

JULY 2026 PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Contact Information: Elaine Ross 416-785-2500 ext. 3414 Security 437-875-8746			1 CANADA DAY  2:00 Canada Celebrations -Lounge-	2 10:00 Coffee Club 10:30 Shopping Bus – Metro 7:00 Bingo – SH	3 3:30 Board & Card Games-L Shabbat Candle Lighting – 8:44	4 9:00 Shabbat Services-SH 2:00 Movie Matinee w/Stan 9:56 Havdalah Service -GR 7:00 Movie Night – L ‘Hello my Name is Doris’ Comedy, Drama, Romance
5	6	7	8	9	10	11
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 12:00 Meditation with with David - SH 1:00 Board & Card Games-L 1:30 Express w/colour-CAS 2:00 Exercise w/Colin – SH 3:00 Crafts Studio with Mimi- GR 7:00 Netflix Series “Man on the Inside”	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle -L 5:30 Men’s Club -SH 7:00 Sing A Long – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 3:30 Discussion & Lecture with Susie -SH 7:00 Yiddish Club-GR	10:00 Coffee Club 10:30 Shopping Bus – No Frills 4:00 Balance & Stability-SH 7:00 Bingo - SH	1:00 Music Appreciation w/Charles – SH 3:30 Board & Card Games-L Shabbat Candle Lighting – 8:42	9:00 Shabbat Service -SH 2:00 Movie Matinee w/Stan -SH 9:52 Havdalah Service -GR 7:00 Movie Night - L ‘La Dolce Villa’ Italian, Comedy, Drama
12	13	14	15	16	17	18
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 1:00 Board & Card Games-L 1:30 Express w/colour-CAS 2:00 Exercise w/Colin - SH 3:30 Stand up Comedy with Alfie Kwinter - SH 7:00 Lecture with Judy Z	11:15 Balance & Stability-SH 1:00 Guest Speaker: Dr. Loise – SH Topic: Balance Begins in the Brain: The Brain Science of Balance Training 2:00 Fun & Games w/Merle -L 7:00 Sing A Long – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 3:30 Discussion & Lecture with Susie -SH 7:00 Yiddish Club-GR	10:00 Coffee Club 10:30 Shopping Bus – Fortino’s 2:00 Fun & Games w/Merle -L 4:00 Balance & Stability-SH 7:00 Bingo - SH	1:00 Music Appreciation w/Charles – SH 3:30 Board & Card Games-L Shabbat Candle Lighting – 8:37	9:00 Shabbat Service -SH 2:00 Movie Matinee w/Stan -SH 9:46 Havdalah Service -GR 7:00 Movie Night -L ‘Postcards from the Edge’ Dark Comedy/ Drama

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23 T'shav B'av	24	25
11:00 Barre Exercise - SH 2:00 Bingo - SH 7:00 Board/Card Games-L	10:00 Coffee Club 1:00 Board & Card Games-L 1:30 Express w/Colour-CAS 2:00 Exercise w/Colin-SH 3:30 Discussion with Sid Topic: Tisha B'Av 7:00 Netflix Series "Man on the Inside"	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle -L 5:30 Men's Club 7:00 Sing A Long – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 3:30 Discussion & Lecture with Susie -SH 7:00 Yiddish Club-GR	10:00 Coffee Club 10:30 Shopping Bus – Metro 2:00 Fun & Games w/Merle -L 4:00 Balance & Stability-SH 7:00 Bingo - SH	1:00 Music Appreciation w/Charles – SH 3:30 Board & Card Games-L Shabbat Candle Lighting – 8:31	9:00 Shabbat Service -SH 2:00 Movie Matinee w/Stan -SH 9:39 Havdalah Service -GR 7:00 Movie Night -L 'It Ends with Us' Drama/ Romance
26	27	28	29	30	31	
11:00 Barre Exercise - SH 2:00 Bingo -SH 7:00 Evening Entertainment with Jacob Bengio -SH -Pianist-	10:00 Coffee Club  11:00 Fire Safety Presentation - SH 1:00 Board & Card Games-L 1:30 Express w/Colour-CAS 2:00 Exercise w/Colin-SH 3:00 Crafts Studio with Mimi- GR 7:00 Netflix Series "Man on the Inside"	11:15 Balance & Stability-SH 2:00 Fun & Games w/Merle - L 7:00 Sing A Long – L	10:30 Choir-SH 1:00 Therapeutic Yoga-SH 3:30 Board & Card Games-L 3:30 Discussion & Lecture with Susie -SH 7:00 Yiddish Club-GR	10:00 Coffee Club 10:30 Shopping Bus – No Frills 2:00 Fun & Games w/Merle -L 4:00 Balance & Stability-SH 7:00 Evening Entertainment with Morris Kast - SH	1:00 Music Appreciation w/Charles – SH 3:30 Board & Card Games-L Shabbat Candle Lighting – 8:23	<u>Hold the date</u> Thursday August 6 Two Neptune will be Celebrating 25 years. More information to come. 