









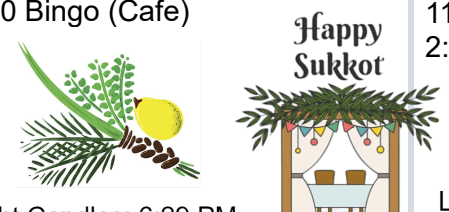


September 2023 Recreation Activity Schedule

Hillel Lodge 3W & 3E 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) 3East Dining Room (3EDR) 3rd Floor Dining Room (3) 3rd Floor Lounge (3L)		Synagogue (S) 3West Dining Room (3WDR) 2East Dining Room (2EDR) 1West (1W) 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 3:30 Companionship Connections One-to-One Visits on 3E (RR) Shabbat Ends: 8:24 PM
 3	LABOUR DAY 4 7:00 Monday Evening BINGO with Barbara & Joel (3) 	11:00 Zumba Gold Chair with Debbie (3EDR) 5 	9:45 Art Therapy Group with Mindy and Andrea (3L) 6 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Friendly Visits on 3W (RR)	10:30 Nursing Rehab Exercise Class (3EDR) 7 3:30 Friendly Visits on 3W (RR)	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) 3:30 Bocce Ball (3WDR) 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) 3:00 Companionship Connections One-to-One Visits on 3W (RR)	2:00 Pet Visits with Louis on 3rd floor (RR) 11 2:30 Java Music Club (S) 3:30 Balloon Toss (3W) (3) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	10:30 The Usuals Jazz Band (Cafe) 12 2:30 Trivia (3EDR) 3:30 Trivia (3WDR)	9:45 Art Therapy Group with Mindy and Andrea (3L) 13 11:00 Art Therapy Group with Mindy and Andrea (3L) 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) 6:00 Companionship Connections One-to- One Visits on 3W (RR) Light Candles: 6:56 PM	Shabbat Shalom ROSH HASHANAH DAY 1 16 9:30 Shabbat Services (S) 11:40 Kiddish (Cafe) 2:30 Balloon Toss (3EDR) 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) 3:30 News and Views (3WDR) 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)	9:45 Art Therapy Group with Mindy and Andrea (3L) 20 10:30 Individual Music Therapy with Miriam (RR) 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)	2:30 Birthday Party with Evelyn Greenberg (Cafe) 21 	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) 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 Sir Alison, Al & 3rd Floor (3) 	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) 2:30 Companionship Connections One-to- One Visits on 1W (RR) Light Candles After: 7:29 PM