



DELMANOR

Inspired Retirement Living™

For more information, visit www.delmanor.com

"Blooms of Joy"

With a creative, step-by-step approach, we will demystify flower arranging with a fact-filled and seasonally focused workshop. Everyone is welcome to participate; however spaces are limited. To secure a spot, RSVP early!

Busy Bees

Join us daily in the courtyard as we care for our bees and produce our own DEL Honey!



Bookworms Book Club

Our book club is off and running. If you would like to join the "bookworms" please see the calendar for our next meeting. This club is run by our local library. They will host a discussion every 4-6 weeks and assist in selecting a new title.

"Reading gives us some place to go when we have to stay where we are." Unknown

Steps to LivingWell™

If you've never lifted weights, why should you start now? The answer is simple - because muscles will, over time, lose strength and power. These changes open the door to accidents and injuries that can compromise your ability to lead an independent, active life. Strength training is the most effective way to slow and possibly reverse much of this decline.

Weak muscles can hasten the loss of independence as everyday activities such as walking, shopping, and even dressing become more difficult. Weakened muscles also make it harder to balance your body when moving (or standing still) or to recover your balance if you stumble.

Muscles can impact many things, not just the way people look or move. Strong muscles are able to get oxygen and nutrients from the blood efficiently, which means activities require less work for your heart. Strong muscles are also better at regulating sugar from the bloodstream. This will not only help keep blood sugar levels in check if you are diabetic, but can also reduce your risk of Type 2 Diabetes. Strong muscles also enhance weight control; requiring more calories than weaker muscles. This allows us to eat more (nutritionally balanced foods) without the added weight gain.

Ask for some individual assistance from your LivingWell™ coach to improve your overall muscle strength and conditioning.

Brought to you by your LivingWell™ Coaches.

TV Tour

Watch Channel 59 or Digital 998 on your TV for news, information and updates on LivingWell™ programs and daily menus.

LivingWell™ Program

Our LivingWell™ coach is here every Thursday. RSVP in the Fitness Centre for one-on-one coaching tailored to your needs.

Doctor Visit

The doctor is in weekly. Please contact the nurse if you would like to make an appointment.

Podiatrist

The podiatrist will be here on Friday the 24th. Please make an appointment with Concierge.

Hearing Clinic

The Hearing Clinic will be held on Thursday the 16th from 10:00 to 12:00 p.m.

Blood Pressure Clinic

The Blood Pressure clinic is Wed. the 1st at 10:30 a.m. in the Wellness Centre.

