



INSPIRED
SENIOR LIVING

January 2026

Hazelton Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 National Popcorn Day	 National Chocolate Cake Day	New Year's Day				
10:00 Sit & Stretch (MR) 4 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Children Of Men (2006) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Children Of Men (2006) (MT)	9:30 Flexibility Class with Kaushal. (MR) 5 10:15 Strength and Balance Class with Kaushal. (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Sweet Smell Of Success (1957) (MT) 3:00 Tea Time (LL) 3:15 Brain Games and Anagrams. (MR) 4:00 Word Games (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Sweet Smell Of Success (1957) (MT)	10:00 Sit and Stretch with the LE Team. (MR) 6 10:45 Strength and Balance Class with the LE Team. (MR) 1:30 The Revolutionary Break in Philosophy, Astrology, Medicine & Magic Introduction to Paracelsus pt I (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Deconstructing Harry (1997) (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- Deconstructing Harry (1997) (MT)	9:30 Flexibility Class with Kaushal. (MR) 7 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention 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 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- Train Dreams (2025) (MT) 3:00 Tea Time (LL) 3:00 Communion Service with Liska. (STG) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 5:00 Go4Life Walking Club Outdoors (MEE) 7:00 Movie Night- Train Dreams (2025) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 8 12:30 The Company that Broke Canada - BobbyBroccoli Youtube Channel (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Stand By Me (1986) (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- Stand By Me (1986) (MT)	9:30 Flexibility Class with Kaushal. (MR) 9 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention class with kaushal. (MR) 11:30 Drum Fit (MT) 11:30 Guided Meditation. (MT) 2:00 Artful Enrichment- Acrylics on canvas Session with Lynn (AS) 2:30 Movie Matinee- The Public Enemy (1931) (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 Public Enemy (1931) (MT) 7:00 Hazelton Choir Group with Ernesto (STG)	10:00 Sit & Stretch (MR) 10 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- When A Man Loves A Woman (2021) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- When A Man Loves A Woman (2021) (MT)
10:00 Sit & Stretch (MR) 11 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Now You See Me; Now You Dont (2025) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Now You See Me; Now You Dont (2025) (MT)	9:30 Flexibility Class with Kaushal. (MR) 12 10:15 Strength and Balance Class with Kaushal. (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club (AS) 3:00 Tea Time (LL) 3:00 Ideas Exchange -Toronto's Ravines: Nature, Wildlife, and Protecting Our City (MT) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Sunset Boulevard (1950) (MT)	10:00 Sit and Stretch with the LE Team. (MR) 13 1:30 How Alchemy & Hermeticism Revolutionized Medicine Introduction to Paracelsus pt II (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- The Day After Tomorrow (2004) (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- The Day After Tomorrow (2004) (MT)	9:30 Flexibility Class with Kaushal. (MR) 14 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention class with kaushal. (MR) 11:30 Morning Sing Along (MT) 1:30 Java Music Club - Sing Along (MT) 1:30 Meet me at the MOMA Artist Presentation: Pacita Abad (MT) 2:00 Drum Fit (MT) 2:30 Movie Matinee- Beauty And The Beast (2017) (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- Beauty And The Beast (2017) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 15 12:30 The secret history of Neoliberalism The Invisible Doctrine Full Film (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Roofman (2025) (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- Roofman (2025) (MT)	9:30 Flexibility Class with Kaushal. (MR) 16 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention 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- Broadway Danny Rose (1989) (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- Broadway Danny Rose (1989) (MT)	10:00 Sit & Stretch (MR) 17 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Revolutionary Road (2009) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- Revolutionary Road (2009) (MT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Sit & Stretch (MR) 18 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- Primary Colors (1998) (MT) 3:00 Tea Time (LL) 3:00 January Birthday Party (LL) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Primary