Baycrest @HOME

Laugh, Learn, Connect: Our virtual social engagement programs focus on sharing and the joy that comes from being together.

**Programs are subject to change and will depend on participation. Registered participants will be notified of new virtual programs or changes. Programs currently run Monday through Saturday.

Programs, by Area of Interest

MOVE

- Figaro Figaro Fitness*
- Keep On Moving
- Seated Exercise
- Sit Tall, Stand Strong*
- Stretching for EveryBODY
- Tai Chi

DISCUSS

- At The Art Gallery*
- B@H Meet Up
- Creative Conversations
- Men's Group
- Torah Talk
- Short Film Screening

SHARE

- Explorations in Multimedia*
- Jewish Folktales
- Storytelling Club
- Welcoming Shabbat

RELAX

- An Evening of Music with Avery Florence
- BINGO
- Mind, Body & Mood

LISTEN/SING

- Therapeutic Singing*
- Music Circle
- Recollectiv
- The Power of Music
- Virtual TSO*

LEARN

- Brain Games
- Classical DJ with Howard Mednick
- Tech Lab
- Travelogue
- Trivia

Baycrest @HOME

Detailed Event Listings (in Alphabetical Order)

An Evening of Music with Avery Florence
TIME: Varying Tuesdays 7:00 PM – 7:45 PM
DESCRIPTION: Avery now takes requests, please drop our resident singer/songwriter Avery a request (via info@baycrestathome.ca) and we will ask her to perform it at her next live session. Watch the schedule for Avery's program.

***NEW* At The Art Gallery**
TIME: alternating Tuesdays 7:00 PM – 7:45 PM
DESCRIPTION: Visit various art gallery collections with our resident artist and guide Bailey. Explore the world of art and learn from famous artists throughout history together.

B@H Meet Up
TIME: Wednesday 2:00 PM – 2:45 PM
DESCRIPTION: Have you ever wondered who else was participating in your programs? Here's your chance to get to know your Baycrest@Home 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!

BINGO
TIME: Monday 3:00 PM – 3:45 PM
DESCRIPTION: Who doesn't love to yell BINGO! Prizes for winners! Your card and dry erase markers are included in your Baycrest@Home welcome kit.

Brain Games
TIME: Thursday 11:00 AM – 11:45 AM
DESCRIPTION: Puzzles and other word games offer a good mental workout and a few laughs as we try to solve them together.

Classical DJ with Howard Mednick
TIME: alternating Tuesdays 3:00 PM – 3:45 PM
DESCRIPTION: Join our guest Howard Mednick for an engaging look at classical music. He brings a unique perspective and vast knowledge about old favourites and new listens!

Creative Conversations
TIME: Thursday 3:00 PM – 3:45 PM
DESCRIPTION: Join in a discussion about art and life with Bailey. This program is open to anyone with an interest in creativity and conversation. Discuss poetry and art - all you need to bring is your imagination and curiosity.

***NEW* Explorations in Multimedia**
TIME: Wednesday 3:00 PM – 3:45 PM
DESCRIPTION: Join Mixed Media artist Christina Muscatello, founder of MemoryMakers. Christina will use a variety of art forms including storytelling, art-making, and poetry writing in her weekly class. We will also welcome periodic guest artists to demonstrate and teach us their techniques. This program is meant to inspire creativity, connection, and joy.

Baycrest @HOME

***NEW* Figaro Figaro Fitness**
TIME: Friday 10:00 AM – 10:45 AM
DESCRIPTION: 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.

Friday Wrap Party
TIME: Last Friday of the month 1:00 PM – 1:45 PM
DESCRIPTION: Join the Baycrest@Home program and start the weekend off right. A celebration, a review of the month past, and singing along to musicals. TGIF!

Jewish Folktales with Rabbi Rena
TIME: Thursday 2:00 PM – 2:30 PM
DESCRIPTION: 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!

Keep on Moving
TIME: Thursday 10:00 AM – 10:45 AM
DESCRIPTION: 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.

Men's Group
TIME: Alternating Fridays 1:00 PM – 1:45 PM
DESCRIPTION: A special program for the men! In this group, we come together to engage in meaningful conversation and exchange ideas in a positive and safe environment.

Mind, Body & Mood
TIME: Friday 2:00 PM – 2:45 PM
DESCRIPTION: 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.

Music Circle
TIME: Thursday 1:00 PM – 1:45 PM
DESCRIPTION: Do you have a favourite song and want to learn more about it? Or just love hearing a wide range of songs you may not have heard in a long time or ever before? Join us for Music Circle and hear beautiful music customized to you each week!

Recollectiv
TIME: Saturday 1:00 PM – 1:30 PM
DESCRIPTION: This program brings together local Toronto musicians to perform while lyrics are shared on screen so you can sing along.

Baycrest @HOME

Seated Exercise
TIME: Monday, Wednesday 10:00 AM - 10:45 AM
DESCRIPTION: Have fun moving to the music through a variety of seated exercises designed to increase your range of movement and activity for daily living skills.

***NEW* Sit Tall, Stand Strong**
TIME: Tuesday 10:00 AM – 10:45 AM
DESCRIPTION: 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.

Short Film Screening
TIME: occasional Tuesdays 7:00 PM – 7:45 PM
DESCRIPTION: Enjoy watching an award winning short film or documentary from filmmakers around the world in this program that celebrates the connecting power of storytelling. After the film, we will have an opportunity to discuss it and learn about the filmmaker.

Storytelling Club
TIME: Tuesday 11:00 AM – 11:45 AM
DESCRIPTION: Dan Yashinsky and Eden Nameri are iconic Canadian storytellers. Join Dan and Eden for a telling of age-old stories from cultures across the world.

Stretching for EveryBODY
TIME: Tuesday 2:00 PM – 2:30 PM
DESCRIPTION: Stretching from a seated position, this class offers a variety of safe and effective options to increase flexibility and range of motion.

Tai Chi
TIME: Monday at 3:00 PM – 3:30 PM
DESCRIPTION: 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, flowing movement, and grow our practice together.

Tech Lab
TIME: Monday 2:00 PM – 2:45 PM
DESCRIPTION: 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.

The Power of Music
TIME: Monday 1:00 PM – 1:45 PM
DESCRIPTION: Steve Koven is a composer, performer, producer, educator and filmmaker. In 1993, he established the Steve Koven Trio. Coined “Canadian Cultural Ambassadors,” they’ve been touring the world for more than two decades. This program focuses on engagement through music, songs, stories and conversation.

Baycrest @HOME

***NEW* Therapeutic Singing**
TIME: Wednesday 11:00 AM – 11:45 AM
DESCRIPTION: 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!

Torah Talk with Rabbi Haber
TIME: Some Mondays 4:00 PM – 4:30 PM
DESCRIPTION: This class explores some of the deeper ideas contained within the weekly Torah readings.

Travelogue
TIME: Wednesday 1:00 PM – 1:45 PM
DESCRIPTION: Travel around the world without leaving your armchair! Visit the sights and sounds of a new country each week and if you have travelled there, we encourage you to share your stories with the group!

Trivia
TIME: Tuesday 1:00 PM – 1:45 PM
DESCRIPTION: Experts say playing trivia offers a dopamine rush, when you feel the thrill of getting the right answer. Join our trivia program for a fun mental workout!

***NEW* Virtual TSO**
TIME: Monday 11:00 AM – 11:45 AM
DESCRIPTION: 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, the session will 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.

Welcoming Shabbat with Rabbi Rena
TIME: Friday 11:00 AM – 11:45 AM
DESCRIPTION: 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.