



Virtual social recreation programs for older adults with cognitive change

Programs are subject to change and will depend on participation. Registered participants will be notified of new virtual programs or changes. Social Club currently runs Monday through Friday.

Social Recreation Programs by Topic

Art

- Art @ Home
- Art History
- Art On The Brain
- Open Studio

Fitness

- Chair Exercise

Music

- An Evening of Music
- Name That Tune
- Sing Along
- SMILE Theatre
- TSOund Connections

Spiritual/Cultural

- Intergenerational Shabbat
- Jewish Culture and Traditions
- Jewish Folktales with Rabbi Rena
- Torah Study with Rabbi Haber
- Welcoming Shabbat with Rabbi Rena

Cognitive Stimulation/Imagination

- Current Events
- Health and Happiness
- Room 217

Games

- Bingo
- Brain Teasers

Story Sharing & Listening

- Food Glorious Food
- Reading Club
- Storytelling Club with Dan Yashinsky
- Timeslips
- Travelogue

Detailed Event Listings (in Alphabetical Order)

<p>TITLE: An Evening of Music TIME: Tuesday 7:00 PM – 7:45 PM DESCRIPTION: Join us weekly for a musically themed program. From lectures to concerts to musical biographies, we celebrate all things musical!</p>
<p>TITLE: Art @ Home TIME: Friday 2:15 PM – 3:00 PM DESCRIPTION: Our resident artist Bailey will facilitate a new art project each week using basic home supplies. Each week registered participants will be emailed the project of the week and any materials required for the session. Please reach out to info@baycrestathome.ca to register.</p>
<p>TITLE: Art History TIME: Thursday 7:00 PM – 7:45 PM DESCRIPTION: Travel through history by exploring the work of a famous artist, participate in rich discussions about their work, and learn about their contributions to the art world.</p>
<p>TITLE: Art on the Brain TIME: Friday 11:15 AM – 12:00 PM DESCRIPTION: Art on the Brain is a Baycrest-developed, fun online art activity where you can learn, play games, and share your stories and opinions about artworks from well-known museums in a group setting.</p>
<p>TITLE: Bingo TIME: Monday to Friday 1:00 PM – 1:45 PM DESCRIPTION: Join a live BINGO session! Your card and dry erase markers are included in your Baycrest@Home welcome kit.</p>
<p>TITLE: Brain Teasers TIME: Tuesday 3:30 PM – 4:15 PM DESCRIPTION: Join Brain Teasers for a good mental work out. Try some trivia, games, word problems and stimulate your minds.</p>
<p>TITLE: Chair Exercise TIME: Monday to Friday 10:00 AM – 10:45 AM DESCRIPTION: This live, guided program will put fun into functional exercises. Available daily, this program provides opportunities for physical activity to all members of the Baycrest@Home program. Family members and other caregivers are welcome to join the program as well.</p>
<p>TITLE: Coffee Break TIME: Monday 3:00 PM – 3:30 PM DESCRIPTION: This program provides space for B@H members to gather together and socialize. Members can BYOB (bring your own beverage), reconnect with old friends, and welcome any new B@H members.</p>

TITLE: Current Events

TIME: Thursday 3:30 PM – 4:15 PM (biweekly, starting Feb. 18)

DESCRIPTION: Join this group to discuss the news! Big news or small, we will discuss what is going on in the world.

TITLE: Food Glorious Food

TIME: Monday 11:15 AM – 12:00 PM (biweekly, starting Mar. 1)

DESCRIPTION: Everyone's favourite topic! This sensory experience will activate the mind and the taste buds as we discuss recipes and past meals.

TITLE: Health and Happiness

TIME: Thursday 3:30 PM – 4:15 PM (biweekly, starting Feb. 25)

DESCRIPTION: This program will cover a variety of topics related to both health and happiness. This group will talk about healthy habits, healthy aging, and wellness. It will also cover maintaining a positive attitude, gratitude and thoughts on happiness.

TITLE: Jewish Folk Tales with Rabbi Rena

TIME: Wednesday 11:30 AM – 12:00 PM

DESCRIPTION: Join a fun discussion group that will focus on traditional Jewish folktales that always have a message about living a good life. We will hear folktales told by Rabbi Rena and will have a discussion about our own life experiences and thoughts about what the stories teach us. This is a lovely way to reminisce about life and to learn about different ideas.

TITLE: Name That Tune

TIME: Tuesday 2:15 PM – 3:00 PM

DESCRIPTION: Come listen to many fun and engaging songs and see if you can remember the name of the song or the artist. A great way to keep your mind thinking and sing along to all your favourite tunes.

TITLE: Open Studio

TIME: Thursday 2:15 PM – 3:00 PM

DESCRIPTION: Calling all artists, crafters, and art enthusiasts for Baycrest@Home's Open Studio session once a week. Bring your own art or craft, a favourite picture in your home and/or some art supplies to participate in this social session of art sharing. No art experience required.

