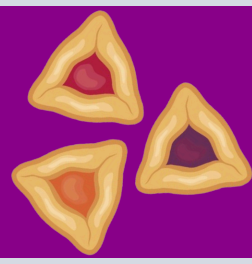


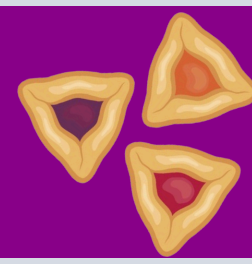


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Resident's Room (RR) 2East Living Room (2ELR) 3rd Floor Dining Room (3) 1West (1W) Café (Cafe) 2West Living Room (2WLR) 3rd Floor Lounge (3L) 3West Dining Room (3WDR) Synagogue (S) 3East Dining Room (3EDR) 2nd Floor Dining Room (2) 2East Dining Room (2EDR) 2West Dining Room (2WDR) Outside Neighborhood (ON) 2West Nook (2WN)</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) 1 11:15 Chair Exercise (3) 2:30 Bingo (Cafe)</p> <p>Light Candles: 5:33 PM</p>	<p>Shabbat Shalom Parshat: KI TISA 2</p> <p>9:30 Shabbat Services (S) 2:00 Companionship Connections (One-to-One Visits) (RR) 3:00 Finish The Proverb (2ELR)</p> <p>Shabbat Ends: 6:36 PM</p>
<p>10:30 Music Therapy Group on 2E with Miriam (RR) 3 10:30 Sunshine Strolls (1W) 1:00 Individual Music Therapy with Miriam (RR) 2:15 Choir Practice with Miriam (3WDR) 2:20 Wii Jeopardy on 1W (1W)</p>	<p>9:30 Java Time (2ELR) 4 10:15 Staying in Touch (RR) 10:30 Contemporary Sing-A-Long: Piano Music with Danielle (3WDR) 11:00 Friendly Visits on 2E (RR) 1:30 Prize Bingo for 2E (2) 3:00 Companionship Connections One-to-One Visits on 2E (RR) 3:30 Pet Visits with Kayla and Kugel on 2nd Floor (RR) 4:15 Montessori Activities (2WLR) 4:15 Montessori Activities (2ELR)</p>	<p>9:30 Java Time (2ELR) 5 10:30 Axe Throwing on 2E (2ELR) 3:00 Music Appreciation/Sing along (2WDR) 3:00 Mental Aerobics (2ELR) 4:00 Companionship Connections One-to-One Visits on 2E (RR) 6:00 Companionship Connections (One-to-One Visits) (RR) 7:00 Tuesday Evening BINGO with Joel (3)</p>	<p>9:30 Java Time (2ELR) 6 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Food Committee Meeting on 2W (2WDR) 10:30 Sunshine Strolls on 2E (2ELR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Bowling on 2E (2ELR) 4:00 Lessons from the Parsha with Rabbi T. (1W) 4:00 Companionship Connections One-to-One Visits on 2E (RR)</p>	<p>9:30 Companionship Connections One-to-One Visits on 2E (RR) 7 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W (RR) 10:00 Family Feud on 3E vs 3W (3) 10:15 Staying in Touch (RR) 10:30 Nursing Rehab Exercise Class (3) 11:15 Balloon Toss (2WN) 2:00 Snoezelen Cart on 2E (RR) 3:30 Sunshine Strolls on 2W (RR)</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: 5:42 PM</p>	<p>Shabbat Shalom Parshat: VAYAKHEIL 9</p> <p>9:30 Shabbat Services (S) 2:00 Ring Toss on 2E (2EDR) 3:00 Balloon Toss (2W) (2) 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>10:30 Music Therapy Group on 2E with Miriam (RR) 1:00 Individual Music Therapy with Miriam (RR) 2:15 Choir Practice with Miriam (3WDR)</p>	<p>9:30 Java Time (2ELR) 11 10:15 Staying in Touch (RR) 10:30 Snoezelen Cart on 2E (RR) 10:45 Program Planning Meeting for 2W (2WLR) 11:15 Zumba Gold Chair with Debbie (3) 2:30 Bowling on 3rd Floor (3) 3:00 Companionship Connections One-to-One Visits on 2E (RR) 4:00 Montessori Activities (2ELR) 4:15 Montessori Activities (2WLR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>10:30 The Usuals Jazz Band (Cafe) 12</p> <p>10:30 Java Time (2ELR) 2:00 Mask Making for Purim (2WLR) 3:00 Mental Aerobics (2ELR) 3:30 Dance Club (1W) 4:00 Companionship Connections One-to-One Visits on 2E (RR)</p>	<p>9:30 Java Time (2ELR) 13 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:00 Companionship Connections (One-to-One Visits) 2W (RR) 10:30 Pet visits with Brian and Thor on 2nd Floor (RR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 1:30 Sunshine Strolls on 2E (2ELR) 2:30 Bowling on 2E (2ELR) 4:00 Lessons from the Parsha with Rabbi T. (1W) 4:00 Companionship Connections One-to-One Visits on 2E (RR)</p>	<p>9:30 Companionship Connections One-to-One Visits on 2E (RR) 14 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:15 Staying in Touch (RR) 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: 6:52 PM</p>	<p>Shabbat Shalom Parshat: PEKUDEI 16</p> <p>9:30 Shabbat Services (S) 10:00 Companionship Connections (One-to-One Visits) (RR) 3:00 Comfort Therapy (2E) (2ELR)</p> <p>Shabbat Ends: 7:55 PM</p>



Recreation Activity Schedule

2 WEST & 2 EAST



Please note: Programs are subject to change.

