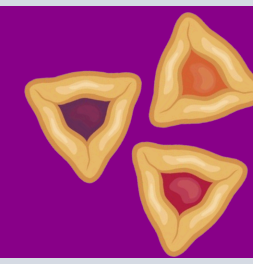
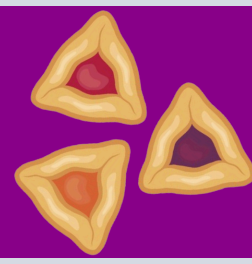




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| <p><u>Locations Legend</u></p> <p>1West (1W) Resident's Room (RR) 3rd Floor Dining Room (3) Café (Cafe) 3rd Floor Lounge (3L) 3West Dining Room (3WDR) Synagogue (S) 3East Dining Room (3EDR) 2East Living Room (2ELR) Outside Neighborhood (ON) 2West Nook (2WN)</p> | <p><i>spring forward</i></p> <p>Don't forget to set your clocks 1-hour forward this Sunday</p> | <p>Welcome Spring</p> | <p>LUNCH OUTING TO DENNY'S DINER Tuesday, March 26th at 12:00 PM</p> <p>Please contact the Recreation Team if you are interested in attending!</p> | <p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 11:15 Chair Exercise (3) 2:30 Bingo (Cafe)</p> <p>1</p> | <p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 11:15 Chair Exercise (3) 2:30 Bingo (Cafe)</p> <p>1</p> | <p>Shabbat Shalom Parshat: KI TISA 2</p> <p>9:30 Shabbat Services (S) 10:00 Balloon Toss (1W) (1W) 2:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Shabbat Ends: 6:36 PM</p> |
| <p>10:30 Sunshine Strolls (1W) 3 1:00 Individual Music Therapy with Miriam (RR) 2:15 Choir Practice with Miriam (3WDR) 2:20 Wii Jeopardy on 1W (1W) 3:30 Companionship Connections One-to-One Visits on 1W (RR)</p> | <p>10:30 Contemporary Sing-A-Long: Piano Music with Danielle (3WDR) 4 11:00 Program Planning Meeting for 1W (1W) 2:30 Nifty Nails on 1W (1W) 3:30 Pet Visits with Kayla and Kugel on 2nd Floor (RR) 3:45 Montessori Activities (1W)</p> | <p>1:00 Photo Reminiscing; Showcase (1W) 5 6:00 Companionship Connections (One-to-One Visits) (RR) 7:00 Tuesday Evening BINGO with Joel (3)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 6 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:00 Food Committee Meeting on 1W (1W) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p> | <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 1W (RR) 7 10:00 Family Feud on 3E vs 3W (3) 10:30 Nursing Rehab Exercise Class (3) 11:15 Balloon Toss (2WN) 1:30 Book Club Discussion Group (1W)</p> | <p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 8 11:15 Chair Exercise (3) 2:30 Bingo (Cafe) 4:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Light Candles: 5:33 PM</p> | <p>Shabbat Shalom Parshat: VAYAKHEIL 9</p> <p>9:30 Shabbat Services (S) 10:00 Scrabble (Cafe) 4:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Shabbat Ends: 6:45 PM</p> |
| <p>DAY LIGHT SAVING TIME BEGINS: Spring Forward 1 Hour 10</p> <p>1:00 Individual Music Therapy with Miriam (RR) 2:15 Choir Practice with Miriam (3WDR)</p> | <p>11:15 Zumba Gold Chair with Debbie (3) 11 2:30 Nifty Nails on 1W (1W) 2:30 Bowling on 3rd Floor (3) 3:45 Montessori Activities (1W) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p> | <p>10:30 The Usuals Jazz Band (Cafe) 12 3:30 Dance Club (1W) 4:00 Companionship Connections One-to-One Visits on 1W (RR)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 13 10:30 Pet visits with Brian and Thor on 2nd Floor (RR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:00 Mask Making for Purim (1W) 2:00 Music Appreciation (1W) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p> | <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 3rd Floor (RR) 14 11:00 Tai Chi with Ayumi on 3W (3WDR) 11:00 Christian Mass with Father Daryold (2ELR) 4:00 Companionship Connections (One-to-One Visits) (RR)</p> | <p>10:45 Oneg Shabbat with The Ganon Preschool (Cafe) 15 11:15 Chair Exercise (Cafe) 2:30 Bingo (Cafe) 4:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Light Candles: 5:42 PM</p> | <p>Shabbat Shalom Parshat: PEKUDEI 16</p> <p>9:30 Shabbat Services (S) 10:00 Companionship Connections (One-to-One Visits) (RR) 2:00 Axe Throwing on 1W (1W)</p> <p>Shabbat Ends: 6:45 PM</p> |
