



INSPIRED
SENIOR LIVING

July 2025

Hazelton Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Sit and Stretch (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 The Incredible Journey of a Buddhist Nun FULL DOCUMENTARY (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- 99 Homes (2014) (MT) 3:00 Tea Time (LL) 3:00 Canada Day Concert with Patricia Duffy (LL) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- 99 Homes (2014) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:00 Residents' General/Council Meeting (MT) 11:30 Morning Sing Along (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- The Boy Who Harnessed The Wind (2019) (MT) 3:00 Tea Time (LL) 3:00 Communion Service with Paige Souter. (STG) 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 Boy Who Harnessed The Wind (2019) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Exercise with the LE Team (MR) 11:00 Appointments' Pick-up and Drop-off Shuttle Service 10:30AM-4PM. (SU) 11:15 Morning Sing Along (MT) 12:30 Lionesses vs. Giraffes: A Struggle for Survival in Drought-Hit Tanzania FULL DOCUMENTARY (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Driveways (2019) (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- Driveways (2019) (MT)	Individual Visits (SUI) 9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Art with Lynn (AS) 2:30 Movie Matinee- Dodge City (1939) (MT) 3:00 Fit Minds: Stay Sharp (MR) 3:00 Live Music Concert by Cator Mo Glazman. (LL) 4:00 Charades (MR) 5:00 Go4Life Walking Club (MEE) 5:00 Hazelton Disco (MR) 7:00 Movie Night- Dodge City (1939) (MT)	10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Philomena (2013) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- Philomena (2013) (MT)
10:00 Sit & Stretch (MR) 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Endless Borders (2023) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Endless Borders (2023) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Spiritual Guided Meditation (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Summer of 42 (1971) (MT) 3:00 Tea Time (LL) 3:15 4 In a Row Competition (MR) 4:00 Word Games (MR) 4:30 Living, Loving, Local Dinner (Cherries) (DIN) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Summer of 42 (1971) (MT)	10:00 Sit and Stretch (MR) 10:45 Strength and Balance Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 The Snow Leopard: A Rare Encounter in Tibet FULL DOCUMENTARY (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- The Strange Love Of Martha Ivers (1946) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 Current Events Discussion (MR) 5:00 Go4Life Walking Club (MEE) 6:00 KARAOKE with Harlan (MT) 7:00 Movie Night- The Strange Love Of Martha Ivers (1946) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:00 Outing to the McMichael Canadian Art Collection (Out) 11:00 Residents Food Meeting (MT) 11:30 Morning Sing Along (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- Midnight Cowboy (1969) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Humor with Henry. (MR) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- Midnight Cowboy (1969) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Exercise with the LE Team (MR) 11:00 Appointments' Pick-up and Drop-off Shuttle Service 10:30AM-4PM. (SU) 11:15 Morning Sing Along (MT) 12:30 Surviving Grand Teton: America's National Parks (Full Episode) Wild West Wonders (MT) 1:30 Meet me at the MOMA artist presentation: Jeff Wall. (MT) 2:30 Movie Matinee- The Burial (2023) (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 Burial (2023) (MT)	Individual Visits (SUI) 9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Artful Enrichment- Acrylics on canvas Session (AS) 2:30 Movie Matinee- Twister (2024) (MT) 3:00 High-Tea Concert with Noah (LL) 5:00 Go4Life Walking Club (MEE) 5:00 Hazelton Disco (MR) 7:00 Movie Night- Twister (2024) (MT)	10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- The Big Sick (2017) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- The Big Sick (2017) (MT)
10:00 Sit & Stretch (MR) 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- The Haging Tree (1959) (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 Haging Tree (1959) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Spiritual Guided Meditation (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- The Graduate (1967) (MT) 3:00 Tea Time (LL) 3:15 4 In a Row Competition (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 Graduate (1967) (MT)	10:00 Sit and Stretch (MR) 10:45 Strength and Balance Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 Savage Kingdom: The Ultimate Rebellion (Full Episode) National Geographic (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- The Negotiator (1998) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 Current Events Discussion (MR) 5:00 Go4Life Walking Club (MEE) 6:00 KARAOKE with Harlan (MT) 7:00 Movie Night- The Negotiator (1998) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:00 Dufferin Mall Outing (MEE) 11:30 Morning Sing Along (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- The African Queen (1951) (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- The African Queen (1951) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 11:00 Appointments' Pick-up and Drop-off Shuttle Service 10:30AM-4PM. (SU) 11:15 Morning Sing Along (MT) 1:30 Living, Loving, Local: Cherries Presentation and Tasting. (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Three Little Words (1950) (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- Three Little Words (1950) (MT)	Individual Visits (SUI) 9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Artful Enrichment- Acrylics on canvas Session (AS) 2:30 Movie Matinee- The Go- Between (1971) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Charades (MR) 5:00 Go4Life Walking Club (MEE) 5:00 Hazelton Disco (MR) 7:00 Movie Night- The Go- Between (1971) (MT)	10:00 Sit & Stretch (MR) 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- The Farewell (2019) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night-The Farewell (2019) (MT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Sit & Stretch (MR) 20 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Heidi (1937) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Heidi (1937) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 21 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Spiritual Guided Meditation (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Dressed To Kill (1946) (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- Dressed To Kill (1946) (MT)	10:00 Sit and Stretch (MR) 22 10:45 Strength and Balance Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 Religion for Breakfast: Coptic Christianity Explained (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- A Most Violent Year (2014) (MT) 3:00 Tea Time (LL) 3:00 Ice Cream Truck Visit! (P) 5:00 Go4Life Walking Club (MEE) 6:00 KARAOKE with Harlan (MT) 7:00 Movie Night- A Most Violent Year (2014) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 23 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:00 Outing to the McMichael Canadian Art Collection (Out) 11:30 Morning Sing Along (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- The Fundamentals Of Caring (2016) (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Happy Hour on the Patio (P) 4:00 Humor with Henry. (MR) 4:00 Group Card Games [Crazy Eights, Bluff, etc.] (MR) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- The Fundamentals Of Caring (2016) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 24 11:00 Appointments' Pick-up and Drop-off Shuttle Service 10:30AM-4PM. (SU) 11:15 Morning Sing Along (MT) 12:30 The Origins of Infant Baptism (MT) 1:30 Meet me at the MOMA artist presentation: Luchita Hortado. (MT) 2:30 Movie Matinee- The Human Stain (2003) (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 Human Stain (2003) (MT)	Individual Visits (SUI) 25 9:30 Sit and Stretch with Kaushal. (MR) 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Artful Enrichment- Acrylics on canvas Session (AS) 2:30 Movie Matinee- The Last Picture Show (1971) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 Charades (MR) 5:00 Go4Life Walking Club (MEE) 5:00 Hazelton Disco (MR) 7:00 Movie Night- The Last Picture Show (1971) (MT)	10:00 Sit & Stretch (MR) 26 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- There's No Business Like Showbusiness (1954) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- There's No Business Like Showbusiness (1954) (MT)
Sunday Brunch (DIN) 27 10:00 Sit & Stretch (MR) 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- A Hero (2021) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- A Hero (2021) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 28 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Spiritual Guided Meditation (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 2:00 Poetry Club (AS) 2:30 Movie Matinee- The Brutalist (2024) (MT) 3:00 Tea Time (LL) 3:15 4 In a Row Competition (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 Brutalist (2024) (MT)	10:00 Sit and Stretch (MR) 29 10:45 Strength and Balance Class (MR) 11:30 Guided Meditation with Abtin. (MT) 1:30 HEMINGWAY: The Unbearable Pain of Greatness (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Seven Days In May (1964) (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 Current Events Discussion (MR) 5:00 Go4Life Walking Club (MEE) 6:00 KARAOKE with Harlan (MT) 7:00 Movie Night- Seven Days In May (1964) (MT)	9:30 Sit and Stretch with Kaushal. (MR) 30 10:15 Strength Class with Kaushal. (MR) 11:00 Balance Class with Kaushal. (MR) 11:30 Morning Sing Along (MT) 1:00 Falls Prevention Class with Kaushal. (MR) 1:30 Java Music Club - Sing Along (MT) 2:00 Drum Fit (MT) 2:00 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- Ocean's 11 (2001) (MT) 3:00 Tea Time (LL) 3:00 Cooking Demo with Chef Michael (AB) 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- Ocean's 11 (2001) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	Hearing Clinic-Sign Up at Front Desk 31 10:00 Yoga with Karusia (MR) 11:00 Appointments' Pick-up and Drop-off Shuttle Service 10:30AM-4PM. (SU) 11:15 Morning Sing Along (MT) 12:30 Kanehsatake: 270 Years of Resistance (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Victor/Victoria (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- Victor/Victoria (1982) (MT)	 Culinary Arts Month	

Be *Bold*



Locations Legend

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

Bedford Bridge Lounge (BR)
Annex Bar (AB)
Suites (SUI)
Dining Room (DIN)
Outside (Out)
Patio (P)
St. George Lounge (STG)

Calendar Legend

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