Delspa

Our in-house spa is open and available for appointments. Please contact them directly.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Please note that this is a sample calendar. Programs vary at each Delmanor community.</p> <p>9:45 Coffee and Conversation 5</p> <p>10:30 Sunday Crosswords & Word Searches</p> <p>2:30 Scrabble</p> <p>2:30 Sunday Concert: "Elgar Cello Concerto"</p> <p>3:30 Rummikub</p> <p>7:30 Bridge & Euchre</p> <p>7:30 Classic Film Night: "We're No Angels"</p>	<p>10:00 Brain Gym 6</p> <p>2:00 Balance & Strength</p> <p>2:30 Our Planet Series: "One Planet"</p> <p>2:00 Therapeutic Art Workshop & Creative Corner</p> <p>3:00 Gentle Fitness</p> <p>3:45 LearnWell Lectures: The History of London</p> <p>7:30 Movie: "My Big Fat Greek Wedding 2"</p>	<p>9:30 Get Fit Exercise 7</p> <p>10:30 Anglican Church</p> <p>11:15 Calendar Review & Planning Meeting</p> <p>4:00 Cocktail Hour - Tuesday Drink "Gin & Tonic"</p> <p>7:30 Trivia: Music & Movies</p> <p>7:30 Movie Night: "Learning to Drive"</p>	<p>Blood Pressure Clinic 1</p> <p>10:00 Cherry Blossoms at High Park</p> <p>11:30 Gentle Fitness</p> <p>2:00 Balance & Strength</p> <p>2:30 Banking Trip</p> <p>3:00 Casino Blackjack</p> <p>7:30 "Classical Favourites" ft. The Flute Flight Music Group</p>	<p>LivingWell™ Day 2</p> <p>10:00 Del-Fitness I</p> <p>10:30 Del - Brain Aerobics</p> <p>11:00 Del-Fitness II</p> <p>2:30 Yom Hashoah: "The Music of Istan Anhalt, A Holocaust Survivor" Ft. Dr. Robin Elliot</p> <p>3:45 Super Tombole!</p> <p>7:30 BINGO</p> <p>7:30 Movie Night: "Terms of Endearment"</p>	<p>10:00 No Frills Shopping 3</p> <p>10:30 Clay Handprints with the North York Little Artists</p> <p>11:00 Dance Fit</p> <p>2:00 Heart & Body Balance</p> <p>2:30 "TED Talks"</p> <p>2:30 Bayview Village</p> <p>5:40 Song Fest</p> <p>5:45 "Stars on Ice" at the Scotiabank Arena</p> <p>7:30 Movie: "Love & Friendship"</p>	<p>9:45 Yoga Exercise 4</p> <p>11:00 Saturday Crosswords</p> <p>2:30 Fiesta with Authentic Tacos & Margaritas</p> <p>3:30 Rummikub</p> <p>3:30 "The Good Wife" (S1,E1)</p> <p>3:30 Tablet & iPad Lab</p> <p>7:30 BINGO!</p> <p>7:30 Movie: "Darkest Hour"</p>
<p>9:45 Coffee and Conversation 12</p> <p>10:30 Sunday Crosswords & Word Searches</p> <p>2:30 Scrabble</p> <p>2:30 Sunday Concert: "Music of Gershwin - Pt.1"</p> <p>3:30 Rummikub</p> <p>7:30 Bridge & Euchre</p> <p>7:30 Classic Film Night: "A Kiss Before Dying"</p>	<p>10:00 Brain Gym 13</p> <p>2:00 Balance & Strength</p> <p>2:30 Our Planet Series: "Frozen Worlds"</p> <p>3:00 Therapeutic Art Workshop & Creative Corner</p> <p>3:00 Gentle Fitness</p> <p>3:45 LearnWell Lectures: The History of London</p> <p>7:30 "20th Century Women"</p> <p>7:30 Euchre</p>	<p>9:30 Get Fit Exercise 14</p> <p>10:15 Word-in-a-Word</p> <p>11:00 Yoga</p> <p>2:30 Wine & Cheese Welcoming Party: Get to Know Your Neighbours</p> <p>4:00 Cocktail Hour -Tuesday Drink: "Classic Martini"</p> <p>7:30 Quiddler Card Game</p> <p>7:30 Movie Night: "Phantom Thread"</p>	<p>9:30 Pilates 15</p> <p>10:00 Brain Gym</p> <p>10:00 Chapters/Indigo</p> <p>10:30 Catholic Mass</p> <p>11:30 Gentle Fitness</p> <p>1:30 ROM: "The Royal Arts of India" Exhibit</p> <p>2:00 Balance & Strength</p> <p>3:00 Casino Blackjack</p> <p>7:30 "Music from the 40's - 70's" Ft. The Fabulous Invictones</p>	<p>LivingWell™ Day 16</p> <p>Hearing Clinic</p> <p>10:00 Del-Fitness I</p> <p>10:30 Del - Brain Aerobics</p> <p>11:00 Del-Fitness II</p> <p>2:30 "Practicing Mindfulness"</p> <p>3:45 Super Tombole!</p> <p>7:30 BINGO</p> <p>7:30 Movie Night: "Spartacus"</p>	<p>10:00 Metro 17</p> <p>10:00 Jewelry Creations</p> <p>11:00 Dance Fit</p> <p>11:45 Lunch at Paisano's</p> <p>1:00 Gentle Fitness</p> <p>2:00 Heart & Body Balance</p> <p>2:30 TED Talks & Discussion</p> <p>2:30 Sunnybrook Stables Drive</p> <p>3:30 Knit One, Purl Two</p> <p>7:30 Movie: "Indignation"</p> <p>7:30 Bridge</p>	<p>9:45 Yoga Exercise 18</p> <p>11:00 Saturday Crosswords</p> <p>2:30 "Music and Laughter" with Marty Oakes</p> <p>3:30 Rummikub</p> <p>3:30 "The Good Wife" (S1,E3)</p> <p>3:30 Tablet & iPad Lab</p> <p>7:30 BINGO!</p> <p>7:30 Movie Night: "Going in Style"</p>
