


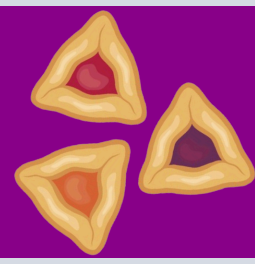


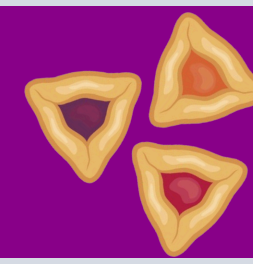


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Resident's Room (RR) 3rd Floor Dining Room (3) 3West Dining Room (3WDR) 3rd Floor Lounge (3L) Café (Cafe) 1West (1W) 3East Living Room (3ELR) 3East Dining Room (3EDR) Synagogue (S) 3West Living Room (3WLR) 3East Nook (3EN) 2East Living Room (2ELR) 2West Nook (2WN) Outside Neighborhood (ON)</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) 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) 4:00 Yahtzee (3ELR)</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)</p>	<p>10:00 Companionship Connections One-to-One Visits on 3W (RR) 4 10:00 Arts and Crafts on 3E (3L) 10:30 Contemporary Sing-A-Long: Piano Music with Danielle (3WDR) 11:00 Montessori (RR) 2:30 Piano Music: Yiddisheh Sing-Along with Danielle (3WDR) 2:30 Discussion Group on 3E (3ELR) 3:30 Pet Visits with Kayla and Kugel on 2nd Floor (RR) 3:30 Companionship Connections One-to-One Visits on 3E (RR)</p>	<p>10:00 Companionship Connections One-to-One Visits on 3W (RR) 5 10:30 Food Committee Meeting on 3E (3EDR) 11:00 Companionship Connections One-to-One Visits on 3E (RR) 11:15 Food Committee Meeting on 3W (3WDR) 2:30 Keep on Singing with Alison, Howard and Debbie on 3rd Floor (3) 4:00 Companionship Connections One-to-One Visits on 3E (RR) 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 10:00 Sunshine Strolls on 3E (3EN) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Companionship Connections on 3W (One-to-One Visits) (RR) 2:30 Art Class: Painting & Sketching (3L) 2:30 Bocce Ball on 3E (3EDR) 3:30 Companionship Connections One-to-One Visits on 3E (RR) 4:00 Lessons from the Parsha with Rabbi T. (1W) 6:30 Companionship Connections One-to-One Visits on 3W (RR)</p>	<p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W (RR) 7 10:00 Family Feud on 3E vs 3W (3) 10:30 Nursing Rehab Exercise Class (3) 11:00 Companionship Connections One-to-One Visits on 3E (RR) 11:15 Balloon Toss (2WN) 2:30 Companionship Connections One-to-One Visits on 3W (RR) 2:30 Mini Basketball on 3E (3ELR) 3:30 Music Appreciation on 3E (RR) 3:30 Montessori Activities (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) 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>10:00 Montessori (RR) 11:00 Program Planning Meeting for 3E (3ELR) 1:00 Individual Music Therapy with Miriam (RR) 2:15 Choir Practice with Miriam (3WDR) 2:30 Arts and Crafts on 3E (3L) 3:30 Companionship Connections One-to-One Visits on 3E (RR)</p>	<p>9:30 Companionship Connections One-to-One Visits on 3E (RR) 11 10:00 Companionship Connections One-to-One Visits on 3W (RR) 11:15 Zumba Gold Chair with Debbie (3) 2:30 Bowling on 3rd Floor (3) 3:30 1:1 Mental Aerobics (RR) 4:00 Sunshine Strolls on 3W (3WLR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>10:30 The Usuals Jazz Band (Cafe) 12</p> <p>2:30 Companionship Connections on 3W (One-to-One Visits) (RR) 2:30 Montessori (RR) 3:30 Dance Club (1W) 4:00 Sunshine Strolls on 3W (3WLR) 4:00 Companionship Connections on 3W (One-to-One Visits) (RR) 6:00 Companionship Connections One-to-One Visits on 3E (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) 2:30 Program Planning Meeting on 3W (3WDR) 4:00 Lessons from the Parsha with Rabbi T. (1W) 6:30 Montessori Activities (RR) 7:30 Companionship Connections on 3W (One-to-One Visits) (RR)</p>	<p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 14 10:00 Companionship Connections One-to-One Visits on 3W (RR) 11:00 Tai Chi with Ayumi on 3W (3WDR) 11:00 Christian Mass with Father Daryold (2ELR) 11:00 Companionship Connections One-to-One Visits on 3E (RR) 11:00 Classical Piano Music Concert with Danielle (3WDR) 4:00 Companionship Connections One-to-One Visits on 3E (RR) 4:00 Companionship Connections (One-to-One Visits) (RR)</p>	<p>10:00 Companionship Connections One-to-One Visits on 3W (RR) 15 10:45 Oneg Shabbat with The Ganon Preschool (Cafe) 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) 4:00 Scrabble (Cafe)</p> <p>Shabbat Ends: 7:55 PM</p>



