

August 2024

St. James Town Seniors Corner

561 Sherbourne P3 Level

Masks are no longer mandatory for in-person programs, but they are recommended. Please stay home if feeling unwell.

**For in-person programs,
call to register at 416-860-5901.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EVERY DAY ACTIVITIES: 10-11am: Supportive Discussion & Group Board Games 11am-12pm: Group Meal Preparation 12-12:30pm: Nutritious Lunch			1 10am-2pm 11-11:30am: Zumba 11:30am-12pm: YouTube Videos 12:30-2pm: August IQ Trivia	2 	3 1pm-3:30pm Make a Piñata + Health & Wellness
5 <i>Civic Holiday</i> 	6 10am-2pm 11-11:30am: Zumba 11:30am-12pm: Group Crossword 12:30-2pm: Travelogue: "A Summer in Paris"	7 	8 10am-2pm 11-11:30am: Chair Exercise 11:30am-12pm: Trivia Time 12:30-2pm: Mini Olympics	9 	10 1pm-3:30pm Art Therapy Drawing + SJT Dance Practice
12 	13 10am-2pm 11-11:30am: Chair Yoga 11:30am-12pm: Left Handers Day Fun 12:30-2pm: Family Feud	14 	15 10am-2pm 11-11:30am: Zumba 11:30am-12pm: Group Reading 12:30-2pm: Let's Colour: Summer Pictures	16 	17 1pm-3:30pm Movie Day + Health & Wellness
19 	20 10am-2pm 11-11:30am: Zumba 11:30am-12pm: Fun with Words 12:30-2pm: Jeopardy! Group Game	21 	22 Trip to Ward's Island: Camp Sunshine Time: TBD	23 	24 1pm-3:30pm Trip to the ROM
26 	27 10am-2pm 11-11:30am: Chair Exercise 11:30am-12pm: Word Search Fun 12:30-2pm: Scattergories Game	28 	29 10am-2pm 11-11:30am: Zumba 11:30am-12pm: Junk Drawer Detective 12:30-2pm: BINGO	30 	31 1pm-3:30pm Create a Mental Wellness First Aid Kit

Programs are subject to change