Documentary - Puff Wonders Of The Reef (MT)</p> <p>2:30 Attention Game (MR)</p> <p>2:30 Movie Matinee- Malcolm X (1992) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Fit Minds- Interact (MR)</p> <p>4:00 Current Events Discussion (MR)</p> <p>6:00 Go4Life Walking Club (Out)</p> <p>7:00 Movie Night- Malcolm X (1992) (MT)</p>	<p>9:30 Novo Health Exercises (MR)</p> <p>10:30 Hand Therapy (AS)</p> <p>11:00 Seated Zumba (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:00 Movie Theatre Outing (SU)</p> <p>1:30 Java Music Club - Sing Along (MT)</p> <p>2:00 Arts & Crafts- Collage Making (AS)</p> <p>2:00 Trivia Competition (MT)</p> <p>2:30 Movie Matinee- A Star Is Born (1959) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Communion Service (STG)</p> <p>3:15 4 In a Row Game (MR)</p> <p>4:00 Residents Directed Billiards Club (GAM)</p> <p>4:30 Trivia Game (MT)</p> <p>5:00 Go4Life Walking Club Outdoors (Out)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- A Star Is Born (1959) (MT)</p>	<p>Cruise Week Opening. (Spain) (LL)</p> <p>10:00 Yoga with Karusia (MR)</p> <p>11:00 Spanish Language Learning (MT)</p> <p>11:30 Spiritual Guided Meditation (MT)</p> <p>12:30 Travel to Spain (MT)</p> <p>1:30 Falls Prevention (MR)</p> <p>2:00 Art and Craft: Spanish Masquerade Mask Making (AS)</p> <p>2:30 Movie Matinee- A Trip To Spain (2017) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Flamenco Dance Demonstration (LL)</p> <p>4:00 Spanish Disco Dance (MR)</p> <p>4:00 Jenga (MR)</p> <p>7:00 Go For Life Walking Club Winners Outing (SU)</p> <p>7:00 Bridge with David (BR)</p> <p>7:00 Movie Night- A Trip To Spain (2017) (MT)</p>	<p>Cruise Week Day 2: Morocco</p> <p>9:30 Novo Health Exercises (MR)</p> <p>10:00 Individual Visits (SUI)</p> <p>10:30 Go4Life Walking Club (Out)</p> <p>11:00 Morocco Chair Zumba (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:00 Scavenger Hunt Game (Morocco) (LL)</p> <p>2:00 Exploring Morocco (MT)</p> <p>2:00 Brain Games (MT)</p> <p>2:30 Challenge Trivia (Marocco Team) (MR)</p> <p>2:30 Movie Matinee- The Man Who Knew Too Much (1956) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Henna Tattoo Design (AS)</p> <p>4:00 Middle Eastern Disco (MR)</p> <p>7:00 Movie Night- The Man Who Knew Too Much (1956) (MT)</p>	<p>Open House: Cruise Week Day 3: Italy (LL)</p> <p>10:00 Sit & Stretch (MR)</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>1:00 Art and Craft (Italy Team) (AS)</p> <p>2:30 Movie Matinee- Eat, Pray And Love (2010) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Trivia Game (Italy Team) (MT)</p> <p>4:00 Happy Hour (AB)</p> <p>5:00 Ted Talks [Medieval Italy] (MT)</p> <p>7:00 Movie Night- Eat, Pray And Love (2010) (MT)</p>
<p>Cruise Week Day 4: Turkey</p> <p>10:00 Sit & Stretch (MR)</p> <p>10:45 Exploring Turkey (MT)</p> <p>1:30 Turkish Language Learning sessions (MT)</p> <p>2:30 Movie Matinee- After Sun (2022) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Turkish Dance Performance (LL)</p> <p>4:00 Art and Craft (Turkish Team) (AS)</p> <p>5:00 Resident Directed Pool Club (GAM)</p> <p>7:00 Movie Night- After Sun (2022) (MT)</p>	<p>Cruise Week Day 5: Greece</p> <p>9:30 Novo Health Exercises (MR)</p> <p>10:00 Individual Visits (SUI)</p> <p>11:00 Ancient Greek Pottery (AS)</p> <p>11:00 Greek Language Learning (MT)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:30 Travel Memory Game (Greece) (MT)</p> <p>2:00 Poetry Club (Famous Greek Poems) (AS)</p> <p>3:00 Tea Time (LL)</p> <p>4:00 line up Greek Dancing Disco (MR)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- Before