TITLE: Reading Club

TIME: Monday 11:15 AM – 12:00 PM (biweekly, starting Feb. 22)

DESCRIPTION: Join in with others in a group reading program. General interest books are read aloud together, with opportunities to look at pictures and discuss a variety of interesting topics.

TITLE: Room 217

TIME: Wednesday 3:30 PM – 4:15 PM

DESCRIPTION: Room 217 is a music-based program specifically designed for older adults with cognitive impairment to relax and enhance the day.

TITLE: Sing Along

TIME: Wednesday 2:15 PM – 3:00 PM

DESCRIPTION: Good singing voice not required! Enjoy singing or humming along to familiar songs and share in the joy of singing.

TITLE: SMILE Theatre

TIME: Monday 2:15 PM – 2:45 PM

DESCRIPTION: Smile Company is a registered charity that produces and presents meaningful, well-crafted, professional musical theatre performances for the past 50 years.

TITLE: Storytelling Club with Dan Yashinsky

TIME: Tuesday 11:15 AM – 12:00 PM

DESCRIPTION: Join storyteller-in-residence Dan Yashinsky as he delights us with folk tales and age-old stories from cultures across the world. You will also have a chance to share your own stories.

TITLE: Temple Sinai Intergenerational Shabbat

TIME: Friday 11:00 AM – 11:30 AM

DESCRIPTION: Baycrest@Home is delighted to partner with Temple Sinai to bring you an Intergenerational Shabbat Program. Visit programs.baycrestathome.ca to see specific dates for this program.

TITLE: Timeslips

TIME: Wednesday 11:15 AM – 12:00 PM

DESCRIPTION: This live, guided program uses creative expression to empower members. Staff will use words, sounds, images and thoughtful questions to encourage participants to use their imagination and not memories to connect in a meaningful way.

TITLE: Torah Study with Rabbi Haber

TIME: Monday 3:30 PM – 4:15 PM

DESCRIPTION: Explore some of the deeper ideas contained within the weekly Torah readings. Class will include a brief summary of the portion and then a discussion of concepts that arise in the text. Facilitator: Rabbi Dr. Geoffrey Haber, Director of Spiritual Care, Baycrest.

TITLE: Travelogue

TIME: Thursday 11:15 AM – 12:00 PM

DESCRIPTION: This program will focus on many cities and countries around the world. Each week will feature a new destination to learn about and see their wonderful history and culture. Participants can virtually explore and reminisce about various places around the world.



TITLE: TSOund Connections

TIME: Monday 2:00 PM – 2:30 PM

Tuesday 11:30 AM – 12:00 PM

Thursday 3:00 PM – 3:30 PM

DESCRIPTION: A trip to the symphony at home! Join a special intimate session with a member of the Toronto Symphony Orchestra. The musician will play for you and share fascinating details about their music and artistry. Please reach out to info@baycrestathome.ca to register for an upcoming concert!

TITLE: Welcome Shabbat with Rabbi Rena

TIME: Friday 11:30 AM – 12:00 PM

DESCRIPTION: Shabbat is our most holy time of the week and a time to come together with song, prayer, and joy in community even if it is virtual. We will sing familiar Shabbat songs and prayers and talk a little about the weekly Torah portion. Please have a small challah bun or a slice of challah and grape juice and we will join together in the blessings.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Chair Exercise 10:00-10:45	Chair Exercise 10:00-10:45	Chair Exercise 10:00-10:45	Chair Exercise 10:00-10:45	Chair Exercise 10:00-10:45
	<i>Alternates weekly</i> Reading Club or Food Glorious Food 11:15-12:00	Storytelling club with Dan Yashinsky 11:15-12:00	Timeslips 11:15-12:00	Travelogue 11:15-12:00	Art on the Brain 11:15-12:00
					**Temple Sinai Intergenerational Shabbat 11:00-11:30
		***TSound Connections 11:30-12:00	Jewish Folk Tales 11:30-12:00		Welcoming Shabbat with Rabbi Rena 11:30-12:00
Afternoon	Bingo 1:00-1:45	Bingo 1:00-1:45	Bingo 1:00-1:45	Bingo 1:00-1:45	Bingo 1:00-1:45
	***TSound Connections 2:00-2:30				
	SMILE Theatre 2:15-2:45	Name that Tune 2:15-3:00	Sing Along 2:15-3:00	Open Studio 2:15-3:00	Art@Home 2:15-3:00
	Coffee Break 3:00-3:30			***TSound Connections 3:00-3:30	
	Torah Study with Rabbi Haber 3:30-4:15	Brain Teasers 3:30-4:15	Room 217 3:30-4:15	<i>Alternates weekly</i> Current Events or Health and Happiness 3:30-4:15	
Evening		An Evening of Music 7:00-7:45		Art History 7:00-7:45	

Please be advised that programs are subject to change.

****Temple Sinai Intergenerational Shabbat** will not be offered on a regular weekly basis. They will be scheduled for Fridays at 11:00 am when available ** Visit programs.baycrestathome.ca to see specific dates for this program.

*****TSound Connections** requires pre-registration via email or phone