Your Recreation Team:
Danielle, Maya, Katie, Sarah
Jayme, Stella, Jess & Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Music Therapy Group on 2E with Miriam (RR) 17</p> <p>1:00 Individual Music Therapy with Miriam (RR)</p> <p>2:15 Choir Practice with Miriam (3WDR)</p>	<p>10:15 Staying in Touch (RR) 18</p> <p>10:30 Musical Entertainment with Tony True (Cafe)</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy on 3E (3EDR)</p> <p>3:00 Companionship Connections One-to-One Visits on 2E (RR)</p> <p>4:00 Montessori Activities (2ELR)</p> <p>4:15 Montessori Activities (2WLR)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p>	<p>SPRING BEGINS 19</p> <p>11:00 Memorial Service (S)</p> <p>2:00 Snoezelen Cart on 2E (RR)</p> <p>2:30 Therapeutic Chair Yoga with Eric on 1W (1W)</p> <p>4:00 Sunshine Strolls on 2W (RR)</p> <p>4:00 Companionship Connections One-to-One Visits on 2E (RR)</p>	<p>9:30 Java Time (2ELR) 20</p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L)</p> <p>10:00 Companionship Connections (One-to-One Visits) 2W (RR)</p> <p>10:30 Mini Basketball on 2E (2EDR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:00 Book Club Discussion Group (2WLR)</p> <p>1:30 Sunshine Strolls on 2E (2ELR)</p> <p>2:00 Price is Right (1W)</p> <p>2:30 Bowling on 2E (2ELR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (1W)</p> <p>4:00 Companionship Connections One-to-One Visits on 2E (RR)</p>	<p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W (RR) 21</p> <p>10:15 Staying in Touch (RR)</p> <p>11:00 Christian Mass with Father Daryold (2ELR)</p> <p>2:30 Keep on Singing with Alison, Al, Howard and Debbie on 2nd Floor (2)</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 2E (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 23</p> <p>Parshat: VAYIKIRA</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 Music Therapy Group on 2E with Miriam (RR)</p> <p>10:30 Megillah Reading (3)</p> <p>1:00 Individual Music Therapy with Miriam (RR)</p> <p>1:30 Balloon Toss on 2E (2EDR)</p> <p>2:15 Choir Practice with Miriam (3WDR)</p> <p>2:30 Craft on 2E (2ELR)</p> <p>4:00 Companionship Connections One-to-One Visits on 2E (RR)</p>	<p>9:30 Java Time (2ELR) 25</p> <p>10:15 Staying in Touch (RR)</p> <p>11:00 Friendly Visits on 2E (RR)</p> <p>1:30 Prize Bingo for 2E (2)</p> <p>3:00 Companionship Connections One-to-One Visits on 2E (RR)</p> <p>4:00 Montessori Activities (2ELR)</p> <p>4:15 Montessori Activities (2WLR)</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>1:30 Java Time (2ELR)</p> <p>3:00 Mental Aerobics (2ELR)</p> <p>3:30 Dance Club (1W)</p> <p>4:00 Companionship Connections (One-to-One Visits) 2W (RR)</p> <p>4:00 Companionship Connections One-to-One Visits on 2E (RR)</p> <p>6:30 Movie Mania on 2E (1W)</p> <p>7:00 Snoezelen Cart on 2E (RR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 27</p> <p>10:00 Companionship Connections (One-to-One Visits) 2W (RR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:00 Book Club Discussion Group (2WLR)</p> <p>2:00 Armchair Travel to England (1W)</p> <p>2:30 Bowling on 3rd Floor (3)</p> <p>4:00 Memorial Service with Rabbi T. (1W)</p>	<p>9:30 Companionship Connections One-to-One Visits on 2E (RR) 28</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</p> <p>10:15 Staying in Touch (RR)</p> <p>10:30 Rock Painting (2WLR)</p> <p>2:30 Birthday Party with Evelyn Greenberg (Cafe)</p> <p>4:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>Light Candles: 7:10 PM</p>	<p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) 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 30</p> <p>Parshat: TZAV</p> <p>9:30 Shabbat Services (S)</p> <p>10:00 Companionship Connections (One-to-One Visits) (RR)</p> <p>2:00 Balloon Toss (2E) (2EDR)</p> <p>3:00 Comfort Therapy (2W) (2WLR)</p> <p>Shabbat Ends: 8:14 PM</p>

10:30 Music Therapy Group on 2E with Miriam (RR) **31**

10:30 Sunshine Strolls (ON)

1:00 Individual Music Therapy with Miriam (RR)

2:15 Choir Practice with Miriam (3WDR)

3:30 Companionship Connections (One-to-One Visits) (RR)



Locations Legend

- Resident's Room (RR)
- 2East Living Room (2ELR)
- 3rd Floor Dining Room (3)
- 1West (1W)
- Café (Cafe)
- 2West Living Room (2WLR)
- 3rd Floor Lounge (3L)
- 3West Dining Room (3WDR)
- Synagogue (S)
- 3East Dining Room (3EDR)
- 2nd Floor Dining Room (2)
- 2East Dining Room (2EDR)
- 2West Dining Room (2WDR)
- Outside Neighborhood (ON)
- 2West Nook (2WN)