








**RECREATION ACTIVITY SCHEDULE - DECEMBER 2021 NEIGHBOURHOODS 2E & 3E**

Please note: Programs are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>STAYING IN TOUCH VISITS</b> <b>MONDAY - FRIDAY</b> <b>10:15am – 4:45pm</b></p> <p>To schedule an appointment please contact reception</p>	<p><b>HAPPY CHANUKAH</b></p>  <p><b>Chanukah continues – 5 more candles!</b></p>		<p><b>1 CHANUKAH - 4<sup>th</sup> Candle</b></p> <p>10:00 In-Your-Seat Dance Class (2) 11:30 Exercise Class (3)</p> <p>2:15 Ottawa Simcha Band's Chanukah Concert (3) 4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p><b>2 CHANUKAH - 5<sup>th</sup> Candle</b> <b>HAPPY BIRTHDAY</b> <b>ALEXANDER KRAZESKY</b></p> <p>9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 11:15 Bingo (2) 2:30 Chanukah Music with Ella &amp; Evan (3) 3:30 Comfort Therapy (2E)</p>	<p><b>3 CHANUKAH - 6<sup>th</sup> Candle</b></p> <p>10:30 Oneg Shabbat with Rabbi Teitlebaum 11:00 Exercise Class (3)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: France (2E)</p> <p><b>Light Candles: 4:03 p.m.</b></p>	<p><b>4 SHABBAT SHALOM</b> <b>HAPPY BIRTHDAY</b> <b>ETHEL KERZNER</b> <b>CHANUKAH -7<sup>th</sup> Candle</b></p> <p>Parshat: MIKEITZ 10:00 Morning Strolls (2) 11:00 Aroma Therapy (3)</p> <p>5:45 Havdalah with Rabbi T. (3) <b>Shabbat ends: 5:10 p.m.</b></p>
<p><b>5 CHANUKAH -8<sup>th</sup> Candle</b></p> <p>9:30 Music Therapy with Rachel (2E) 10:30 Spiritual Care (2E) 1:30 Music Therapy with Rachel (Individual Visits) 2:15: Jumbo Crossword (3) 3:30 In-Your-Seat Dance Class (3)</p>	<p><b>6</b></p> <p>10:00 Musical Mondays: 50s Hits (2E) 11:00 Rabbi Scher from Congregation Machzikei Hadas Visits (3) 11:30 Exercise Class (3)</p> <p>2:00 Monday at the Movies (2E) 2:30 Finish the Lines (3)</p>	<p><b>7</b></p> <p>10:00 Painting Activities (2E) 11:00 The Lawrence Welk Show (3E)</p> <p>2:15 Resident Council Meeting (3E) 2:30 Visual Trivia (3) 3:30 Sensory Activities: Sound (2E)</p>	<p><b>8</b></p> <p>9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 10:00 Exercise Class (2) 11:30 Exercise Class (3)</p> <p>2:30 Keep on Singing with Al, Alison, Debbie and Howard (3) 4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p><b>9</b></p> <p>10:00 Pet Visit with Christine and Tinkerbell- Grace (All Neighbourhoods) 10:30 Taichi with Ruth (3) 11:15 Bingo (2)</p> <p>2:00 Food for Thought Game (3) 3:30 Comfort Therapy (2E)</p>	<p><b>10</b></p> <p>10:15 Oneg Shabbat with Joel Yan and Friends 11:00 Exercise Class (3)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: The Artic (2E)</p> <p><b>Light Candles: 4:02 p.m.</b></p>	<p><b>11 SHABBAT SHALOM</b> Parshat: VAYIGASH</p> <p>10:00 Comfort Therapy (2E) 11:00 Finish the Lines (3) 4:00 Afternoon Strolls( All Floors)</p> <p><b>Shabbat ends: 5:10 p.m.</b></p>
