

March 2023








Hillel Lodge

Recreation Activity Schedule

2 East & West Neighbourhood

Please Note: Programs are subject to change.

Your Recreation Team:
Helly, Jess, Meghan and Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Resident's Room (RR) 3rd Floor Lounge (3L) Café (Cafe) 2East Living Room (2ELR) 3rd Floor Dining Room (3) 2West Dining Room (2WDR) 3East Dining Room (3EDR) Synagogue (S) 2East Dining Room (2EDR) 2nd Floor Dining Room (2) 3West Dining Room (3WDR) 2East Nook (2EN) 2West Nook (2WN)			9:00 Individual Music Therapy with Nokomi (RR) 1 9:45 Art Therapy (3L) 11:00 Art Therapy (3L) 11:00 Sunshine Strolls (2WDR) 4:00 Lessons from the Parsha with Rabbi T. (3EDR)	2:30 Mask Making for Purim (3) 2 	10:30 Oneg Shabbat with Joel Yan and Friends (3WDR) 3 11:15 Exercise (3) 2:30 Bingo (Cafe) Light Candles : 5:34 pm	Shabbat Shalom 4 Parshat: TETZAVEH 9:30 Davening/ Teffila with Rabbi T. (S) Shabbat Ends: 6:38 pm
9:45 Music Therapy Group with Rachel, Nokomi, and Miriam (2ELR) 5 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)	HAPPY BIRTHDAY GEORGE HOPKINSON FAST OF ESTHER 6 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)	Purim 7 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)	HAPPY BIRTHDAY EDITH LANDAU 8 9:00 Individual Music Therapy with Nokomi (RR) 9:45 Art Therapy (3L) 10:30 Mini Basketball on 2W (2WDR) 11:00 Art Therapy (3L) 11:00 Sunshine Strolls (2WDR) 11:00 Snoezelen & Sensory Stimulation (2E) (RR) 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) 9 11:00 Christian Mass with Father Daryold (2) 2:15 Food for Thought: Kitchen Visit with Patty (Reservation required) (3)	10:30 Oneg Shabbat with the OJCS Grade 8 Class (Cafe) 10 11:15 Chair Exercise with Gloria (3WDR) 2:30 Bingo (Cafe) Light Candles : 5:44 pm	Shabbat Shalom 11 Parshat: KI TISA 9:30 Davening/ Teffila with Rabbi T. (S) Shabbat Ends: 6:47 pm
HAPPY BIRTHDAY RITA LEINER 12 9:45 Music Therapy Group with Rachel, Nokomi, and Miriam (2ELR) 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) 13 11:00 Zumba Gold Chair with Debbie (3EDR) 2:30 The Indian Wedding Presentation (3) 	10:30 The Usuals Jazz Band (Cafe) 14 2:30 Therapeutic Chair Yoga with Eric (3) 	9:00 Individual Music Therapy with Nokomi (RR) 15 9:45 Art Therapy (3L) 10:30 Comfort Therapy (2ELR) 10:30 Sunshine Strolls on 2W (RR) 11:00 Art Therapy (3L) 11:00 Sunshine Strolls (2WDR) 11:00 Snoezelen & Sensory Stimulation (2E) (RR) 4:00 Lessons from the Parsha with Rabbi T. (3EDR)	10:00 Pet Visits with Christine and Tinkerbell Grace (RR) 16 11:15 Prize Bingo for 2nd Floor (2) 2:30 Music with Frank Scott (Cafe)	10:30 Oneg Shabbat with Rabbi Teitlebaum (3EDR) 17 11:15 Exercise (3) 2:30 Bingo (Cafe) Light Candles: 6:53 pm	Shabbat Shalom 18 Parshat: VAYAKHEIL-PEKUDEI 9:30 Davening/ Teffila with Rabbi T. (S) Shabbat Ends 7:56 pm
9:45 Music Therapy Group with Rachel, Nokomi, and Miriam (2ELR) 19 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) 2:30 Congregation Machzikei Hadas Children's Group (Cafe) HAPPY BIRTHDAY BRENDA LIFF 26 9:45 Music Therapy Group with Rachel, Nokomi, and Miriam (2ELR) 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)	10:15 Friendly Visits on 2E (RR) 20 10:30 Mini Basketball on 2W (2WDR) 11:00 Sing Along Videos (2EDR) 2:30 Christian Mass with Reverend Peate (2) 10:30 Music with Ukelele Strolling Minstrels Brian & Bobby (RR) 27 	10:15 Balloon Toss (2EN) 21 10:30 Music with Tony True-The Human Jukebox (Cafe) 10:30 Sunshine Strolls (2WN) 10:35 Balloon Toss on 2W (2WDR) 11:00 Sunshine Strolls (2ELR) 11:00 Prize Bingo for 2nd Floor (2) 28 2:30 Keep on Singing with Alison & Howard (3) 	9:00 Individual Music Therapy with Nokomi (RR) 22 9:45 Art Therapy (3L) 11:00 Art Therapy (3L) 11:15 Comfort Therapy (2ELR) 4:00 Lessons from the Parsha with Rabbi T. (3EDR) 9:00 Individual Music Therapy with Nokomi (RR) 29 9:45 Art Therapy (3L) 10:00 Mini Basketball on 2W (2WDR) 10:30 Comfort Therapy (2ELR) 11:00 Art Therapy (3L) 11:00 Sunshine Strolls (2WDR) 11:00 Snoezelen & Sensory Stimulation (2E) (RR) 4:00 Memorial Service with Rabbi T. (3EDR)	10:00 Pet Visits with Christine and Tinkerbell Grace (RR) 23  10:00 Pet Visits with Christine and Tinkerbell Grace (RR) 30 11:00 One-to-One Visits with Father Daryold (RR) 2:30 Birthday Party with Evelyn Greenberg (Cafe)	10:30 Oneg Shabbat with the Ganon Preschool (Zoom) (3) 24 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	Shabbat Shalom 25 HAPPY BIRTHDAY ABE LIPSON Parshat: VAYIKIRA 9:30 Davening/ Teffila with Rabbi T. (S) Shabbat Ends: 8:06 pm
					10:30 Oneg Shabbat with Ranit Braun (Zoom) (3EDR) 31 11:15 Exercise (3) 2:30 Bingo (Cafe) Light Candles: 7:11 pm	