



INSPIRED
SENIOR LIVING

October 2026

Hazelton Place Retirement Residence



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breast Cancer Awareness Month	 World Mental Health Day					
10:00 Gentle Flow: Active Aging Week Sit & Stretch (MR) 4 10:30 Active Week Serenity: Gentle Breathing & Inner Calm (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 3:00 National Cinnamon Bun Day (LL) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- The Taming Of The Shrew (1967) (MT)	10:00 Gentle Flow: Active Aging Week Sit & Stretch (MR) 5 10:30 Standing Tall: Active Aging Week Balance & Strength (MR) 2:00 Active Aging Poetry & Prose: Words of Wisdom (AS) 3:00 Tea Time (LL) 3:00 Hazelton Choir with Ernesto (LL) 3:15 Brain Games and Anagrams. (MR) 4:00 A Story Reading by Sondra. (AS) 7:00 Movie Night- The Country Girl (1955) (MT)	9:30 Gentle Flow: Active Aging Week Sit & Stretch (MR) 6 10:15 Standing Tall: Active Aging Week Balance & Strength (MR) 11:00 Active Aging Week Hike to Evergreen (Out) 1:30 Live to 100: Secrets of the Blue Zones (MT) 2:00 Poetry Club with Daniel (AS) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact(Active week) (MR) 4:00 BananaGrams Active Aging Week (MR) 7:00 Movie Night- Sisu (2023) (MT)	9:30 Gentle Flow: Active Aging Week Sit & Stretch (MR) 7 10:15 Standing Tall: Active Aging Week Balance & Strength (MR) 11:00 Resident Food Meeting (MT) 11:00 Active Aging Week Balance & Strength (MR) 2:00 Halloween Art and Craft (AS) 2:00 Tales From The Organ Trade Films persentation wih Filmmaker (MT) 3:00 Tea Time (LL) 3:15 Wild Card Winners: Active Aging Week UNO (MR) 4:00 Residents Directed Billiards Club (GAM) 4:00 Active Week: Count Your Steps to Yorkville (SU) 7:00 Lucky Squares: Active Aging Week Bingo (MR) 7:00 Movie Night- The Gentlemen (2020) (MT) 7:00 Bingo With Harlan (MR) 7:30 Current Events Discussion with Patrick Gossage (MR)	9:30 Eye Care Clinic Visits hazelton Place-Sign up at the Fron Desk. (MT) 1 10:00 Balance & Breathe: Active Aging Week Yoga (MR) 11:30 Gentle Flow: Active Aging Week Sit & Stretch (MR) 12:00 Standing Tall: Active Aging Week Balance & Strength (MR) 12:30 Of Madness, Solitude, and the Paradox of Consciousness Georg Büchner's Lenz (MT) 1:00 Gardening Club (P) 2:00 Active Aging Week Count Your Steps to Yorkville (SU) 3:00 Tea Time (LL) 3:00 The Big Peel: Active Aging Week Bananagrams Challenge (MR) 4:00 Stack & Smile: Active Aging Week Jenga Tower (MR) 6:00 outing to Pearl Yorkville Chinese Cuisine (MR) 7:00 The Afternoon Table: Bridge with David (BR) 7:00 Movie Night- Family Plot (1976) (MT)	Oktoberfest Afternoon and Entertainment with Bruce (LL) 2 10:00 Gentle Flow: Active Aging Week Sit & Stretch (MR) 10:30 Pace & Poise: Active Aging Week Balance Class (MR) 11:30 Active Week Serenity: Gentle Breathing & Inner Calm (MT) 2:00 Artful Enrichment- Watercolors (AS) 3:00 Tea Time (LL) 3:00 Oktoberfest Afternoon and Entertainment with Bruce (LL) 3:00 Fit Minds: Stay Sharp Active Aging Week (MR) 4:00 Wild Card Winners: Active Aging Week UNO Game (MR) 7:00 Movie Night- Catch Me If You can (2003) (MT)	9:30 Falls Prevention Exercise Class with Fahima (MR) 3 10:00 Gentle Flow: Active Aging Week Sit & Stretch (MR) 11:00 Active Week Serenity: Gentle Breathing & Inner Calm (MT) 11:00 Exercise (Blance class) with Fahima (MR) 1:30 Active Week: Count Your Steps to Yorkville (SU) 2:00 Name That Tune Game (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- once Upon A Time In America (1984) (MT)