<p><b>12 HAPPY BIRTHDAY</b> <b>VERONIKA BENEDEK</b></p> <p>9:30 Music Therapy with Rachel (2E) 10:30 Spiritual Care (2E) 1:30 Music Therapy with Rachel (Individual Visits) 3:30 In-Your-Seat Dance Class (3)</p>	<p><b>13</b></p> <p>10:00 Musical Mondays: 60s Hits (2E) 10:30 Morning Stretches (2) 11:30 Exercise Class (3)</p> <p>2:00 Monday at the Movies (2E) 2:30 Music with Johnny Vegas (3)</p>	<p><b>14</b></p> <p>10:00 Colouring Activity (2E) 11:00 The Carol Burnett Show (3E)</p> <p>2:30 Celebrity Trivia (3) 3:30 Sensory Activities: Touch (2E)</p>	<p><b>15</b></p> <p>10:00 In Your Seat Dance Class (2) 11:30 Exercise Class (3)</p> <p>2:30 Keep on Singing with Al, Alison, and Howard (2) 4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p><b>16</b></p> <p>9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 11:15 Bingo (2)</p> <p>2:00 Current Events Discussion Group (3) 3:30 Comfort Therapy (2E)</p>	<p><b>17</b></p> <p>10:30 Oneg Shabbat with Rabbi Blum (zoom) 11:00 Exercise Class (3)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: China (2E)</p> <p><b>Light Candles: 4:03 p.m.</b></p>	<p><b>18 SHABBAT SHALOM</b> Parshat: VAYECHI</p> <p>10:0 Morning strolls (2E) 11:00 Fact or Fiction (3) 4:00 Afternoon Strolls (All Floors) 5:45 Havdalah with Rabbi T. (2E)</p> <p><b>Shabbat ends: 5:11 p.m.</b></p>
<p><b>19</b></p> <p>9:30 Music Therapy with Rachel (2E) 10:30 Spiritual Care (2E) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Jumbo Crossword (3) 3:30 In-Your-Seat Dance Class (3)</p>	<p><b>20</b></p> <p>10:00 Musical Mondays: 70s Hits (2E) 10:30 Morning Stretches (2) 11:30 Exercise Class (3)</p> <p>2:00 Monday at the Movies (2E) 2:30 Jeopardy (3E)</p>	<p><b>21 HAPPY BIRTHDAY</b> <b>KAY BLACKER</b></p> <p><b>FIRST DAY OF WINTER</b></p> <p>10:30 Music with Roxy Swan (3)</p> <p>2:30 Therapeutic Chair Yoga and Qigong with Eric (3) 3:30 Sensory Activities: Visual (2E)</p>	<p><b>22</b></p> <p>10:00 Exercise Class (2) 11:30 Exercise Class (3)</p> <p>2:30 Musical Trivia (3) 3:00 Book Circle – Read Aloud (2E) 4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p><b>23</b></p> <p>9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 10:00 Pet Visit -Spreading Holiday Cheer with Christine and Tinkerbell- Grace (All Neighbourhoods) 11:15 Bingo (2)</p> <p>2:00 Virtual wheel of Fortune (3) 3:30 Comfort Therapy (2E)</p>	<p><b>24 HAPPY BIRTHDAY</b> <b>EVELYN HOFFMAN</b></p> <p>10:30 Oneg Shabbat with Ranit (zoom) 11:00 Exercise Class (3)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: Brazil (2E)</p> <p><b>Light Candles: 4:06 p.m.</b></p>	<p><b>25 SHABBAT SHALOM</b> <b>HAPPY BIRTHDAY</b> <b>SAMUEL &amp; SANDRA ZUNDER</b> Parshat: SHEMOT</p>  <p><b>Merry Christmas</b> 10:00 Morning Strolls (2E) 11:00 Holiday Trivia (3) 4:00 Afternoon Strolls</p> <p><b>Shabbat ends: 5:15 p.m.</b></p>
<p><b>26</b></p> <p>9:30 Music Therapy with Rachel (2E) 10:00 Spiritual Care (2E) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Fashion Show (3) 3:30 In-Your-Seat Dance Class (3)</p>	<p><b>27</b></p> <p>10:00 Musical Mondays: 80s Hits (2E) 10:30 Morning Stretches (2) 11:30 Exercise Class (3)</p> <p>2:00 Monday at the Movies (2E) 2:30 Jumbo Crossword (3)</p>	<p><b>28 HAPPY BIRTHDAY</b> <b>OLGA ZABRODA</b></p> <p>10:00 Colouring Activities (2E) 11:00 The Dean Martin Show (3E)</p> <p>2:30 Alphabet Trivia (3) 3:30 Sensory Activities: Touch (2E)</p>	<p><b>29</b></p> <p>10:00 In Your Seat Dance Class (2) 11:30 Exercise Class (3)</p> <p>2:30 Keep on Singing with Al, Alison, Debbie and Howard (2) 4:00 Memorial Service with Rabbi T. (3)</p>	<p><b>30</b></p> <p>9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 11:15 Bingo (2) <b>2:30 Birthday Party with Joel &amp; Toby Yan (3)</b> <b>3:00 Birthday Party with Joel &amp; Toby Yan (2)</b> 3:30 Comfort Therapy (2E)</p>	<p><b>31</b></p> <p>10:30 Oneg Shabbat with Rabbi Teitlebaum 11:00 Exercise Class (3)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: USA (2E)</p> <p><b>Light Candles: 4:12 p.m.</b></p>	

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<p><b>STAYING IN TOUCH VISITS</b> <b>MONDAY - FRIDAY</b> <b>10:15am – 4:45pm</b></p> <p>To schedule an appointment please contact reception</p>	<p><b>HAPPY CHANUKAH</b></p>  <p><b>Chanukah continues – 5 more candles!</b></p>		<p><b>1 CHANUKAH - 4<sup>th</sup> Candle</b></p> <p>10:00 In-Your-Seat Dance Class (2) 11:30 Exercise Class (3)</p> <p>2:15 Ottawa Simcha Band's Chanukah Concert (3 &amp; 1W) 3:45 Movie Mania (1W) 4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p><b>2 CHANUKAH - 5<sup>th</sup> Candle</b></p> <p><b>HAPPY BIRTHDAY</b> <b>ALEXANDER KRAZESKY</b></p> <p>9:45 Connecting Creativity– (Individuals) Art Therapy Sessions with Mina (zoom) 11:15 Bingo (2) 2:30 Chanukah Music with Ella &amp; Evan (3) 3:00 Bingo (1W) 4:00 Linked Senior Activities (2W)</p>	<p><b>3 CHANUKAH - 6<sup>th</sup> Candle</b></p> <p>10:30 Oneg Shabbat with Rabbi Teitlebaum</p> <p>11:00 Exercise Class (3) 11:30 Exercise Class (1W)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: France (2W)</p> <p><b>Light Candles: 4:03p.m.</b></p>	<p><b>4 SHABBAT SHALOM</b></p> <p><b>HAPPY BIRTHDAY</b> <b>ETHEL KERZNER</b> <b>CHANUKAH - 7<sup>th</sup> Candle</b></p> <p>Parshat: MIKEITZ 10:00 Morning Strolls (2W) 11:00 Aroma Therapy (3) 2:00 Trivia around the World (1W) 5:45 Havdalah with Rabbi T. (3) <b>Shabbat ends: 5:10 p.m.</b></p>
<p><b>5 CHANUKAH - 8<sup>th</sup> Candle</b></p> <p>10:15 Music Therapy with Rachel (2W) 1:30 Music Therapy with Rachel (Individual Visits) 3:30 In-Your-Seat Dance Class (3)</p>	<p><b>6</b></p> <p>11:00 Rabbi Scher from Congregation Machzikei Hadas Visits (3) 11:30 Exercise Class (3)</p> <p>2:30 Finish the Lines (3) 3:30 Mental Aerobics (1W) 4:00 Mondays at the Movies (2W)</p>	<p><b>7</b></p> <p>10:00 Musical Morning: Cello Live (2W) 10:30 Resident Council Meeting (2W) 11:00 Exercise Class (1W)</p> <p>2:15 Resident Council Meeting (3E) 2:30 Visual Trivia (3) 4:00 Visual Trivia (2W)</p>	<p><b>8</b></p> <p>9:45 Connecting Creativity–(Individuals) Art Therapy Sessions with Mina (zoom) 10:00 Exercise Class (2) 11:30 Exercise Class (3)</p> <p>2:30 Keep on Singing with Al, Alison, Debbie and Howard (3) 3:45 Movie Mania (1W) 4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p><b>9</b></p> <p>10:00 Pet Visit with Christine and Tinkerbelle-Grace (All Neighbourhoods)</p> <p>10:30 Taichi with Ruth (3) 11:15 Bingo (2) 2:00 Food for Thought Game (3) 3:00 Bingo (1W) 4:00 Resident Council Meeting (1W) 4:00 Mental Aerobics (2W)</p> <p><b>Light Candles: 4:02 p.m.</b></p>	<p><b>10</b></p> <p>10:15 Oneg Shabbat with Joel Yan and Friends (2) 11:00 Exercise Class (3) 11:30 Exercise Class (1W)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: The Artic (2W)</p> <p><b>Light Candles: 4:02 p.m.</b></p>	<p><b>11 SHABBAT SHALOM</b> Parshat: VAYIGASH</p> <p>10:30 Morning Strolls (2W) 11:00 Finish the Lines (3)</p> <p>4:00 Finish the lines (1W) 5:45 Havdalah with Rabbi T. (1W)</p> <p><b>Shabbat ends: 5:10 p.m.</b></p>