Midnight (2013) (MT)</p>	<p>Cruise Week Day 6: Croatia</p> <p>10:00 Energizing Exercises (MR)</p> <p>10:30 Energizing Exercises #2 (MR)</p> <p>11:00 Balance Class (MR)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>11:00 Croatian Easter Eggs Decoration (AS)</p> <p>11:00 Resident General Meeting (MT)</p> <p>11:30 Brain Gym (MR)</p> <p>1:30 Go4Life Walking Club Outside (LL)</p> <p>1:30 Falls Prevention (MR)</p> <p>1:30 Documentary - Exploring Croatia (MT)</p> <p>2:00 Art with Lynn (Croatia Team) (AS)</p> <p>2:30 Attention Game (MR)</p> <p>2:30 Movie Matinee- Mamma Mia (2018) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>6:00 Go4Life Walking Club (Out)</p> <p>7:00 Movie Night- Mamma Mia (2018) (MT)</p>	<p>Cruise Week Day 7: France</p> <p>9:30 Novo Health Exercises (MR)</p> <p>10:30 Hand Therapy (AS)</p> <p>11:00 Seated Zumba (MT)</p> <p>11:00 French Language Learning sessions by Rose (AS)</p> <p>1:00 Falls Prevention (MR)</p> <p>1:30 Java Music Club - Sing Along (MT)</p> <p>1:30 Documentary about Croissants in France (MT)</p> <p>2:00 Arts & Crafts- Collage Making (AS)</p> <p>2:00 Trivia Competition (MT)</p> <p>2:00 Art with Lynn (France Team) (AS)</p> <p>2:30 Movie Matinee- Chocolat (2000) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Cor Klamer Concert (LL)</p> <p>4:00 Residents Directed Billiards Club (GAM)</p> <p>5:00 Go4Life Walking Club Outdoors (Out)</p> <p>6:00 Karaoke Night (MT)</p> <p>7:00 Movie Night- Chocolat (2000) (MT)</p>	<p>Cruise Week Day 8: Canada</p> <p>10:00 Yoga with Karusia (MR)</p> <p>10:30 Morning Sing Along (MT)</p> <p>11:00 Spiritual Guided Meditation (MT)</p> <p>12:30 Documentary- Canadian Made (Prime) (MT)</p> <p>1:30 Falls Prevention (MR)</p> <p>2:00 MOMA - Art Session (AS)</p> <p>2:30 Movie Matinee- Incendies (2010) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Brain Games and Riddles (MR)</p> <p>3:30 Fit Minds (2ND)</p> <p>4:00 Jenga (MR)</p> <p>4:00 Jenga (MR)</p> <p>7:00 Go For Life Walking Club Winners Outing (SU)</p> <p>7:00 Bridge with David (BR)</p> <p>7:00 Movie Night- Incendies (2010) (MT)</p>	<p>9:30 Novo Health Exercises (MR)</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>2:00 Artful Enrichment- Acrylics on canvas Session (AS)</p> <p>2:00 Living Loving Local Presentation - Maple (MT)</p> <p>2:00 Brain Games (MT)</p> <p>2:30 Challenge Trivia (MR)</p> <p>2:30 Movie Matinee- Lust For Life (1956) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:00 Fit Minds: Stay Sharp (MR)</p> <p>4:00 Morals and Ethics Discussion Club (MR)</p> <p>5:00 Bingo Game (AS)</p> <p>7:00 Movie Night- Lust For Life (1956) (MT)</p>	<p>10:00 Sit & Stretch (MR)</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Name That Tune Game (MT)</p> <p>2:30 Movie Matinee- Holdovers (2023) (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 (MT)</p> <p>7:00 Movie Night- Holdovers (2023) (MT)</p>
<p>10:00 Sit & Stretch (MR)</p> <p>10:45 Spiritual Guided Meditation (MT)</p> <p>2:00 Java Music Club (MT)</p> <p>2:30 Movie Matinee- Punch Drunk Love (2002) (MT)</p> <p>3:00 Tea Time (LL)</p> <p>3:15 Bowling Club (MR)</p> <p>5:00 Resident Directed Pool Club (GAM)</p> <p>7:00 Movie Night- Punch Drunk Love (2002) (MT)</p>			<p>Locations Legend</p> <p>Movie Theatre (MT)</p> <p>Meeting Room (MR)</p> <p>Lower Lobby (LL)</p> <p>111 Art Studio (AS)</p> <p>Outside (Out)</p> <p>Suites (SUI)</p> <p>Games Room (GAM)</p>		<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Cruise Week</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	