










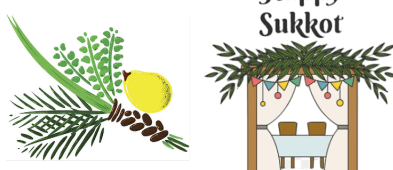


September 2023 Recreation Activity Schedule

Hillel Lodge 1W Neighbourhood

Please Note: Programs are subject to change.

Your Recreation Team:
Jess, Danielle, Maia,
Jayme, Stella, Meghan, Helly and Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> Resident's Room (RR) Café (Cafe) 3rd Floor Dining Room (3) 1West (1W) 3rd Floor Lounge (3L) Synagogue (S) 3East Dining Room (3EDR) 2East Dining Room (2EDR) 3West Dining Room (3WDR) Garden (G)					10:30 Oneg Shabbat (3EDR) 1 11:15 Exercise (3) 2:30 Bingo (Cafe) 5:45 Seudat Shabbat (3) 6:00 Seudat Shabbat (1W) Light Candles: 7:23 PM	Shabbat Shalom 2 Shabbat Ends: 8:24 PM
 3	LABOUR DAY 4 7:00 Monday Evening BINGO with Barbara & Joel (3) 	3:00 Music with Danielle (1W) 5 	9:45 Art Therapy Group with Mindy and Andrea (3L) 6 11:00 Art Therapy Group with Mindy and Andrea (3L) 4:00 Lessons from the Parsha with Rabbi T. (1W)	2:30 Trivia (1W) 7 	10:30 Oneg Shabbat Shofar Making with Rabbi Blum (Cafe) 8 11:15 Exercise (3) 2:30 Bingo (Cafe) 5:45 Seudat Shabbat (3) 6:00 Seudat Shabbat (2W) Light Candles: 7:10 PM	Shabbat Shalom 9 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) 2:30 Companionship Connections One-to-One Visits on 1W (RR) Shabbat Ends: 8:10 PM
BIKING FOR BUBBIES 10 9:30 Individual Music Therapy with Miriam (RR) 10:30 Individual Music Therapy with Miriam (RR) 11:00 Biking for Bubbies Music with Eric Luca (G) 1:00 Individual Music Therapy with Miriam (RR)	10:30 Pet visits with Thor on 1W (RR) 11 2:00 Pet Visits with Louis on 3rd floor (RR) 2:30 Java Music Club (S) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	10:30 The Usuals Jazz Band (Cafe) 12 	9:45 Art Therapy Group with Mindy and Andrea (3L) 13 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Music with Danielle (1W) 4:00 Lessons from the Parsha with Rabbi T. (1W)	10:00 Pet Visits with Tinkerbell Grace and Annie Rose on 2nd floor (RR) 14 11:00 Ecumenical Service with Father Daryold (2EDR) 2:30 Keep on Singing with Alison & Howard on 2nd floor (2EDR)	EREV ROSH HASHANAH 15 10:30 Oneg Shabbat (3EDR) 11:15 Exercise (3) 2:30 Bingo (Cafe) Light Candles: 6:56 PM	Shabbat Shalom ROSH HASHANAH DAY 1 16 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) Light Candles After: 7:57 PM
ROSH HASHANAH DAY 2 17 9:30 Individual Music Therapy with Miriam (RR) 10:30 Individual Music Therapy with Miriam (RR) 1:00 Individual Music Therapy with Miriam (RR) Holiday Ends: 7:55 PM	10:30 Pet Visits with Kugel on 3rd floor (RR) 18 2:00 Pet visits with Louis on 2nd floor (RR) 2:30 Java Music Club (S) 7:00 Monday Evening BINGO with Barbara & Joel (3)	11:00 Ecumenical with Reverend Peate (2EDR) 19 2:30 Therapeutic Chair Yoga with Eric (3WDR) 6:00 Companionship Connections One-to-One Visits on 1W (RR)	9:45 Art Therapy Group with Mindy and Andrea (3L) 20 10:30 Individual Music Therapy with Miriam (RR) 10:30 Balloon Toss on 1W (1W) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:15 Music with Danielle on 3rd floor (3EDR) 4:00 Lessons from the Parsha with Rabbi T. (1W)	10:00 Pet Visits with Tinkerbell Grace and Ruby Lynn on 1W (RR) 21 2:30 Birthday Party with Evelyn Greenberg (Cafe)	10:30 Oneg Shabbat with The Ganon Pre-school (Zoom) (3EDR) 22 11:30 Exercise with Gloria Schwartz (3) 2:30 Bingo (Cafe) 5:45 Seudat Shabbat (3) 6:00 Seudat Shabbat (1W) Light Candles: 6:34 PM	Shabbat Shalom AUTUMN BEGINS 23 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) 3:30 Board Games (1W) Shabbat Ends: 7:43 PM
EREV YOM KIPPUR 24 9:30 Individual Music Therapy with Miriam (RR) 10:30 Individual Music Therapy with Miriam (RR) 1:00 Individual Music Therapy with Miriam (RR) 6:30 KOL NIDRE (S) Light Candles: 6:39 PM	YOM KIPPUR 25 9:30 Synagogue Yizkor (S) 2:30 Pet Visits with Tinkerbell Grace and Annie Rose on 3rd floor (RR)  Holiday Ends: 7:39 PM	2:30 An Hour with Guest Speaker Professor Gerry Cammy (3WDR) 26 	9:45 Art Therapy Group with Mindy and Andrea (3L) 27 10:30 Music with Danielle (2EDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 4:00 Memorial Service with Rabbi T. (3EDR)	10:30 Tai Chi with Ruth (3EDR) 28 11:00 Ecumenical Service with Father Daryold (2EDR) 2:30 Keep on Singing with Alison, Alison & Howard on 3rd Floor (3EDR) 	EREV SUKKOT 29 10:30 Oneg Shabbat with Joel Yan & Friends (3) 2:30 Bingo (Cafe)  Light Candles: 6:29 PM	Shabbat Shalom SUKKOT 30 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) Light Candles After: 7:29 PM