

### Tue 08 Nov

10:00am - 10:45am

#### Sit Tall, Stand Strong

Ready to add some standing exercises to your routine? Progress from working on your seat to standing stronger on your feet. This program will offer optional standing versions to strengthen and stabilize the lower body using body weight and balance exercises.

11:00am - 11:45am

#### Storytelling Club

Dan Yashinsky is a well-known Canadian author and storyteller. Join him every week as he delights us with age-old stories from cultures across the world, and have a chance to share your own stories too.

01:00pm - 01:45pm

#### Trivia

Give your brain a workout and test your knowledge during Trivia! Shout out your answers and have some fun.

02:00pm - 02:30pm

#### Stretching for EveryBODY

Stretching from a seated position, this class offers a variety

07:00pm - 07:45pm

#### An Evening of Music with Avery Florence

Avery now takes requests, please drop our resident singer/songwriter Avery a request (via [info@baycrestathome.ca](mailto:info@baycrestathome.ca)) and we will ask her to perform it at her next live session. Watch the schedule for Avery's program.

### Wed 09 Nov

10:00am - 10:45am

#### Seated Exercise

Our exercise specialist Patti guides you through a seated full body workout. Choreography and music change regularly to keep the workout fresh and fun.

11:00am - 11:45am

#### Therapeutic Singing

Did you know that singing is good for your health? It improves the ability to breathe deeply, helps with language, and keeps vocal chords strong. Led by certified music therapist Bethany Horsley, her beautiful voice, guitar playing and knowledge of music will have you singing along in no time!

01:00pm - 02:00pm

#### Day at the Smithsonian

Visit the "Unique Women at SAAM" (Smithsonian American Art Museum) exhibition. We will focus on and explore two works of art revealing two very different women. The first woman is depicted in an over 10-foot-long painting, while the second is a sculpture so lifelike that it is difficult to believe she is not a real person. When we look closely, we can learn so much about them. Your questions and suggestions will enrich our conversation.

02:00pm - 02:45pm

#### Baycrest@Home Meet Up

neighbours! Each of us is unique, and we all have tales to tell. Bring your stories and smiles to join Selina and Irina for a fun afternoon of chat!

03:00pm - 03:45pm

#### Explorations in Multimedia

Join us for a virtual tour of an exhibit featuring photos of Mexican artist Frida Kahlo at the Rockwell Museum in Corning, NY.

### Thu 10 Nov

10:00am - 10:45am

#### Keep On Moving

Jennifer Hicks was voted "Best Virtual Fitness Teacher" by NOW Magazine. Her class draws from NIA, a creative movement practice that combines principles of dance, martial arts, in a low-impact workout that focuses on strength, flexibility and body positivity.

11:00am - 11:45am

#### Brain Games

Puzzles and other word games offer a good mental workout and a few laughs as we try to solve them together.

01:00pm - 01:45pm

#### Music Circle

Join us for Music Circle and hear beautiful music that is customized to you each week!

02:00pm - 02:30pm

#### Jewish Folktales with Rabbi Rena

Jewish Folktales have messages that resonate in our life today. Rabbi Rena will retell well-known folktales and lead a group discussion on what the stories teach us. Your participation is what makes this a fascinating program!

03:00pm - 03:45pm

#### Creative Conversations

Join us in a discussion about art and life with Bailey. This program is open to anyone with an interest in creativity and conversation. Poetry and art will be discussed and all you need to bring is your imagination and curiosity.

### Fri 11 Nov

10:00am - 10:45am

#### Figaro Figaro Fitness

Friday's refreshing classical music playlist will move you through a variety of seated exercises designed to work on core awareness, cardio fitness, and includes a 10-minute strengthening section using light weights or a water bottle.

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11:00am - 11:45am | **Welcoming Shabbat with Rabbi Rena**

Shabbat is the holiest time of the week and a time to come together in rituals of song and traditions. We will welcome the coming of Shabbat.

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11:00am - 11:15am | **Remembrance Day Program**

Remembrance Day is a memorial day observed by Canadians and other members of the Commonwealth since the end of the First World War in order to remember all those who have fought and died in the line of duty to keep us free.

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11:15am - 11:45am | **Welcoming Shabbat with Rabbi Rena**

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01:00pm - 01:45pm | **Men's Group**

A special program for the men from Baycrest@Home! In this group, we come together to engage in meaningful conversation and exchange ideas in a positive and safe environment.

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02:00pm - 02:45pm | **Mind, Body, Mood**

Join Yuliya Goloida, social worker, for a mindfulness program and discussion group where you will learn the basics of harnessing the power of our minds to positively impact our lives. Participate in and learn mindfulness practices for calming our anxieties, increasing gratitude, improving our mood, and more.

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**Sat 12 Nov**

01:00pm - 01:30pm | **Recollectiv**

This program brings together local Toronto musicians to perform while lyrics are shared so you can sing along.

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**Mon 14 Nov**

10:00am - 10:45am | **Seated Exercise**

Our exercise specialist Patti guides you through a seated full body workout. Choreography and music change regularly to keep the workout fresh and fun.

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11:00am - 11:45pm | **Virtual TSO**

This week's artist is Joseph Kelly, percussionist. As we all look forward to a brighter future, we continue to learn and connect with each other in creative and meaningful ways. Virtual TSO brings the symphony to you! Feel engaged, entertained, and inspired. Every week, we spotlight one TSO musician who will guide viewers through a personalized live musical journey, while also learning more about the musician's background and artistic accomplishments.

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01:00pm - 01:45pm | **The Power of Music**

Steve Koven is a composer, performer, producer, educator and film maker. In 1993, he established the Steve Koven Trio. Touring the world for more than two decades, they've been coined "Canadian Cultural Ambassadors." This program focuses on engagement through music, songs, stories and conversation.

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02:00pm - 02:45pm | **Tech Lab**

Welcome to the digital world! No way around it, technology is here to stay. This program is a gentle introduction to Zoom, getting online, and learning about the world of technology.

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03:00pm - 03:45pm | **Bingo**

Who doesn't love to yell BINGO! Prizes for winners! Your card and dry erase markers are included in your Baycrest@Home welcome kit.

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03:00pm - 03:30pm | **Tai Chi**

Get familiar with the 18 movements of Tai Chi either standing or upright and steady in a chair. During the program we will pay attention to our breath and flowing movement and grow our practice together.

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