


















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>STAYING IN TOUCH VISITS MONDAY - FRIDAY 10:15am – 4:45pm</p> <p>To schedule an appointment please contact reception</p>	<p>1 10:00 Musical Mondays: Linked Senior Cello Live (2E) 10:30 Morning Stretches (2) 11:30 Exercise Class (3) 2:00 Monday at the Movies (2E) 2:15 Travel with uOttawa student Asma (zoom)</p>	<p>2 10:00 Colouring Activities (2E) 11:00 The Lawrence Welk Show (3E) 2:00 One to One Audio Books (3E) 3:30 Sensory Activities: Touch (2E)</p>	<p>3 10:30 Exercise Class (2E) 11:30 Exercise Class (3) 2:30 Keep on Singing with Alison, Al, Debbie and Howard (3) 4:00 Lessons from the Parsha with Rabbi T. 4:15 Book Circle – Read Aloud (2E)</p>	<p>4 9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina-zoom 11:15 Bingo (2) 2:15 Holocaust Education Month – Sue & Carole Eldridge talk about Winton Kindertransport (1) 2:00 Comfort Therapy (2E) 3:00 Current Events Discussion Group (3E)</p>	<p>5 10:00 Mystery Minutes Oneg Shabbat (YouTube) 11:00 Ball Toss (2E) 11:00 Exercise Class (3) 2:00 Bingo (3 & 1W) 3:30 Virtual Travel: Spain (2E) 5:30 Seudat Shabbat (2E) Light Candles: 5:26 p.m.</p>	<p>6 SHABBAT SHALOM Parshat: TOLDOT</p> <p>10:00 Morning Strolls (2) 11:00 Word Games (3) 2:00 Comfort Therapy (2E) 3:00 Trivia - General Knowledge (3) 4:00 Afternoon Strolls (All Floors) Shabbat ends: 6:29 p.m.</p>
<p>7</p>  <p>9:30 Music Therapy with Rachel (2E) 10:30 Spiritual Care (2E) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Trivia with uOttawa student Christelle (zoom) (3) 3:30 In-Your-Seat Dance Class (3)</p>	<p>8 10:00 Musical Mondays: Linked Senior Cello Live (2E) 10:30 Morning Stretches (2) 11:30 In Your Seat Dance Class (3) 2:00 Monday at the Movies (2E) 2:15 Travel the World with uOttawa student Asma (zoom) (3)</p>	<p>9 10:00 Painting Activities (2E) 11:00 The Dean Martin Show (3E) 2:00 One to One Audio Books (3E) 2:30 Music with Noel (3) 3:30 Sensory Activities: Sound (2E)</p> 	<p>10 9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina-zoom 10:45 Exercise Class (2E) 11:30 Exercise Class (3) 2:00 Book Circle – Read Aloud (2E) 2:15 Mindfulness Meditation with uOttawa student Christelle (zoom) (3) 2:30 Keep on Singing with Alison, Al, Debbie and Howard (2) 3:00 Jumbo Cross Word (3E) 4:00 Lessons from the Parsha with Rabbi T.</p>	<p>11 REMEMBRANCE DAY</p>  <p>10:15 Remembrance Day Program 11:15 Bingo (2) 2:00 Comfort Therapy (2E) 3:00 The Price is Right! Game (3E)</p>	<p>12 10:15 Oneg Shabbat with Joel Yan, Marsha Black & Dina Sokoloff (2) 11:00 Chair Basketball (2E) 11:00 Exercise Class (3) 2:00 Bingo (3 & 1W) 3:30 World Kindness Day Gift Giving (All Floors) Light Candles: 4:18 p.m.</p> 	<p>13 SHABBAT SHALOM Parshat: VAYEITZEI</p> <p>♥ WORLD KINDNESS DAY ♥</p> <p>10:00 Matching Game (2E) 11:00 Finish the Lines (3) 2:00 Acts of Kindness Stories (2E) 3:00 What Would You Do? World Kindness Day Scenarios (3) 4:00 Afternoon Strolls (All Floors) 5:45 Havdalah with Rabbi T. (3) Shabbat ends: 5:22 p.m.</p>
