

**EVERY DAY ACTIVITIES:**

10-11am: Group Board Games  
 11am-12pm: Group Meal Preparation  
 12-12:30pm: Nutritious Lunch

# October 2024

## St. James Town Seniors Corner

561 Sherbourne P3 Level & 200 Wellesley St. E

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
 <b>1</b> 10am-2pm 11-11:30am: <b>Chair Exercises</b> 11:30am-12pm: <b>YouTube Videos</b> 12:30-2pm: <b>October IQ Trivia</b>	10am-2pm <b>11-11:30am: Chair Exercises</b> <b>11:30am-12pm: YouTube Videos</b> <b>12:30-2pm: October IQ Trivia</b>	 <b>2</b>	<b>3</b> 10am-2pm 11-11:30am: <b>Zumba</b> 11:30am-12pm: <b>Word Search Fun</b> 12:30-2pm: <b>All About Oktoberfest</b>	<b>4</b> Zoom—3:00pm <b>October Trivia</b>	<b>5</b> 1pm-3:30pm @ 200 Wellesley St. E <b>Learn a new dance + Word puzzles + Health &amp; Wellness</b>
 <b>7</b>	<b>8</b> 10am-2pm 11-11:30am: <b>Zumba</b> 11:30am-12pm: <b>Junk Drawer Detective</b> 12:30-2pm: <b>Scattergories Game</b>	 <b>9</b>	<b>10</b> 10am-2pm 11-11:30am: <b>Meditation</b> 11:30am-12pm: <b>Trivia Time</b> 12:30-2pm: <b>Expressive Arts</b>	<b>11</b> Zoom—3:00pm <b>Music Day</b>	<b>12</b> 1pm-3:30pm @ 200 Wellesley St. E <b>Hallowe'en Arts &amp; Crafts + Health &amp; Wellness</b>
 <b>14</b>	<b>15</b> 10am-2pm 11-11:30am: <b>Chair Yoga</b> 11:30am-12pm: <b>Group Crossword</b> 12:30-2pm: <b>BINGO</b>	 <b>16</b>	<b>17</b> 10am-2pm 11-11:30am: <b>Zumba</b> 11:30am-12pm: <b>Wacky Words</b> 12:30-2pm: <b>Jeopardy! Group Game</b>	<b>18</b> Zoom—3:00pm <b>Word Game</b>	<b>19</b> 1pm-3:30pm @ 200 Wellesley St. E <b>Health &amp; Wellness: Cholesterol</b>
 <b>21</b>	<b>22</b> 10am-2pm 11-11:30am: <b>Zumba</b> 11:30am-12pm: <b>Fun with Words</b> 12:30-2pm: <b>Progress Place Boutique</b>	 <b>23</b>	<b>24</b> 10am-2pm 11-11:30am: <b>Easy Tai Chi</b> 11:30am-12pm: <b>YouTube Videos</b> 12:30-2pm: <b>Expressive Arts</b>	<b>25</b> Zoom—3:00pm <b>Tea &amp; Talk</b>	<b>26</b> 1pm-3:30pm @ 200 Wellesley St. E <b>Movie Day</b>
 <b>28</b>	<b>29</b> 10am-2pm 11-11:30am: <b>Chair Exercises</b> 11:30am-12pm: <b>Hallowe'en Craft</b> 12:30-2pm: <b>Ukulele Lesson &amp; Sing Along</b>	 <b>30</b>	<b>31</b> 10am-2pm 11-11:30am: <b>Zumba</b> 11:30am-12pm: <b>Spooky Word Games</b> 12:30-2pm: <b>Hallowe'en Fun</b>	<p style="text-align: center;"> <b>To join our Zoom program:</b>  <b>Meeting ID: 873 3809 5998</b>  <b>Passcode: 3230223</b>                      To join by phone, call <b>647-558-0588</b>                      and use the Meeting ID and Passcode                 </p>	
 		 			

*Programs are subject to change*