October 2023 Hillel Lodge



Recreation Activitiy Schedule 3W & 3E Neighbourhoods

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SUKKOT DAY 2 9:30 Sukkot Service (S)	SUKKOT: 1st Intermediate Day 2 11:30 Food Committee Meeting on 3W (3WDR) 2:30 Sukkot Party at JCC Sukkah (ON) 7:00 Monday Evening BINGO with Barbara & Joel (3)	SUKKOT: 2nd Intermediate Day 3 10:30 The Usuals Jazz Band (Cafe) 2:00 Pet Visits with Louis on 3rd floor (RR) 2:30 Music Videos (3EDR) 6:00 Companionship Connections (One-to-One Visits) (RR)	 SUKKOT: 3rd Intermediate Day 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Pet visits with Brian and Thor (RR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 4:00 Lessons from the Parsha with Rabbi T. (1W) 	SUKKOT: 4th Intermediate Day 5 10:00 Pet Visits with Tinkerbell Grace on 2nd floor (RR) 10:30 Nursing Rehab Exercise Class (3) 2:30 Friendly Visits on 3W (RR)	HOSHANA RABA 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (2EDR)610:45 Individual Music Therapy with Miriam (RR)11:15 Exercise (3)11:15 Exercise (3) 2:30 Bingo (Cafe)5:45 Seudat Shabbat (3) 6:00 Seudat Shabbat (1W) Light Candles: 6:16 PM	Shabbat Shalom SHEMINI ATZERET 9:30 Shabbat Services (S) 11:00 YIZKOR (Cafe)7Light Candles After 7:16 PM
SIMCHAT TORAH89:30 Simhat Torah Service (S)9:30 Music Therapy with Miriam (2ELR)10:30 Individual Music Therapy with Miriam (RR)1:00 Individual Music Therapy with Miriam (RR)1:00 Individual Music Therapy with Miriam (RR)2:00 Companionship Connections (One-to-One Visits) (2EDR)Holiday Ends: 7:14 PM	THANKSGIVING 9 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3) 9 8 N G G 7 25 44 57 62 15 22 40 50 70 11 30 10 27 39 59 75	 11:00 Zumba Gold Chair with Debbie (3EDR) 2:30 Music with Danielle on 3rd floor (3EDR) 6:00 Companionship Connections (One-to-One Visits) (RR) 	 9:45 Art Therapy Group with Mindy and Andrea (3L) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:00 News and Views (3WDR) 2:00 Pet visits with Louis on 2nd floor (RR) 2:30 Music Videos (3EDR) 4:00 Lessons from the Parsha with Rabbi T. (1W) 	10:00 Pet Visits with Tinkerbell Grace on 1st floor (RR)1210:30 Tai Chi with Ruth (3EDR)11:00 Christian Service with Father Daryold (2EDR)2:30 Bowling on 3W (3WDR)	 10:30 Oneg Shabbat with the Ganon Preschool (Cafe) 10:45 Individual Music Therapy with Miriam (RR) 11:30 Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) Light Candles: 6:03 PM 	Shabbat Shalom 9:30 Shabbat Services (S) 3:30 Yahtzee (3ELR) Shabbat Ends: 7:04 PM
9:30 Music Therapy with Miriam (2ELR)1510:30 Individual Music Therapy with Miriam (RR)1:00 Individual Music Therapy with Miriam (RR)1:00 Individual Music Therapy with Miriam (RR)2:30 Companionship Connections on 3W (One-to-One Visits) (RR)3:30 Companionship Connections on 3E (One-to-One Visits) (RR)	 10:30 Music with Danielle on 3W (3) 2:00 Pet Visits with Louis on 3rd floor (RR) 2:30 Java Music Club (S) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3WDR) 7:00 Monday Evening BINGO with Barbara & Joel (3) 	 11:00 Ecumenical with Reverend Peate (2EDR) 2:30 Therapeutic Chair Yoga with Eric (3WDR) 6:00 Companionship Connections (One-to-One Visits) (RR) 	 9:45 Art Therapy Group with Mindy and Andrea (3L) 11:00 Art Therapy Group with Mindy and Andrea (3L) 1:30 Scenic Drive Outing: Champlain Lookout in Gatineau Park (ON) 4:00 Lessons from the Parsha with Rabbi T. (1W) 	 10:00 Pet Visits with Tinkerbell Grace & Annie Rose on 2nd floor (RR) 11:00 Program Planning Meeting for 3W (3WDR) 2:45 Program Planning Meeting for 3E (3EDR) 	10:30 Oneg Shabbat with Ottawa Jewish Community School Grade 6 Class (Cafe) 20 11:15 Exercise (3) 2:30 Bingo (Cafe) 7 25 44 57 62 15 22 40 50 70 11 30 100 46 74 2 28 37 55 68 10 27 39 59 75 Light Candles: 5:51 PM	Shabbat Shalom 9:30 Shabbat Services (S) 3:30 Bocce Ball (3WDR) Shabbat Ends: 6:52 PM
9:30 Music Therapy with Miriam (2ELR) 10:30 Individual Music Therapy with Miriam (RR) 1:00 Individual Music Therapy with Miriam (RR)	2:30 Java Music Club (S) 3:00 Music with Noel (Cafe) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3) 23	 2:30 News and Views on 3W (3WDR) 6:00 Companionship Connections (One-to-One Visits) (RR) 	 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Music with Danielle on 3E (3EDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Giant Crossword Puzzle on 3W (3WDR) 4:00 Memorial Service with Rabbi T. (1W) 4:00 Lessons from the Parsha with Rabbi T. (1W) 	 10:00 Pet Visits with Tinkerbell Grace and Ruby Lynn on 3rd floor (RR) 11:00 Christian Mass with Father Daryold (2) 2:30 Birthday Party with Evelyn Greenberg (Cafe) 	 10:15 Oneg Shabbat with Joel Yan & Friends (Cafe) 11:30 Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) Light Candles: 5:40 PM 	Shabbat Shalom 9:30 Shabbat Services (S) 2:00 Companionship Connections (One-to-One Visits) (RR) Shabbat Ends: 6:41 PM
9:30 Music Therapy with Miriam (2ELR)2910:30 Individual Music Therapy with Miriam (RR)10:30 Ottawa Modern Jewish School Program (S)10:00 Individual Music Therapy with Miriam (RR)2:30 Gustave Goldmann in Concert (Cafe)	 10:30 News & Views (3) 2:00 Pet Visits with Louis on 2nd floor (RR) 2:30 Java Music Club (S) 3:00 Bowling on 3W (2) 7:00 Monday Evening BINGO with Barbara & Joel (3) 	2:30 Trivia on 3W (3WDR) 31 6:00 Companionship Connections (One-to-One Visits) (RR)	Scenic Fall Leaves Drive to Champlain Lookout in Gatine Wednesday, October 18th at If interested, please speak to	1:30 PM		s Legend 1West (1W) 2East Dining Room (2EDR) 2East Living Room (2ELR) Outside Neighborhood (ON) 2nd Floor Dining Room (2) 3East Living Room (3ELR)

Please Note: Programs are subject to change.

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