<p><b>12 HAPPY BIRTHDAY</b> <b>VERONIKA BENEDEK</b></p> <p>10:15 Music Therapy with Rachel (2W) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Movie Time (1W) 3:30 In-Your-Seat Dance Class (3)</p>	<p><b>13</b></p> <p>10:30 Morning Stretches (2) 11:00 Resident Council Meeting (2W) 11:30 Exercise Class (3)</p> <p>2:30 Music with Johnny Vegas (3) 3:30 Mental Aerobics (1W) 4:00 Mondays at the Movies (2W)</p>	<p><b>14</b></p> <p>10:00 Musical Morning: Cello Live (2W) 11:00 Exercise Class (1W)</p> <p>2:30 What am I? Quiz (3) 4:00 What am I? Quiz (2W)</p>	<p><b>15</b></p> <p>10:00 In-Your-Seat Dance Class (2) 11:30 Exercise Class (3)</p> <p>2:30 Keep on Singing with Al, Alison, and Howard (2) 3:45 Movie Mania (1W) 4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p><b>16</b></p> <p>9:45 Connecting Creativity– (Individuals) Art Therapy Sessions with Mina (zoom) 10:15 In your Seat Dance (2W) 11:15 Bingo (2) 2:00 Current Events Discussion Group (3) 3:00 Bingo (1W) 4:00 Guess the Pictures (2W)</p>	<p><b>17</b></p> <p>10:30 Oneg Shabbat with Rabbi Blum (zoom) 11:00 Exercise Class (3) 11:30 Exercise Class (1W)</p> <p>2:00 Bingo (3) 3:30 Virtual Travel: China (2W)</p> <p><b>Light Candles: 4:03 p.m.</b></p>	<p><b>18 SHABBAT SHALOM</b> Parshat: VAYECHI</p> <p>10:00 Morning Strolls (2W) 11:00 Fact or Fiction (3) 2:00 Fact or Fiction (1W) 4:00 Afternoon Strolls (All Floors) 5:45 Havdalah with Rabbi T.(2W) <b>Shabbat ends: 5:11 p.m.</b></p>
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<p><b>26</b></p> <p>10:15 Music Therapy with Rachel (2W) 1:30 Music Therapy with Rachel (Individual Visits) 2:15 Fashion Show (1W) 3:30 In-Your-Seat Dance Class (3)</p>	<p><b>27</b></p> <p>10:30 Morning Stretches (2) 11:30 Exercise Class (3)</p> <p>2:30 Jumbo Crossword World (3) 3:30 Mental Aerobics (1W) 4:00 Mondays at the Movies (2W)</p>	<p><b>28 HAPPY BIRTHDAY</b> <b>OLGA ZABRODA</b></p> <p>10:00 Musical Morning: Cello Live (2W) 11:00 Exercise Class (1W)</p> <p>2:30 Alphabet Trivia (3) 4:00 Visual Trivia (2W)</p>	<p><b>29</b></p> <p>10:00 In-Your-Seat Dance Class (2) 11:30 Exercise Class (3)</p> <p>2:30 Keep on Singing with Al, Alison, Debbie and Howard (2) 3:45 Movie Mania (1W) 4:00 Memorial Service with Rabbi T. (3)</p>	<p><b>30</b></p> <p>9:45 Connecting Creativity – (Individuals) Art Therapy Sessions with Mina – (zoom) 11:15 Bingo (2) <b>2:30 Birthday Party with Joel &amp; Toby Yan (3)</b> <b>3:00 Birthday Party with Joel &amp; Toby Yan (2)</b></p> <p>4:00 Puzzle Games(2W)</p>	<p><b>31</b></p> <p>10:30 Oneg Shabbat with Rabbi Teitlebaum</p> <p>11:00 Exercise Class (3) 11:30 Exercise Class (1W) 2:00 Bingo (3) 3:30 Virtual Travel: USA (2W)</p> <p><b>Light Candles: 4:12 p.m.</b></p>	