Colors (1998) (MT)	9:30 Flexibility Class with Kaushal. (MR) 19 10:15 Strength and Balance Class with Kaushal. (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:30 Spiritual Guided Meditation (MT) 1:30 Martin Luther King Jr Documentary (MT) 2:00 Poetry Club (AS) 2:30 Movie Matinee- Fried Green Tomatoes (1991) (MT) 3:00 Tea Time (LL) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- Fried Green Tomatoes (1991) (MT)	10:00 Sit and Stretch with the LE Team. (MR) 20 10:45 Strength and Balance Class with the LE Team. (MR) 1:30 Living, Loving, Local: beans and lentils. (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- The Greatest Showman (2017) (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- The Greatest Showman (2017) (MT)	9:30 Flexibility Class with Kaushal. (MR) 21 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention class with kaushal. (MR) 11:00 Residents' General/Council Meeting (MT) 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- Mission Impossible: The Final Reckoning (2025) (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- Mission Impossible: The Final Reckoning (2025) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 22 11:00 Dufferin Mall Outing (MEE) 12:30 Robert Burns The Peoples Poet BBC Documentary (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- A House Of Dynamite (2025) (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- A House Of Dynamite (2025) (MT)	9:30 Flexibility Class with Kaushal. (MR) 23 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention 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 Doctor (1991) (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 Hazelton Choir Group with Ernesto (STG) 7:00 Movie Night- The Doctor (1991) (MT)	10:00 Sit & Stretch (MR) 24 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Murder, My Sweet (1944) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- Murder, My Sweet (1944) (MT)
10:00 Sit & Stretch (MR) 25 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 2:30 Movie Matinee- The Roses (2025) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 3:00 Jordan Klapman and Robbie Burns Concert (LL) 3:00 National Hot Chocolate Day1 come and enjoy a warm cozy afternoon with us. (LL) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- The Roses (2025) (MT)	9:30 Flexibility Class with Kaushal. (MR) 26 10:15 Strength and Balance Class with Kaushal. (MR) 11:00 Balance and Falls prevention with Kaushal. (MR) 11:00 National Popcorn Day. (LL) 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club (AS) 2:30 Movie Matinee- The Last Samurai (2003) (MT) 3:00 Tea Time (LL) 3:15 Brain Games and Anagrams. (MR) 5:00 Go4Life Walking Club (MEE) 7:00 Movie Night- The Last Samurai (2003) (MT)	10:00 Sit and Stretch with the LE Team. (MR) 27 10:45 Strength and Balance Class with the LE Team. (MR) 1:30 All Of Human History In One Hour - Kurzgesagt In a Nutshell (MT) 2:00 Artful Enrichment- Watercolors (AS) 2:30 Movie Matinee- Me, Before You (2016) (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- Me, Before You (2016) (MT)	9:30 Flexibility Class with Kaushal. (MR) 28 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention 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 Artful Enrichment - Charcoal Drawing. (AS) 2:30 Movie Matinee- The Phoenecian Scheme (2025) (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- The Phoenecian Scheme (2025) (MT) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 29 11:30 Shoppers Drug Mart Outing (Out) 12:30 Emergent Complexity - Emergent Garden (MT) 2:00 MOMA - Art Session (AS) 2:30 Movie Matinee- Four Weddings And A Funeral (1994) (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- Four Weddings And A Funeral (1994) (MT)	9:30 Flexibility Class with Kaushal. (MR) 30 10:15 Strength Class with Kaushal. (MR) 11:00 Balance and Falls prevention 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- An Officer And A Gentleman (1982) (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- An Officer And A Gentleman (1982) (MT)	10:00 Sit & Stretch (MR) 31 10:45 Morning Sing Along (MT) 2:00 Name That Tune Game (MT) 2:30 Movie Matinee- Signs (2002) (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- Signs (2002) (MT)



National Hot Chocolate Day



Robbie Burns Day

Locations Legend

Movie Theatre (MT)

Meeting Room (MR)

Lower Lobby (LL)

Meet at Front Desk (MEE)

111 Art Studio (AS)

Games Room (GAM)

Annex Bar (AB)

Bedford Bridge Lounge (BR)

St. George Lounge (STG)

Outside (Out)

Calendar Legend

Outing

Special Program

Cruise Week

Living, Loving, Local

Signature Program