










# Recreation Activity Schedule

## January 2023

### 3EAST & 3WEST Neighbourhoods

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HAPPY BIRTHDAY ANASTASIA OSTROVSKY</b> <b>HAPPY NEW YEAR</b>  10:45 Individual Music Therapy Visits with Rachel, Miriam and Nokomi 11:00 Christian Community Gathering (2)	<b>HAPPY BIRTHDAY MICHEL MADORE</b> 10:45 Individual Visits with Miriam and Nakomi 11:00 Christian Community Gathering (2)	2:00 Exercise (3) 3:30 Black Jack (3W)  <b>HAPPY BIRTHDAY PETER BREAKS</b> 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 11:00 Music with Roxy Swan (Cafe) 2:00 Hot Chocolate Cart (3) 3:00 Exercise Class (3) 4:00 Lessons from the Parsha with Rabbi T. on Zoom (3)	<b>HAPPY BIRTHDAY GLORIA DA SILVA</b> 10:00 Pet Visits with Christine and Tinkerbell Grace 2:00 Mocktail Mixer (3) 3:30 Bocce Ball (3W)  10:00 Pet Visits with Christine and Tinkerbell Grace 11:00 Christian Mass with Father Daryold (2) 2:00 Wii Games (3) 3:30 Bocce Ball (3W)	<b>HAPPY BIRTHDAY SUE CAPLAN MCLAUGHLAN</b> 10:30 Oneg Shabbat with Rabbi T. (2) 11:15 Exercise with Gloria (3) 2:30 Bingo (Cafe)  Light Candles: 4:17 pm 10:30 Oneg Shabbat with Joel Yan and Friends (3) 11:00 Exercise (3) 2:30 Bingo (Cafe)  Light Candles: 4:26 pm <b>HAPPY BIRTHDAY NANCY FRYER</b> 10:30 Oneg Shabbat with Grade 6 Class from OJCS 11:15 Exercise (3) 2:30 Bingo (Cafe)	<b>Shabbat Shalom</b> <b>Parshat: VAYECHI</b> 9:30 Davening/ Teffila with Rabbi T. (S)  5:45 Havdalah (1W)  Shabbat Ends: 5:26 pm <b>Shabbat Shalom</b> <b>Parshat: SHEMOT</b> 9:30 Davening/ Teffila with Rabbi T. (S) 6:15 Musical entertainment with Howard L.  5:45 Havdalah (3) Shabbat Ends: 5:33 pm <b>Shabbat Shalom</b> <b>Parshat: VA'EIRA</b> 9:30 Davening/ Teffila with Rabbi T. (S) 6:00 Havdalah (2W)
<b>HAPPY BIRTHDAY SHEILA BAHAR</b> 10:45 Individual Music Therapy Visits with Rachel, Miriam and Nokomi 11:00 Christian Community Gathering (2)	2:00 Exercise Class (3) 3:30 Program Planning Meeting (3W) 	2:30 Keep on Singing with Alison, Howard and Al (3) 4:00 Book Club Discussion Group 	<b>HAPPY BIRTHDAY PATRIA SOOMER-TALBACK</b> 9:45 Art Therapy 11:00 Art Therapy 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) 4:00 Bocce Ball (3W) 	Light Candles: 4:26 pm <b>HAPPY BIRTHDAY NANCY FRYER</b> 10:30 Oneg Shabbat with Grade 6 Class from OJCS 11:15 Exercise (3) 2:30 Bingo (Cafe)	Shabbat Ends: 5:33 pm <b>Shabbat Shalom</b> <b>Parshat: VA'EIRA</b> 9:30 Davening/ Teffila with Rabbi T. (S) 6:00 Havdalah (2W)
<b>CHINESE NEW YEAR- YEAR OF THE RABBIT</b> 10:45 Individual Music Therapy Visits with Rachel, Miriam and Nokomi 11:00 Christian Community Gathering (2)	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) 	<b>HAPPY BIRTHDAY REIN MULDER</b> 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.	<b>HAPPY BIRTHDAY LIUDMILA BELINSON &amp; CRYSTAL STOLLER</b> 10:00 Pet Visits with Christine and Tinkerbell Grace 11:00 One to One Visits with Father Eddy 2:00 Noodle Ball (3) 3:30 Bocce Ball (3W)	Light Candles: 4:35 pm 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 Ends: 5:42 pm <b>Shabbat Shalom</b> <b>Parshat: BO</b> 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) 3:00 Balloon Toss (3)	<b>HAPPY BIRTHDAY DONALD WHITEMORE</b> 11:00 Zumba Gold Chair with Debbie (3) 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" 