10:00 Sit & Stretch (MR) 11 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Fruitvale Station (2013) (MT)	Thanksgiving 10:00 Energizing Exercises (MR) 12 10:30 Exercise (Blance class) with LEM Team (MR) 11:00 Brain Games and Charades (MT) 11:30 Serenity: Gentle Breathing & Inner Calm (MT) 2:00 Poetry Club (AS) 3:00 Tea Time (LL) 3:00 Thanks Giving High tea and Concert with Jessica Rio (LL) 3:15 Brain Games and Anagrams. (MR) 4:00 A Story Reading by Sondra. (AS) 7:00 Movie Night- Searching (2018) (MT)	9:30 Exercise with Daniel (MR) 13 10:15 Strength and Balance Class with the LE Team. (MR) 11:00 Falls Prevention Exercise Class (MR) 1:30 Why does every mammal get 1 billion heartbeats in their life? (MT) 2:00 Artful Enrichment- Watercolors (AS) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 4:00 BananaGrams (MR) 7:00 Movie Night- Ocean's 13 (2007) (MT)	9:30 Flexibility Class. (MR) 14 10:15 Strength Class (MR) 11:00 Balance Class (MR) 2:00 Arts and Crafts - Card Making (AS) 2:00 Drum Fit (MT) 2:30 Java Music Club - Sing Along (MT) 3:00 Tea Time (LL) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 6:00 Summer Go4Life Walking Club to Ramsden Park Outing (SU) 7:00 Bingo With Harlan (MR) 7:00 Movie Night- Nine Days (2021) (MT) 7:00 Bingo With Harlan (MR) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 15 11:30 Exercise (Blance class) with LEM Team (MR) 12:00 Falls Prevention Exercise Class (MR) 12:30 The Wildlife of Costa Rica Free Documentary Nature (MT) 1:00 Gardening Club (P) 2:00 Meet me at the MOMA Artist Presentation: Winslow Homer (MT) 3:00 Tea Time (LL) 3:00 BananaGrams (MR) 4:00 Jenga (MR) 7:00 The Afternoon Table: Bridge with David (BR) 7:00 Trivia Game (MT) 7:00 Movie Night- The Third Man (1949) (MT)	10:00 Exercise (Blance class) with LEM Team (MR) 16 10:30 Falls Prevention Exercise Class (MR) 2:00 Artful Enrichment- Watercolors (AS) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 UNO Card Game (MR) 7:00 Movie Night- Elizabeth (1998) (MT) 7:30 Hazelton Choir with Ernesto (STG)	9:30 Falls Prevention Exercise Class with Fahima (MR) 17 10:00 Sit and Stretch with the LE Team (MR) 11:00 Exercise (Blance class) with Fahima (MR) 2:00 Name That Tune Game (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- The Proposal (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) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- The End Of Oak Street (2026) (MT)	10:00 Energizing Exercises (MR) 19 10:30 Exercise (Blance class) with LEM Team (MR) 11:00 Brain Games and Charades (MT) 11:30 Spiritual Guided Meditation (MT) 2:00 Poetry Club with Daniel (AS) 3:00 Tea Time (LL) 3:15 Brain Games and Anagrams. (MR) 7:00 Movie Night- Mary Poppins (1964) (MT)	9:30 Exercise with Daniel (MR) 20 10:15 Strength and Balance Class with the LE Team. (MR) 11:00 Falls Prevention Exercise Class (MR) 11:00 SuperstitionsSpooky Exploration with Lianne Harris (MT) 11:00 Dufferin Mall Outing (MEE) 1:30 Dionysus, the god of madness Euripides' Bacchae (MT) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 3:00 Halloween Art and Craft (AS) 4:00 BananaGrams (MR) 7:00 Movie Night- Ghost Town (2008) (MT)	9:30 Flexibility Class. (MR) 21 10:15 Strength Class (MR) 11:00 Balance Class (MR) 1:00 Textile Museum of Canada (SU) 2:00 Arts and Crafts - Card Making (AS) 2:00 Drum Fit (MT) 2:30 Java Music Club - Sing Along (MT) 3:00 Tea Time (LL) 3:00 Communion Service with Liska (STG) 3:00 mahjong game and social (AB) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 6:00 Summer Go4Life Walking Club to Ramsden Park Outing (SU) 7:00 Bingo With Harlan (MR) 7:00 Movie Night- Deepwater Horizon (2016) (MT) 7:00 Bingo With Harlan (MR) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 22 11:30 Exercise (Blance class) with LEM Team (MR) 12:00 Falls Prevention Exercise Class (MR) 12:30 China's Long Revolution, 