




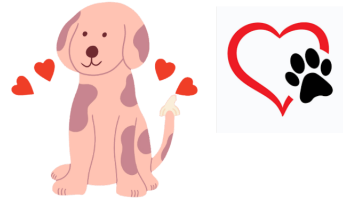





September 2023  
Hillel Lodge

Recreation Activity Schedule  
2E & 2W 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
<div>Locations Legend</div> <div>Resident's Room (RR) Café (Cafe) 2East Dining Room (2EDR) 3rd Floor Dining Room (3) 3rd Floor Lounge (3L) Synagogue (S) 3East Dining Room (3EDR) 2West Dining Room (2WDR)</div>	<div>3West Dining Room (3WDR) 1West (1W) Garden (G) 3East Living Room (3ELR) 2West Nook (2WN) 2East Nook (2EN) 2East Living Room (2ELR) 2West Living Room (2WLR)</div>				<div>10:30 Oneg Shabbat (3EDR) <b>1</b> 11:15 Exercise (3) 2:30 Bingo (Cafe)</div> <div>5:45 Seudat Shabbat (3) 6:00 Seudat Shabbat (1W) Light Candles: 7:23 PM</div>	<div>Shabbat Shalom <b>2</b> 2:30 Ring Toss (2EDR)</div> <div>Shabbat Ends: 8:24 PM</div>
<div>happy LONG WEEKEND!</div> <div><b>3</b></div>	<div>LABOUR DAY <b>4</b> 7:00 Monday Evening BINGO with Barbara &amp; Joel (3)</div> <div></div>	<div>2:00 Pet Visits with Louis on 2E (RR) <b>5</b></div> <div></div>	<div>9:45 Art Therapy Group with Mindy and Andrea (3L) <b>6</b> 10:30 Balloon Toss (2EDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:15 Music with Danielle (2WDR)</div>	<div>10:00 Pet Visits with Tinkerbell Grace and Ruby Lynn on 2E (RR) <b>7</b></div> <div></div>	<div>10:30 Oneg Shabbat Shofar Making with Rabbi Blum (Cafe) <b>8</b> 11:15 Exercise (3) 2:30 Bingo (Cafe) 6:00 Companionship Connections One-to-One Visits on 2E (RR) 5:45 Seudat Shabbat (3) 6:00 Seudat Shabbat (2W) Light Candles: 7:10 PM</div>	<div>Shabbat Shalom <b>9</b> 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe)</div> <div>Shabbat Ends: 8:10 PM</div>
<div>BIKING FOR BUBBIES <b>10</b> 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) 2:30 Companionship Connections One-to-One Visits on 2E (RR)</div>	<div>10:30 Ring Toss (2EDR) <b>11</b> 11:15 Friendly Visits on 2W (RR) 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)</div>	<div>10:30 The Usuals Jazz Band (Cafe) <b>12</b> 6:00 Companionship Connections One-to-One Visits on 2E (RR)</div>	<div>9:45 Art Therapy Group with Mindy and Andrea (3L) <b>13</b> 10:30 Travel Documentaries (Rick Steeves) (2EDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:15 Travel Documentaries (Rick Steeves) (2EDR) 2:00 Israel with Rick Steeves (3ELR) 4:00 Lessons from the Parsha with Rabbi T. (1W)</div>	<div>10:00 Pet Visits with Tinkerbell Grace and Annie Rose on 2nd floor (RR) <b>14</b> 11:00 Ecumenical Service with Father Daryold (2EDR) 2:30 Keep on Singing with Alison &amp; Howard on 2nd floor (2EDR)</div>	<div>EREV ROSH HASHANAH <b>15</b> 10:30 Oneg Shabbat (3EDR) 11:15 Exercise (3) 2:30 Bingo (Cafe)  Light Candles: 6:56 PM</div>	<div>Shabbat Shalom <b>16</b> ROSH HASHANAH DAY 1 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) 3:30 Companionship Connections One-to-One Visits on 2W (RR)  Light Candles After: 7:57 PM</div>
<div>ROSH HASHANAH DAY 2 <b>17</b> 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</div>	<div>10:30 Pet Visits with Kugel on 3rd floor (RR) <b>18</b> 10:30 Music with Brian &amp; Bobby Ukelele Strolling Minstrels (2WN) 11:00 Music with Brian &amp; Bobby Ukelele Strolling Minstrels (2EN) 2:00 Pet visits with Louis on 2nd floor (RR) 2:30 Java Music Club (S) 7:00 Monday Evening BINGO with Barbara &amp; Joel (3)</div>	<div>11:00 Ecumenical with Reverend Peate (2EDR) <b>19</b> 2:30 Therapeutic Chair Yoga with Eric (3WDR)</div>	<div>9:30 Music Therapy with Miriam (2EDR) <b>20</b> 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Individual Music Therapy with Miriam (RR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:15 Balloon Toss (2WDR) 2:15 Music with Danielle on 3rd floor (3EDR) 4:00 Lessons from the Parsha with Rabbi T. (1W)</div>	<div>10:30 Comfort Therapy (2ELR) <b>21</b> 11:15 Interactive Session on Netflix (2WLR) 2:30 Birthday Party with Evelyn Greenberg (Cafe)</div>	<div>10:30 Oneg Shabbat with The Ganon Pre-school (Zoom) (3EDR) <b>22</b> 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</div>	<div>Shabbat Shalom <b>23</b> AUTUMN BEGINS 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) 2:30 Companionship Connections One-to-One Visits on 2E (RR)  Shabbat Ends: 7:43 PM</div>
<div>EREV YOM KIPPUR <b>24</b> 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</div>	<div>YOM KIPPUR <b>25</b> 9:30 Synagogue Yizkor (S) 2:30 Pet Visits with Tinkerbell Grace and Annie Rose on 3rd floor (RR)  Holiday Ends: 7:39 PM</div>	<div>10:30 Balloon Toss (2WDR) <b>26</b> 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3WDR) 6:00 Companionship Connections One-to-One Visits on 2E (RR)</div>	<div>9:45 Art Therapy Group with Mindy and Andrea (3L) <b>27</b> 10:30 Music with Danielle (2EDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 4:00 Memorial Service with Rabbi T. (3EDR)</div>	<div>10:30 Tai Chi with Ruth (3EDR) <b>28</b> 11:00 Ecumenical Service with Father Daryold (2EDR) 2:30 Keep on Singing with Alison, on 3rd Floor ()</div>	<div>EREV SUKKOT <b>29</b> 10:30 Oneg Shabbat with Joel Yan &amp; Friends (3)  2:30 Bingo (Cafe)  Light Candles: 6:29 PM</div>	<div>Shabbat Shalom <b>30</b> SUKKOT 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) 3:30 Balloon Toss (2WDR)  Light Candles After: 7:29 PM</div>