| | | | | | <p>Light Candles: 6:52 PM</p> | <p>Shabbat Ends: 7:55 PM</p> |



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|---|
| <p>1:00 Individual Music Therapy with Miriam (RR) 17</p> <p>2:15 Choir Practice with Miriam (3WDR)</p> | <p>10:30 Musical Entertainment with Tony True (Cafe) 18</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy on 3E (3EDR)</p> <p>2:30 Nifty Nails on 1W (1W)</p> <p>3:45 Montessori Activities (1W)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p> | <p>SPRING BEGINS 19</p> <p>11:00 Memorial Service (S)</p> <p>2:30 Therapeutic Chair Yoga with Eric on 1W (1W)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 20</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>2:00 Price is Right (1W)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (1W)</p> | <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 1W (RR) 21</p> <p>11:00 Christian Mass with Father Daryold (2ELR)</p> <p>2:30 Guest Speaker Rabbi Mikelburg: "Esther as a Heroine of our times and the importance of her story in modernity" (3)</p> <p>4:00 Companionship Connections One-to-One Visits on 1W (RR)</p> | <p>10:30 Oneg Shabbat with Ottawa Jewish Community School (3EDR) 22</p> <p>11:30 Chair Exercise with Gloria (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>4:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Light Candles: 7:01 PM</p> | <p>Shabbat Shalom Parshat: VAYIKIRA 23</p> <p>9:30 Shabbat Services (S)</p> <p>8:10 Megillah Reading (3)</p> <p>Shabbat Ends: 8:04 PM</p> |
| <p>PURIM 24</p> <p>10:30 Megillah Reading (3)</p> <p>1:00 Individual Music Therapy with Miriam (RR)</p> <p>2:15 Choir Practice with Miriam (3WDR)</p> | <p>10:30 Sunshine Strolls (ON) 25</p> <p>2:30 Nifty Nails on 1W (1W)</p> <p>3:45 Montessori Activities (1W)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p> | <p>11:00 Jewish Songs and Prayers with Cantor Bielak (3) 26</p> <p>12:00 Outing: Lunch at Denny's (ON)</p> <p>2:00 Rock Painting (1W)</p> <p>3:30 Dance Club (1W)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 27</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>2:00 Armchair Travel to England (1W)</p> <p>2:30 Bowling on 3rd Floor (3)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (1W)</p> | <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 3rd Floor (RR) 28</p> <p>2:30 Birthday Party with Evelyn Greenberg (Cafe)</p> <p>4:00 Companionship Connections (One-to-One Visits) (RR)</p> | <p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 29</p> <p>11:30 Chair Exercise with Gloria (3)</p> <p>2:30 Bingo (Cafe)</p> <p>4:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Light Candles: 7:10 PM</p> | <p>Shabbat Shalom Parshat: TZAV 30</p> <p>9:30 Shabbat Services (S)</p> <p>10:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Shabbat Ends: 8:14 PM</p> |
| <p>1:00 Individual Music Therapy with Miriam (RR) 31</p> <p>2:15 Choir Practice with Miriam (3WDR)</p> <p>2:25 Giant Crossword on 1W (1W)</p> <p>3:30 Companionship Connections (One-to-One Visits) (RR)</p> | | | | | | <p>Locations Legend</p> <p>1West (1W)</p> <p>Resident's Room (RR)</p> <p>3rd Floor Dining Room (3)</p> <p>Café (Cafe)</p> <p>3rd Floor Lounge (3L)</p> <p>3West Dining Room (3WDR)</p> <p>Synagogue (S)</p> <p>3East Dining Room (3EDR)</p> <p>2East Living Room (2ELR)</p> <p>Outside Neighborhood (ON)</p> <p>2West Nook (2WN)</p> |