<p>14 9:30 Music Therapy with Rachel (2E) 10:30 Spiritual Care (2E) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Trivia with uOttawa student Christelle (zoom) (3) 3:30 In-Your-Seat Dance Class (3)</p> 	<p>15 10:00 Musical Mondays: Linked Senior Cello Live (2E) 10:30 Morning Stretches (2) 11:30 Exercise Class (3) 2:00 Monday at the Movies (2E) 2:15 Travel the World with uOttawa student Asma (zoom) (3)</p>	<p>16 10:00 Colouring Activities (2E) 11:00 The Carol Burnett Show (3E) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3) 3:30 Sensory Activities: Aromas (2E)</p>	<p>17 10:45 Exercise Class (2E) 11:00 Mindfulness Meditation with uOttawa Student Christelle (zoom) (3) 11:30 Exercise Class (3) 2:00 Book Circle – Read Aloud (2E) 3:00 Virtual Wheel of Fortune (3E) 4:00 Lessons from the Parsha with Rabbi T.</p>	<p>18 9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 11:15 Bingo (2) 2:00 Comfort Therapy (2E) 2:30 Keep on Singing with Alison, Al, Debbie and Howard (2) 3:30 Cooking Class (3)</p> 	<p>19 10:00 Oneg Shabbat with Ranit Braun (zoom) 11:00 Balloon Volleyball (2E) 11:00 Exercise Class (3) 2:00 Bingo (3 & 1W) 3:30 Virtual Travel: Australia (2E) Light Candles: 4:11 p.m.</p>	<p>20 SHABBAT SHALOM Parshat: VAYISHLACH</p> <p>10:00 Guess the Pictures (2E) 11:00 Fact or Fiction (3) 2:00 A Shabbat Afternoon with Joel Yan (3) 4:00 Afternoon Strolls (All Floors) Shabbat ends: 5:16 p.m.</p>
<p>21 9:30 Music Therapy with Rachel (2E) 10:30 Spiritual Care (2E) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Trivia with uOttawa student Christelle (zoom) (3) 3:30 In-Your-Seat Dance Class (3)</p>	<p>22 10:00 Musical Mondays: Linked Senior Cello Live (2E) 10:30 Morning Stretches (2) 11:30 In Your Seat Dance Class (3) 2:00 Monday at the Movies (2E) 2:15 Travel the World with uOttawa student Asma (zoom) (3) 3:30 Food Committee Meeting (3E)</p>	<p>23 10:00 Painting Activities (2E) 10:45 Food Committee Meeting (2) 11:00 The Lawrence Welk Show (3E) 2:30 Therapeutic Chair Yoga and Qigong with Eric (3) 3:30 Sensory Activities: Touch (2E)</p>	<p>24 10:45 Exercise Class (2E) 11:30 Exercise Class (3) 2:00 Book Circle – Read Aloud (2E) 2:15 Mindfulness Meditation with uOttawa student Christelle (zoom) (3) 3:00 Stickman Word Games (3E) 4:00 Memorial Service with Rabbi T. (S)</p>	<p>25 9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 11:15 Bingo (2) 2:15 Pet Visit with Christine and Tinkerbell-Grace (2E) 2:15 Birthday Party with Evelyn Greenberg (3) 2:45 Birthday Party with Evelyn Greenberg (2)</p>	<p>26 10:30 Oneg Shabbat with the Ganon Preschool (zoom) 11:00 Bean Bag Toss (2E) 11:00 Exercise Class (3) 2:00 Bingo (3 & 1W) 3:30 Virtual Travel: Russia (2E) Light Candles: 4:06 p.m.</p>	<p>27 SHABBAT SHALOM Parshat: VAYEISHEV</p> <p>10:00 Let's Reminisce! (2E) 11:00 Golden Expressions (3) 2:00 Comfort Therapy (2E) 3:00 Opinions and Discussions (3) 4:00 Afternoon Strolls (All Floors)= Shabbat ends: 5:12 p.m.</p>
<p>28 CHANUKAH -1st Candle 9:30 Music Therapy with Rachel (2E) 10:00 Spiritual Care (2E) 11:00 Visual Trivia (3E) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Trivia with uOttawa student Christelle (zoom) (3) 3:30 In-Your-Seat Dance Class (3)</p>	<p>29 CHANUKAH -2nd Candle 10:00 Musical Mondays: Linked Senior Cello Live (2E) 10:30 Morning Stretches (2) 11:30 Exercise Class (3) 2:00 Monday at the Movies (2E) 2:15 Travel the World with uOttawa student Asma (zoom) (3)</p>	<p>30 CHANUKAH -3rd Candle 10:00 Colouring Activities (2E) 11:00 The Carol Burnett Show (3E) 2:00 One to One Audio Books (3E) 3:30 Sensory Activities: Sound (2E)</p>	 <p>HAPPY CHANUKAH 1st Candle - November 28th</p>			

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