



INSPIRED
SENIOR LIVING

October 2025

Hazelton Place Retirement Residence



INSPIRED SENIOR LIVING WITH 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WEDNESDAY OCT1 Breast Cancer Awareness Month			9:30 Flexibility Class with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Dufferin Mall Outing (MEE) 11:30 Morning Sing Along (MT) 1:30 Java Music Club - Sing Along (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- Thief (1981) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Group Card Games [Crazy Eights, Bluff, etc.] (MR) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- Thief (1981) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 11:15 Guided Meditation with Abtin. (MT) 12:30 Downtown Abbey: the Grand Finale. movie outing to Varsity Cinema (Out) 12:30 Can Psychedelics Cure? Full Documentary NOVA PBS (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Definitely, Maybe (2008) (MT) 3:00 Tea Time (LL) 3:00 BananaGrams (MR) 4:00 Jenga (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night- Definitely, Maybe (2008) (MT)	Individual Visits (SUI) 9:30 Flexibility Class with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:30 Guided Meditation. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session with Daniel (AS) 2:30 Movie Matinee- Burn After Reading (2008) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Charades (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Burn After Reading (2008) (MT) 7:30 Hazelton Choir Group with Ernesto (STG)	10:00 Sit & Stretch (MR) 10:45 Let's go for a coffee (Verve's Active Week) (SU) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- She Said (2022) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- She Said (2022) (MT)
10:00 Sit & Stretch (MR) 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Reservoirs Dogs (1992) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Reservoirs Dogs (1992) (MT)	10:00 Sit and Stretch with the LE Team (Verve's Active Week) (MR) 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club (AS) 2:30 Movie Matinee- The Cider House Rule (1999) (MT) 3:00 Tea Time (LL) 3:15 Go For Life Walking Club(Queen's Park /Verve's Active Week) (SU) 4:00 Word Games (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- The Cider House Rules (1999) (MT)	9:30 Flexibility Class with Kaushal.(Verve's Active Week) (MR) 10:00 Brain Gym(Active Aging week) (2ND) 10:15 Strength and Balance Class with Kaushal.(Verve's Active Week) (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:00 Meeting with the life Enrichment /Book Club meeting (MT) 11:30 Guided Meditation with Abtin.(Verve's Active Week) (MT) 1:30 The life of the forest. Fungi (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Molly's Game (2017) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact(Verve's Active Week) (MR) 4:00 BananaGrams (MR) 5:00 Spring Go4Life Walking Club /Ramsden park (Verve's Active Week) (SU) 7:00 Movie Night- Molly's Game (2017) (MT)	9:30 Flexibility Class with Kaushal.(Verve's Active Week) (MR) 10:00 Individual Visits (2ND) 10:15 Strength Class with Kaushal.(Verve's Active Week) (MR) 11:30 Morning Sing Along (MT) 1:30 Java Music Club - Sing Along (MT) 1:30 Let's go for a coffee (Verve's Active Week) (Out) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 3:00 Tea Time (LL) 3:00 Workout Your Brain! Presentation on Cognitive Health. (MT) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Group Card Games [Crazy Eights, Bluff, etc.] (MR) 5:00 Let's go for a coffee (Verve's Active Week) (SU) 7:00 Movie Night- Three Coins In The Fountain (1954) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia(Verve's Active Week) (MR) 10:45 Hand Massage (Verve's Active Week) (SU) 11:15 Guided Meditation with Abtin. (MT) 12:30 Cannabis: cure-all or snake oil? David Suzuki examines the science (MT) 1:30 Meet me at the MOMA Artist Presentation: David Gardner (MT) 2:30 Movie Matinee- Charlie Wilson's War (2007) (MT) 3:00 Tea Time (LL) 3:00 BananaGrams(Verve's Active Week) (SU) 4:00 Jenga (MR) 5:00 Fall Go4Life Walking Club /Ramsden park (Verve's Active Week) (SU) 5:00 Chair Zumba (Active Aging week) (MT) 7:00 Bridge with David (BR) 7:00 Movie Night- Charlie Wilson's War (2007) (MT)	World Mental Health day 9:30 Flexibility Class with Kaushal.(Verve's Active Week) (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Kaushal. Verve's Active Week (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session with Daniel (AS) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 3:00 Ideas Exchange - Music and Wellness with James (Verve's Active Week) (MT) 4:00 Charades (MR) 5:00 Fall Go4Life Walking Club /Ramsden park (Verve's Active Week) (SU) 7:00 Movie Night- The Conversation (1974) (MT)	10:00 Strength (Verve's Active Week) (MR) 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Rain Man (1988) (MT) 3:00 Tea Time (LL) 3:00 Let's go for a coffee (Verve's Active Week) (SU) 4:00 Happy Hour (AB) 7:00 Movie Night- Rain Man (1988) (MT)
10:30 Guided Meditation.(Verve's Active Week) (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Cutter's Way (1981) (MT) 3:00 Tea Time (LL) 3:00 Let's go for a coffee (Verve's Active Week) (SU) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Cutter's Way (1981) (MT)	10:00 Sit and Stretch with the LE Team. (MR) 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Breakfast At Tiffany's (1961) (MT) 3:00 Tea Time (LL) 3:15 Big Gobble game. (MR) 4:00 Thanks Giving Special Concert with Shaya Petroff. (STG) 4:00 A Story Reading by Sondra. (AS) 7:00 Movie Night- Breakfast At Tiffany's (1961) (MT)	9:30 Flexibility Class with Kaushal. (MR) 10:15 Strength and Balance Class with Kaushal. (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 What is Kabbalah? Religion For Breakfast (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Inglorious Bastards (2009) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 BananaGrams (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Inglorious Bastards (2009) (MT)	9:30 Flexibility Class with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Silver Birch Beach Outing (SU) 11:30 Morning Sing Along (MT) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- My Sister Eileen (1955) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Group Card Games [Crazy Eights, Bluff, etc.] (MR) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- My Sister Eileen (1955) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 11:15 Guided Meditation with Abtin. (MT) 12:30 How The Opium Trade Destroyed China's Greatest Empire Empires Of Silver Absolute History (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- The Friend (2024) (MT) 3:00 Tea Time (LL) 3:00 BananaGrams (MR) 4:00 Jenga (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night- The Friend (2024) (MT)	9:30 Flexibility Class with Kaushal. (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session with Daniel (AS) 2:30 Movie Matinee- Prince Of The City (1981) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Charades (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Prince Of The City (1981) (MT) 7:30 Hazelton Choir Group with Ernesto (STG)	10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- The World According To Garp (1982) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- The World According To Garp (1982) (MT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Sit & Stretch (MR) 19 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- The Imitation Game (2014) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- The Imitation Game (2014) (MT)	10:00 Sit and Stretch with the LE Team. (MR) 20 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Jackie Brown (1997) (MT) 3:00 Diwali dance with Parmida (LL) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Jackie Brown (1997) (MT)	9:30 Flexibility Class with Kaushal. (MR) 21 10:15 Strength and Balance Class with Kaushal. (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 Living, Loving, Local: Pumpkin Presentation. (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Manhattan Murder Mystery (1993) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 BananaGrams (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Manhattan Murder Mystery (1993) (MT) 7:30 Rummy Q (AB)	9:30 Flexibility Class with Kaushal. (MR) 22 9:30 Outing to the Town of Stratford (SU) 10:15 Strength Class with Kaushal. (MR) 11:00 Flower Sale Breast Cancer Awareness Month (MAI) 11:30 Morning Sing Along (MT) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- Blow Out (1981) (MT) 2:30 Movie Matinee- Cancelled Due To Staff Training (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Group Card Games [Crazy Eights, Bluff, etc.] (MR) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- Blow Out (1981) (MT) 7:30 Current Events Discussion with Patrick	10:00 Yoga with Karusia (MR) 23 11:00 Resident General Meeting (MT) 11:15 Guided Meditation with Abtin. (MT) 12:30 The Incredible Wildlife of Hidden Forests BBC Earth (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Play It Again, Sam (1972) (MT) 3:00 Tea Time (LL) 3:00 BananaGrams (MR) 4:00 Jenga (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night- Play It Again, Sam (1972) (MT)	9:30 Flexibility Class with Kaushal. (MR) 24 10:00 Individual Visits (SUI) 10:15 Strength Class with Kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session with Daniel (AS) 2:30 Movie Matinee- The Nun's Story (1959) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Charades (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- The Nun's Story (1959) (MT)	10:00 Sit & Stretch (MR) 25 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Deathtrap (1982) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- Deathtrap (1982) (MT)
10:00 Sit & Stretch (MR) 26 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- The Lady in the Van (2016) (MT) 2:30 Movie Matinee- Cancelled Due To Staff Training (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- The Lady in the Van (2016) (MT)	10:00 Sit and Stretch with the LE Team. (MR) 27 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club (AS) 2:30 Movie Matinee- The Master (2012) (MT) 3:00 Tea Time (LL) 3:15 Big Gobble game. (MR) 4:00 Word Games (MR) 4:00 A Story Reading by Sondra. (AS) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- The Master (2012) (MT)	9:30 Flexibility Class with Kaushal. (MR) 28 10:15 Strength and Balance Class with Kaushal. (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 What is Kabbalah? ReligionForBreakfast (MT) 2:00 Artful Enrichment- Watercolors (AS) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 BananaGrams (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- The Verdict (1982) (MT) 7:30 Rummy Q (AB)	9:00 Clothes Vendor Shop Sonita (LL) 29 9:30 Flexibility Class with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:30 Morning Sing Along (MT) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Arts and Crafts: Halloween Pumpkin Carving. (AS) 3:00 Tea Time (LL) 3:00 Ideas Exchange - Poem by Poem, Fable by Fable book by Anna Miransky (MT) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Group Card Games [Crazy Eights, Bluff, etc.] (MR) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- The Miracle Club (2023) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 30 11:15 Guided Meditation with Abtin. (MT) 1:30 Meet me at the MOMA Artist Presentation: Mike Nudelman (MT) 2:30 Movie Matinee- O Brother, Where Art Thou? (2000) (MT) 3:00 Tea Time (LL) 3:00 BananaGrams (MR) 4:00 Jenga (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night- O Brother, Where Art Thou? (2000) (MT)	9:30 Flexibility Class with Kaushal. (MR) 31 10:00 Individual Visits (SUI) 10:15 Strength Class with Kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session with Daniel (AS) 2:30 Movie Matinee- Wait Until Dark (1967) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Halloween Concert with Noah (LL) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Wait Until Dark (1967) (MT) 7:30 Hazelton Choir Group with Ernesto (STG)	



Be *Bold*

Locations Legend

Movie Theatre (MT)
Meeting Room (MR)
Lower Lobby (LL)
111 Art Studio (AS)
Meet at Front Desk (MEE)
Sign-up (SU)
Games Room (GAM)

Annex Bar (AB)
Bedford Bridge Lounge (BR)
Suites (SUI)
St. George Lounge (STG)
Outside (Out)
2nd Floor (2ND)
Main Lobby (MAI)

Calendar Legend

Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program
Active Week