










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Locations Legend</b> Resident's Room (RR) 3rd Floor Lounge (3L) 3rd Floor Dining Room (3) Café (Cafe) 3West Dining Room (3WDR) 3East Dining Room (3EDR) Synagogue (S) 2East Dining Room (2EDR) 2East Living Room (2ELR) 2nd Floor Dining Room (2)			9:00 Individual Music Therapy with Nokomi (RR) <b>1</b> 9:45 Art Therapy (3L) 11:00 Art Therapy (3L) 2:30 Current Events (3WDR) 4:00 Lessons from the Parsha with Rabbi T. (3EDR)	2:30 Mask Making for Purim (3) <b>2</b> 	10:30 Oneg Shabbat with Joel Yan and Friends (3WDR) <b>3</b> 11:15 Exercise (3) 2:30 Bingo (Cafe)  Light Candles : 5:34 pm	<b>Shabbat Shalom</b> <b>4</b> <b>Parshat: TETZAVEH</b> 9:30 Davening/ Teffila with Rabbi T. (S)  Shabbat Ends: 6:38 pm
10:45 Individual Music Therapy with Rachel, Miriam and Nokomi (RR) <b>5</b> 11:00 Christian Community Gathering (2EDR) 1:30 Choir Practice (3L) 1:30 Choir Practice (2ELR)	<b>HAPPY BIRTHDAY GEORGE HOPKINSON FAST OF ESTHER</b> <b>6</b> 10:30 Therapeutic Pawa of Canada Pet visit with Nancy, Kayla & Kugel (RR) 2:15 Judy's Craft Club (3) 6:30 Megillah Reading with Hershel Caytak (S)	<b>Purim</b> <b>7</b> 10:30 Megillah Reading with Hershel Caytak (S) 2:30 Ten Yad of Ottawa, Ambassador Ronen Hoffman from the Israeli Embassy, Rabbi Scher and Family from Congregation Machzikei Hadas will bring the Joy of Purim (Cafe)	<b>HAPPY BIRTHDAY EDITH LANDAU</b> <b>8</b> 9:00 Individual Music Therapy with Nokomi (RR) 9:45 Art Therapy (3L) 11:00 Art Therapy (3L) 2:30 Keep on Singing with Alison and Howard (3WDR) 4:00 Lessons from the Parsha with Rabbi T. (3EDR)	10:00 Pet Visits with Christine and Tinkerbell Grace (RR) <b>9</b> 11:00 Christian Mass with Father Daryold (2) 2:15 Food for Thought: Kitchen Visit with Patty (Reservation required) (3) 3:30 Bocce Ball (3WDR)	10:30 Oneg Shabbat with the OJCS Grade 8 Class (Cafe) <b>10</b> 11:15 Chair Exercise with Gloria (3WDR) 2:30 Bingo (Cafe)  Light Candles : 5:44 pm	<b>Shabbat Shalom</b> <b>11</b> <b>Parshat: KI TISA</b> 9:30 Davening/ Teffila with Rabbi T. (S)  Shabbat Ends: 6:47 pm
<b>HAPPY BIRTHDAY RITA LEINER</b> <b>12</b> 10:45 Individual Music Therapy with Rachel, Miriam and Nokomi (RR) 11:00 Christian Community Gathering (2EDR) 1:30 Choir Practice (3L) 1:30 Choir Practice (2ELR)	10:00 Pet Visits with Brian and Thor (RR) <b>13</b> 11:00 Zumba Gold Chair with Debbie (3EDR) 2:30 The Indian Wedding Presentation (3) 	10:30 The Usuals Jazz Band (Cafe) <b>14</b> 2:30 Therapeutic Chair Yoga with Eric (3) 	9:00 Individual Music Therapy with Nokomi (RR) <b>15</b> 9:45 Art Therapy (3L) 11:00 Art Therapy (3L) 2:30 Bocce Ball (3WDR) 4:00 Lessons from the Parsha with Rabbi T. (3EDR)	10:00 Pet Visits with Christine and Tinkerbell Grace (RR) <b>16</b> 11:15 Prize Bingo for 2nd Floor (2) 2:30 Music with Frank Scott (Cafe)	10:30 Oneg Shabbat with Rabbi Teitlebaum (3EDR) <b>17</b> 11:15 Exercise (3) 2:30 Bingo (Cafe)  Light Candles: 6:53 pm	<b>Shabbat Shalom</b> <b>18</b> <b>Parshat: VAYAKHEIL-PEKUDEI</b> 9:30 Davening/ Teffila with Rabbi T. (S)  Shabbat Ends 7:56 pm
10:45 Individual Music Therapy with Rachel, Miriam and Nokomi (RR) <b>19</b> 11:00 Christian Community Gathering (2EDR) 1:30 Choir Practice (3L) 1:30 Choir Practice (2ELR) 2:30 Congregation Machzikei Hadas Children's Group (Cafe)	2:30 Christian Mass with Reverend Peate (2) <b>20</b> 2:30 Balloon Toss (3) 	10:30 Music with Tony True-The Human Jukebox (Cafe) <b>21</b> 3:00 Program Planning Meeting for 3W (3WDR) 	9:00 Individual Music Therapy with Nokomi (RR) <b>22</b> 9:45 Art Therapy (3L) 11:00 Art Therapy (3L) 2:30 Program Planning Meeting on 3E (3EDR) 2:30 Movie Matinee - Notting Hill (3) 4:00 Lessons from the Parsha with Rabbi T. (3EDR)	10:00 Pet Visits with Christine and Tinkerbell Grace (RR) <b>23</b> 2:30 Bocce Ball (3WDR) 	10:30 Oneg Shabbat with the Ganon Preschool (Zoom) (3) <b>24</b> 11:30 Chair Exercise with Gloria (3) 2:30 Bingo (Cafe) 5:45 Seudat Shabbat with Rabbi T. (3E & 3W DR) Light Candles : 7:02 pm	<b>Shabbat Shalom</b> <b>25</b> <b>HAPPY BIRTHDAY ABE LIPSON</b> <b>Parshat: VAYIKIRA</b> 9:30 Davening/ Teffila with Rabbi T. (S)  Shabbat Ends:8:06 pm
<b>HAPPY BIRTHDAY BRENDA LIFF</b> <b>26</b> 10:45 Individual Music Therapy with Rachel, Miriam and Nokomi (RR) 11:00 Christian Community Gathering (2EDR) 1:30 Choir Practice (3L) 1:30 Choir Practice (2ELR)	10:30 Music with Ukelele Strolling Minstrels Brian & Bobby (RR) <b>27</b> 2:30 Mental Aerobics (3WDR) 	11:00 Prize Bingo for 2nd Floor (2) <b>28</b> 2:30 Keep on Singing with Alison & Howard (3) 	9:00 Individual Music Therapy with Nokomi (RR) <b>29</b> 9:45 Art Therapy (3L) 11:00 Art Therapy (3L) 2:30 Balloon Toss (3) 4:00 Memorial Service with Rabbi T. (3EDR)	10:00 Pet Visits with Christine and Tinkerbell Grace (RR) <b>30</b> 11:00 One-to-One Visits with Father Daryold (RR) 2:30 Birthday Party with Evelyn Greenberg (Cafe)	10:30 Oneg Shabbat with Ranit Braun (Zoom) (3EDR) <b>31</b> 11:15 Exercise (3) 2:30 Bingo (Cafe)  Light Candles: 7:11 pm	