1900-1950 [part 1] (MT) 1:00 Gardening Club (P) 2:00 Meet me at the MOMA Artist Presentation: Edward Gorey (MT) 3:00 Tea Time (LL) 3:00 BananaGrams (MR) 4:00 Jenga (MR) 7:00 The Afternoon Table: Bridge with David (BR) 7:00 Wine and Philosophy Club with Abtin (AB) 7:00 Movie Night- Fall (2022) (MT)	10:00 Exercise (Blance class) with LEM Team (MR) 23 10:30 Falls Prevention Exercise Class (MR) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 4:00 UNO Card Game (MR) 7:00 Movie Night- The Swiss Family Robinson (1960) (MT) 7:30 Hazelton Choir with Ernesto (LL)	9:30 Falls Prevention Exercise Class with Fahima (MR) 24 10:00 Sit and Stretch with the LE Team (MR) 11:00 Exercise (Blance class) with Fahima (MR) 2:00 Name That Tune Game (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- The Finest Hours (2016) (MT)
10:00 Sit & Stretch (MR) 25 10:30 Guided Meditation. (MT) 2:00 Java Music Club (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 5:00 Resident Directed Pool Club (GAM) 7:00 Movie Night- Billy Elliot (2000) (MT)	10:00 Energizing Exercises (MR) 26 10:30 Exercise (Blance class) with LEM Team (MR) 11:00 Serenity: Gentle Breathing & Inner Calm (MT) 2:00 Artful Enrichment- Watercolors (AS) 3:00 Tea Time (LL) 3:00 A Story Reading by Sondra. (AS) 3:15 Brain Games and Anagrams. (MR) 7:00 Movie Night- Captain Philipps (2013) (MT)	9:30 Exercise with Daniel (MR) 27 10:15 Strength and Balance Class with the LE Team. (MR) 11:00 Falls Prevention Exercise Class (MR) 1:30 China's Long Revolution, 1900-1950 [part 2] (MT) 2:00 Poetry Club with Daniel (AS) 3:00 Tea Time (LL) 3:00 Fit Minds- Interact (MR) 3:00 Arts and Crafts: Halloween Pumpkin Carving.(AS) 4:00 BananaGrams (MR) 7:00 Learing French with Abtin (AS) 7:00 Movie Night- Tick, Tick, Boom (2021) (MT)	National Chocolate Day (LL) 28 9:30 Flexibility Class. (MR) 10:15 Strength Class (MR) 11:00 Balance Class (MR) 2:00 Arts and Crafts - Card Making (AS) 2:00 Drum Fit (MT) 2:30 Java Music Club - Sing Along (MT) 3:00 Tea Time (LL) 3:00 National Chocolate Day (LL) 3:00 mahjong game and social (AB) 3:15 UNO Card Game (MR) 4:00 Residents Directed Billiards Club (GAM) 6:00 Summer Go4Life Walking Club to Ramsden Park Outing (SU) 7:00 Bingo With Harlan (MR) 7:00 Movie Night- The Others (2001) (MT) 7:00 Bingo With Harlan (MR) 7:30 Current Events Discussion with Patrick Gossage (MR)	10:00 Yoga with Karusia (MR) 29 11:00 Book Club Disssucion with Daniel : The Calmity Club (MT) 11:30 Exercise (Blance class) with LEM Team (MR) 12:00 Falls Prevention Exercise Class (MR) 12:00 Halloween Farm Visit (SU) 12:30 Rituals and Rites of history mummies, the underworld, and more [Fig Tree] (MT) 2:00 MOMA - Art Session (AS) 3:00 Tea Time (LL) 3:00 BananaGrams (MR) 4:00 Jenga (MR) 7:00 The Afternoon Table: Bridge with David (BR) 7:00 Halloween Art and Craft (AS) 7:00 Movie Night- Wizard Of Oz (1939) (MT)	Halloween Party (LL) 30 10:00 Exercise (Blance class) with LEM Team (MR) 10:30 Falls Prevention Exercise Class (MR) 2:00 Artful Enrichment- Watercolors (AS) 3:00 Tea Time (LL) 3:00 Fit Minds: Stay Sharp (MR) 3:00 Halloween Party performance by Alicia Santos (LL) 4:00 UNO Card Game (MR) 7:00 Movie Night- The Ghost and Mrs. Muir (1947) (MT)	9:30 Falls Prevention Exercise Class with Fahima (MR) 31 10:00 Sit and Stretch with the LE Team (MR) 11:00 Exercise (Blance class) with Fahima (MR) 2:00 Name That Tune Game (MT) 3:00 Tea Time (LL) 3:00 Brain Games and Charades (MR) 4:00 Happy Hour (AB) 7:00 Movie Night- The Haunting (1963) (MT)



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

Calendar Legend
Outing
Special Program
Living, Loving, Local
Signature Program
Can Fit Pro
Active Week