

July 2026



Hellenic Care for Seniors (Toronto) Inc.

Newsletter



Upcoming Events

- July 1- Canada Day Celebration
- July 8- World Chocolate Day
- July 11- Pet Therapy
- July 15- Summer Carnival Day
- July 16- National Pudding Day
- July 20- International Self-Care Day
- July 21- National Peach Ice Cream Day
- July 22- Discussion on "Italian Culture"
- July 22- Resident and Staff Appreciation: Italian Cuisine
- July 29- Residents Birthday Celebration
- July 29- Pizza Day



Family members and significant people of importance to the residents are encouraged to review and participate in activities posted on the activity calendar.

Your feedback is welcomed and greatly appreciated

28TH ANNUAL CHARITY

GOLF

Tournament

WEDNESDAY, JULY 8, 2026

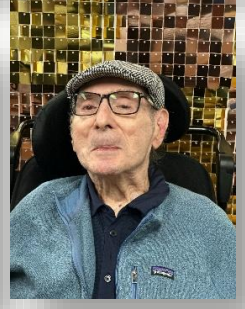
Co-Chaired By:

**PETER ANDREAKOS, EMMANUEL CONSTAS,
STEVE DEMESTIHAS, JIM PAPADOPOULOS,
SPIROS PAPATHANASAKIS, JIM VLAHOS**

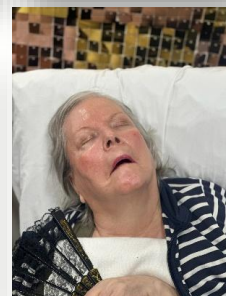
TOURNAMENT SPONSOR

Gordon
FOOD SERVICE

Photography Week



Photography Week



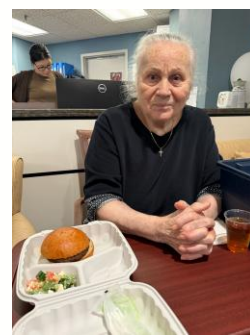
Residents Birthday Celebration



Summer Vibes at Hellenic



Seniors Month BBQ- Canadian Cuisine



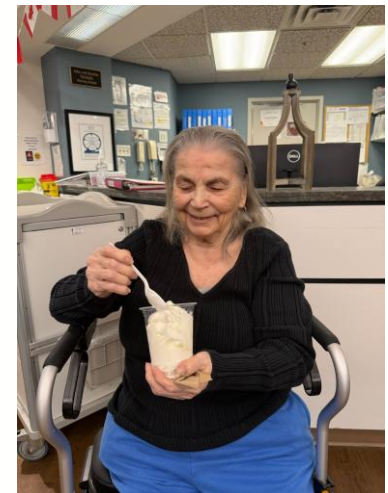
Blessing with Holy Oil



Great Vespers for The Holy Unmercenaries Service



Father's Day Celebration



Photography Week



don't forget
TO SMILE



Attention Visitors



If you have at least one of the following symptoms: fever and/or new onset of cough or difficulty breathing

OR

At least two of the following symptoms:

- chills
- fatigue
- headache
- sore throat
- runny nose
- stuffy or congested nose
- lost sense of taste or smell
- hoarse voice
- difficulty swallowing
- digestive issues (nausea/vomiting, diarrhea, stomach pain), or
- for young children and infants: sluggishness or lack of appetite

please delay your visit AND contact your health care provider, or Telehealth Ontario (1-866-797-0000)