



INSPIRED
SENIOR LIVING

November 2024

Independent Living Calendar

Hazelton Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FRIDAY NOV 1 National Family Caregivers Month		MONDAY NOV 11 Remembrance Day		Clothes Vendor Shop Sonita (LL) 1 9:30 Flexibility Class with Sam (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:30 Guided Meditation with Gill. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session (AS) 2:30 Movie Matinee- A Quiet Place (2018) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Morals and Ethics Discussion Club (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- A Quiet Place (2018) (MT)	10:00 Sit & Stretch (MR) 2 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Little Miss Sunshine (2006) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 5:00 Ted Talks (MT) 7:00 Movie Night- Little Miss Sunshine (2006) (MT)
10:00 Sit & Stretch (MR) 3 10:45 Morning Sing Along (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Aftersun (2022) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Aftersun (2022) (MT)	9:30 Flexibility Class with Sam (MR) 4 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 10:30 Spiritual Guided Meditation (MT) 11:00 Balance Class with Sam (MR) 1:00 Falls Prevention #1 (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Love Story (1970) (MT) 3:00 Tea Time (LL) 3:00 A Story Reading by Sondra (AS) 4:00 4 In a Row Competition (MR) 7:00 Movie Night- Love Story (1970) (MT)	10:00 Sit and Stretch (MR) 5 10:30 Dance Class with Yvonne (MR) 10:45 Strength Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 For Tomorrow- A Documentary on Grassroots Innovator (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Klute (1971) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 Current Events Discussion (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Klute (1971) (MT)	9:30 Flexibility Class with Sam (MR) 6 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:00 Dufferin Mall Outing (MEE) 11:00 Residents' Food Meeting (MT) 1:30 Java Music Club - Sing Along (MT) 2:00 Arts & Crafts- Collage Making (AS) 2:00 Drum Fit (MT) 2:30 Movie Matinee- Parasite (2019) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- Parasite (2019) (MT)	10:00 Yoga with Karusia (MR) 7 11:15 Morning Sing Along (MT) 11:30 Hand Therapy (AS) 12:30 Documentary- Food Choices (MT) 2:00 Arts and Crafts - Christmas Card Making (AS) 2:30 Movie Matinee- Coal Miner's Daughter (1980) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Riddles (MR) 4:00 Jenga (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night- Coal Miner's Daughter (1980) (MT)	9:30 Flexibility Class with Sam (MR) 8 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:30 Guided Meditation with Gill. (MT) 2:00 Artful Enrichment- Acrylics With Lynn (AS) 2:30 Movie Matinee- Good One (2024) (MT) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Morals and Ethics Discussion Club (MR) 5:30 Musical Concert by University of Toronto Students. (LL) 7:00 Movie Night- Good One (2024) (MT)	10:00 Sit & Stretch (MR) 9 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- A Passage to India (1984) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 5:00 Ted Talks (MT) 7:00 Movie Night- A Passage to India (1984) (MT)
10:00 Sit & Stretch (MR) 10 10:45 Morning Sing Along (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Dear Heart (1964) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Dear Heart (1964) (MT)	Remembrance Day (LL) 11 9:30 Flexibility Class with Sam (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 10:30 Spiritual Guided Meditation (MT) 11:00 Balance Class with Sam (MR) 1:00 Falls Prevention #1 (MR) 2:00 Poetry Club-Remembrance Day Special (AS) 2:30 Movie Matinee- The Right Stuff (1983) (MT) 3:00 Remembrance Day Concert with Patricia Duffy (LL) 7:00 Movie Night- The Right Stuff (1983) (MT)	10:00 Sit and Stretch (MR) 12 10:45 Strength Class (MR) 11:00 Balance Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 Documentary - Truth About Stress (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Moonrise Kingdom (2012) (MT) 3:00 Tea Time (LL) 4:00 Classical Piano Concert with Shaya Petrof (STG) 7:00 Movie Night- Moonrise Kingdom (2012) (MT)	9:30 Flexibility Class with Sam (MR) 13 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:30 Morning Sing Along (MT) 11:30 Hand Therapy (AS) 1:30 Java Music Club - Sing Along (MT) 2:00 Arts & Crafts- Collage Making (AS) 2:00 Drum Fit (MT) 2:30 Movie Matinee- All Is True (2018) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- All Is True (2018) (MT)	Movember Charity Cookie Sale (MAI) 14 10:00 Yoga with Karusia (MR) 11:15 Morning Sing Along (MT) 11:30 Hand Therapy (AS) 12:30 Documentary- Twenty Pearls: The Story of Alpha Kappa Alpha Sorority (MT) 2:00 MOMA - Artist Discussion: Rabindranath Tagore (MT) 2:30 Movie Matinee- The Color Purple (1982) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Riddles (MR) 4:00 Jenga (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night- The Color Purple (1982) (MT)	9:30 Flexibility Class with Sam (MR) 15 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:30 Guided Meditation with Gill. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session (AS) 2:30 Movie Matinee- Dangerous Liaisons (1988) (MT) 3:00 Musical Entertainment by Rodrigo Chavez (LL) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Dangerous Liaisons (1988) (MT)	10:00 Sit & Stretch (MR) 16 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- The Favourite (2018) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 5:00 Ted Talks (MT) 7:00 Movie Night- The Favourite (2018) (MT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Tender Mercies (1983) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Tender Mercies (1983) (MT) 17	9:30 Flexibility Class with Sam (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 10:30 Spiritual Guided Meditation (MT) 11:00 Balance Class with Sam (MR) 1:00 Falls Prevention #1 (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Lost In Translation (2003) (MT) 3:00 Tea Time (LL) 3:00 A Story Reading by Sondra (AS) 4:00 4 In a Row Competition (MR) 7:00 Movie Night- Lost In Translation (2003) (MT) 18	10:00 Sit and Stretch (MR) 10:45 Strength Class (MR) 11:00 Balance Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 Living, Loving, Local: Tomato Presentation. (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Airport (1970) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 Current Events Discussion (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Airport (1970) (MT) 19	9:30 Flexibility Class with Sam (MR) 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:00 High Park Outing (SU) 11:30 Morning Sing Along (MT) 11:30 Hand Therapy (AS) 1:30 Java Music Club - Sing Along (MT) 2:00 Arts & Crafts- Collage Making (AS) 2:00 Drum Fit (MT) 2:30 Movie Matinee- Paper Moon (1973) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Communion Service with Paige (STG) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- Paper Moon (1973) (MT) 20	10:00 Yoga with Karusia (MR) 11:15 Morning Sing Along (MT) 11:30 Hand Therapy (AS) 12:30 Documentary- Carthage: The Roman Holocaust (MT) 2:00 Arts and Crafts - Christmas Card Making (AS) 2:30 Movie Matinee- Moscow on the Hudson (1980) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Riddles (MR) 4:00 Jenga (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night- Moscow on the Hudson (1980) (MT) 21	9:30 Flexibility Class with Sam (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:30 Guided Meditation with Gill. (MT) 2:00 Artful Enrichment- Acrylics With Lynn (AS) 2:30 Movie Matinee- Colette (2018) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Morals and Ethics Discussion Club (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Colette (2018) (MT) 22	10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Garden State (2004) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 5:00 Ted Talks (MT) 7:00 Movie Night- Garden State (2004) (MT) 23
10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- MASH (1970) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- MASH (1970) (MT) 24	9:30 Flexibility Class with Sam (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 10:30 Spiritual Guided Meditation (MT) 11:00 Balance Class with Sam (MR) 1:00 Falls Prevention #1 (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Fame (1980) (MT) 3:00 Tea Time (LL) 3:15 4 In a Row Competition (MR) 4:00 Word Games (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Fame (1980) (MT) 25	10:00 Sit and Stretch (MR) 10:45 Strength Class (MR) 11:00 Balance Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 Documentary - Children of 9/11 (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Hunger (2023) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 Current Events Discussion (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Hunger (2023) (MT) 26	9:30 Flexibility Class with Sam (MR) 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:30 Morning Sing Along (MT) 11:30 Hand Therapy (AS) 1:30 Java Music Club - Sing Along (MT) 2:00 Arts & Crafts- Collage Making (AS) 2:00 Drum Fit (MT) 2:30 Movie Matinee- Madame Bovary (1949) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- Madame Bovary (1949) (MT) 27	10:00 Yoga with Karusia (MR) 11:15 Morning Sing Along (MT) 11:30 Hand Therapy (AS) 12:30 Documentary- Voyage of the Continents : North and Central America (MT) 2:00 MOMA - Artist Discussion: Schiele (MT) 2:30 Movie Matinee- The Miracle Club (2023) (MT) 3:00 November Birthday Party with Patricia Duffy (LL) 5:00 Go4Life Walking Club (MEE) 7:00 Bridge with David (BR) 7:00 Movie Night-The Miracle Club (2023) (MT) 28	9:30 Flexibility Class with Sam (MR) 10:00 Individual Visits (SUI) 10:15 Strength Class with Sam (MR) 11:00 Balance Class with Sam (MR) 11:00 Residents' General/Council Meeting (MT) 2:00 Artful Enrichment- Acrylics on canvas Session (AS) 2:30 Movie Matinee- Places In The Heart (1984) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Morals and Ethics Discussion Club (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Places in the Heart (1984) (MT) 29	10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- The Year of Living Dangerously (1982) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 5:00 Ted Talks (MT) 7:00 Movie Night- The Year of Living Dangerously (1982) (MT) 30



November



Locations Legend	
Movie Theatre (MT)	Games Room (GAM)
Meeting Room (MR)	Annex Bar (AB)
Lower Lobby (LL)	Bedford Bridge Lounge (BR)
111 Art Studio (AS)	St. George Lounge (STG)
Meet at Front Desk (MEE)	Main Lobby (MAI)
Suites (SUI)	Sign-up (SU)

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program