







Recreation Activity Schedule

January 2023

1 WEST Neighbourhood

Please Note: Programs are subject to change.
Revised on December 30th, 2022

Your Recreation Team:
Helly, Jess, Meghan, Troy & Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY BIRTHDAY ANASTASIA OSTROVSKY HAPPY NEW YEAR 	HAPPY BIRTHDAY MICHEL MADORE 10:45 Individual Visits with Miriam and Nakomi 11:00 Christian Community Gathering (2)	2:00 Exercise (3) 2:30 Watercolour Painting 3:30 Friendly Visits 	9:45 Art Therapy 11:00 Art Therapy 11:00 Music with Roxy Swan (Cafe) 2:00 Hot Chocolate Cart (3) 2:00 Movie Matinee 2:15 Lemonade Refreshment Cart 3:00 Exercise Class (3) 4:00 Lessons from the Parsha with Rabbi T. (3)	HAPPY BIRTHDAY GLORIA DA SILVA 10:00 Pet Visits with Christine and Tinkerbell Grace 2:00 Mocktail Mixer (3) 2:30 Trivia Group 3:30 Music Appreciation	HAPPY BIRTHDAY SUE CAPLAN MCLAUGHLAN 10:30 Oneg Shabbat with Rabbi T. (2) 11:15 Exercise with Gloria (3) 2:30 Bingo (Cafe) Light Candles: 4:17 pm	Shabbat Shalom Parshat: VAYECHI 9:30 Davening/ Teffila with Rabbi T. (S) 5:45 Havdalah (1W) Shabbat Ends: 5:26 pm
10:45 Individual Music Therapy Visits with Rachel, Miriam and Nokomi 11:00 Christian Community Gathering (2)	11:00 Music with Arlene Quinn (cafe) 2:00 Exercise Class (3) 	HAPPY BIRTHDAY PETER BREAKS 10:30 The Usuals Jazz Band (Cafe) 2:30 Therapeutic Chair Yoga with Eric (3) 3:30 Trivia Group (3)	9:45 Art Therapy 11:00 Art Therapy 2:15 Resident Council Meeting (3) 4:00 Lessons from the Parsha with Rabbi T. (3)	10:00 Pet Visits with Christine and Tinkerbell Grace 11:00 Christian Mass with Father Daryold (2) 2:00 Nifty Nails 2:00 Wii Games (3) 3:30 Mental Aerobics	10:30 Oneg Shabbat with Joel Yan and Friends (3) 11:00 Exercise (3) 11:30 Exercise 2:30 Bingo (Cafe)  Light Candles: 4:26 pm	Shabbat Shalom Parshat: SHEMOT 9:30 Davening/ Teffila with Rabbi T. (S) 6:15 Musical entertainment with Howard L. 5:45 Havdalah (3) Shabbat Ends: 5:33 pm
HAPPY BIRTHDAY SHEILA BAHAR 10:45 Individual Music Therapy Visits with Rachel, Miriam and Nokomi 11:00 Christian Community Gathering (2)	11:30 Exercise 2:00 Exercise Class (3) 2:30 Program Planning Meeting for 1W 3:30 Friendly Visits	2:30 Keep on Singing with Alison, Howard and Al (3) 4:00 Book Club Discussion Group	HAPPY BIRTHDAY PATRIA SOOMER-TALBACK 9:45 Art Therapy 11:00 Art Therapy 2:00 Current Events 2:00 Exercise (3) 3:00 Christian Mass with Reverend Peate (2) 4:00 Lessons from the Parsha with Rabbi T. (3)	10:00 Pet Visits with Christine and Tinkerbell Grace 2:30 Birthday Party with Eric Luca (Cafe) 	HAPPY BIRTHDAY NANCY FRYER 10:30 Oneg Shabbat with Grade 6 Class from OJCS 11:15 Exercise (3) 2:30 Bingo (Cafe) Light Candles: 4:35 pm	Shabbat Shalom Parshat: VA'EIRA 9:30 Davening/ Teffila with Rabbi T. (S) 6:00 Havdalah (2W) Shabbat Ends: 5:42 pm
CHINESE NEW YEAR- YEAR OF THE RABBIT 10:45 Individual Music Therapy Visits with Rachel, Miriam and Nokomi 11:00 Christian Community Gathering (2)	11:30 Exercise 2:30 Special Presentation: Moutaineering the Highest Points on Earth by Harry Binks (3) 4:00 Exercise (3)	10:30 Tai Chi with Ruth (3) 2:30 Keep on Singing with Alison, Howard and Al (2) 4:00 Black Jack (3W)	HAPPY BIRTHDAY REIN MULDER 9:45 Art Therapy 11:00 Art Therapy 2:00 Lemonade Refreshment Cart (3) 3:00 Exercise (3) 4:00 Memorial Service with Rabbi T. (3)	HAPPY BIRTHDAY LIUDMILA BELINSON & CRYSTAL STOLLER 10:00 Pet Visits with Christine and Tinkerbell Grace 11:00 One to One Visits with Father Eddy 2:00 Nifty Nails 2:00 Noodle Ball (3) 3:30 Mental Aerobics	10:45 Oneg Shabbat with The Ganon Pre-school (Zoom) (3) 11:15 Exercise with Gloria (3) 2:30 Bingo (Cafe)  Light Candles: 4:44 pm	Shabbat Shalom Parshat: BO 9:30 Davening/ Teffila with Rabbi T. (S) 6:00 Havdalah (1W) Shabbat Ends: 5:51 pm
10:45 Individual Music Therapy Visits with Rachel, Miriam and Nokomi 11:00 Christian Community Gathering (2)	10:30 Music with Brian & Bobby Ukelele Strolling Minstrels 2:00 Exercise Class (3) 2:30 Trivia Group 3:00 Balloon Toss (3) 3:30 Friendly Visits	HAPPY BIRTHDAY DONALD WHITEMORE 11:00 Zumba Gold Chair with Debbie (3) 2:00 Exercise 2:00 Friendly Visits (3) 3:30 Uno (3W)	Residents are invited every Monday from 7:00 pm to 9:00 pm to the Cafe to enjoy the music of "A Touch of Klez" 