<p>9:45 Coffee and Conversation 19</p> <p>10:30 Sunday Crosswords & Word Searches</p> <p>2:30 Scrabble</p> <p>2:30 Sunday Concert: "Music of Gershwin - Pt.2"</p> <p>3:30 Rummikub</p> <p>7:30 Bridge & Euchre</p> <p>7:30 Classic Film Night: "An Affair to Remember"</p>	<p>10:00 Brain Gym 20</p> <p>2:30 Our Planet Series: "Jungles"</p> <p>3:00 Therapeutic Art Workshop & Creative Corner</p> <p>3:45 LearnWell Lectures: The History of London</p> <p>7:30 Movie Night: "Billy Elliot The Musical Live"</p> <p>7:30 Gin Rummy</p>	<p>9:30 Get Fit Exercise 21</p> <p>10:00 Community Meeting</p> <p>2:30 "Library in a Week" Adventures & Travels of Sultan Akif</p> <p>4:00 Cocktail Hour -Tuesday Drink: "Wine Sangria"</p> <p>7:30 Trivia: Travel & Culture</p> <p>7:30 Movie Night: "A Little Chaos"</p>	<p>9:30 Pilates 22</p> <p>10:00 Brain Gym</p> <p>11:30 Gentle Fitness</p> <p>2:00 Balance & Strength</p> <p>2:30 Wal-Mart</p> <p>3:00 Casino Blackjack</p> <p>7:00 "To Kill a Mockingbird" Production at Fairview LB Theatre</p> <p>7:30 BINGO</p> <p>7:30 Movie: "Love, Rosie"</p>	<p>LivingWell™ Day 23</p> <p>10:00 Del-Fitness I</p> <p>10:30 Del - Brain Aerobics</p> <p>11:00 Del-Fitness II</p> <p>2:30 LivingWell™ Lecture Series: The Canadian Novelist and Actress Joy Fielding</p> <p>3:45 Super Tombole!</p> <p>7:30 Masterpieces & Merlot</p> <p>7:30 Movie Night: "Empire of the Sun"</p>	<p>Podiatrist Visit 24</p> <p>10:00 Rosetta McClain Gardens</p> <p>10:00 Printmaking for Beginners</p> <p>11:00 Dance Fit</p> <p>2:00 Heart & Body Balance</p> <p>2:30 Nygard Outlet</p> <p>3:00 Chef Demo with Guest Chef Deryn Neermtu</p> <p>4:45 & 6:15 Guest Chef Dinner</p> <p>7:30 Movie: "Rules Don't Apply"</p> <p>7:30 Cribbage</p>	<p>9:45 Yoga Exercise 25</p> <p>11:00 Saturday Crosswords</p> <p>2:30 Spring Crafts & Fun with the Brownies</p> <p>3:30 Rummikub</p> <p>3:30 "The Good Wife" (S1,E4)</p> <p>3:30 Computer Workshop</p> <p>4:30 Tech Lab (1:1 sign up)</p> <p>7:30 BINGO!</p> <p>7:30 Movie: "A Star is Born"</p>
<p>9:45 Coffee and Conversation 26</p> <p>10:30 Sunday Crosswords & Word Searches</p> <p>2:30 Scrabble</p> <p>2:30 Sunday Concert: "Flute Concerto"</p> <p>3:30 Rummikub</p> <p>7:30 Bridge & Euchre</p> <p>7:30 Classic Film Night: "Mrs. Delafield Wants to Marry"</p>	<p>10:00 Brain Gym 27</p> <p>10:00 "The Moon Exhibit" at the Aga Khan & Lunch at Diwan</p> <p>2:00 Balance & Strength</p> <p>2:30 Our Planet: "Coastal Seas"</p> <p>3:00 Therapeutic Art Workshop & Creative Corner</p> <p>3:00 Gentle Fitness</p> <p>3:45 LearnWell Lectures: The History of London</p> <p>7:30 Movie: "Hidden Figures"</p> <p>7:30 Euchre</p>	<p>9:30 Get Fit Exercise 28</p> <p>10:00 United Church</p> <p>11:00 Yoga</p> <p>2:30 "The Strudel Festival" with the Chef</p> <p>4:00 Cocktail Hour-Tuesday Drink: "Cuba Libre"</p> <p>7:30 Quiddler Card Game</p> <p>7:30 Movie Night: "The Greatest Showman"</p>	<p>9:30 Pilates 29</p> <p>10:30 Woodbine Casino</p> <p>11:30 Gentle Fitness</p> <p>2:00 Balance & Strength</p> <p>2:30 Sherway Gardens</p> <p>3:00 Casino Blackjack</p> <p>6:30 TSO Presents: "Denk Plays Mozart" Concert</p> <p>7:30 BINGO</p> <p>7:30 Movie: "Their Finest"</p>	<p>LivingWell™ Day 30</p> <p>10:00 Del-Fitness I</p> <p>10:00 Shoppers Drug Mart</p> <p>10:30 Del - Brain Aerobics</p> <p>11:00 Del-Fitness II</p> <p>2:30 Patio Gardening Day!</p> <p>3:45 Super Tombole!</p> <p>7:30 Showcase Night: Tribute to Motown & The Groovy 60's!</p>	<p>10:00 Table Talk Meeting 31</p> <p>10:00 Jewelry Creations</p> <p>11:00 Dance Fit</p> <p>1:00 Gentle Fitness</p> <p>2:00 Heart & Body Balance</p> <p>2:30 Musical Ensemble Performs!</p> <p>2:30 Fairview Mall</p> <p>3:30 Knit One, Purl Two</p> <p>7:30 Movie: "Concussion"</p> <p>7:30 Bridge</p>	<p>Day Excursions:</p> <p>Please note that we require all residents to reserve in advance for all excursions on the Delmanor bus. Seats are limited. Please sign-up early!</p>