Recreation Activity Schedule

3 WEST & 3 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>10:00 Companionship Connections One-to-One Visits on 3W (RR) 17</p> <p>11:00 Montessori Activities (RR)</p> <p>1:00 Individual Music Therapy with Miriam (RR)</p> <p>2:15 Choir Practice with Miriam (3WDR)</p> <p>2:30 Piano Music: Contemporary Sing-Along with Danielle (3WDR)</p> <p>4:00 You Be The Judge on 3W (3WLR)</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>3:30 Companionship Connections One-to-One Visits on 3E (RR)</p> <p>4:00 Companionship Connections on 3W (One-to-One Visits) (RR)</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>2:30 Mask Making for Purim (3L)</p> <p>2:30 Companionship Connections One-to-One Visits on 3E (RR)</p> <p>3:30 Sensory Box on 3E (RR)</p> <p>4:00 Companionship Connections on 3W (One-to-One Visits) (RR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 20</p> <p>10:00 Balloon Toss on 3E (3ELR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:00 Montessori (RR)</p> <p>2:00 Price is Right (1W)</p> <p>2:30 Classical Piano Music Concert with Danielle (3WDR)</p> <p>3:30 Companionship Connections One-to-One Visits on 3E (RR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (1W)</p> <p>6:30 Montessori Activities (RR)</p> <p>7:30 Companionship Connections One-to-One Visits on 3W (RR)</p>	<p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W (RR) 21</p> <p>10:00 Companionship Connections One-to-One Visits on 3W (RR)</p> <p>10:00 Arts and Crafts on 3E (3L)</p> <p>11:00 Christian Mass with Father Daryold (2ELR)</p> <p>11:00 Companionship Connections One-to-One Visits on 3E (RR)</p> <p>11:00 News and Views on 3W (3WDR)</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 Sunshine Strolls (Cafe)</p> <p>4:00 Balloon Toss (3ELR)</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 Megillah Reading (3)</p> <p>1:00 Individual Music Therapy with Miriam (RR)</p> <p>2:15 Choir Practice with Miriam (3WDR)</p>	<p>10:00 Companionship Connections One-to-One Visits on 3E (RR) 25</p> <p>10:30 Music with Brian & Bobby Ukelele Strolling Minstrels on 3W (3WLR)</p> <p>11:00 Music with Brian & Bobby Ukelele Strolling Minstrels on 3E (3ELR)</p> <p>2:30 Board Games on 3E (3ELR)</p> <p>2:30 Lets Paint: Portraits and Positive Affirmations (3L)</p> <p>3:30 Companionship Connections One-to-One Visits on 3E (RR)</p> <p>4:00 Companionship Connections on 3W (One-to-One Visits) (RR)</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>11:00 Companionship Connections One-to-One Visits on 3W (RR)</p> <p>12:00 Outing: Lunch at Denny's (ON)</p> <p>2:30 A Trip to Israel: Virtual Trans-Atlantic Travel (3WDR)</p> <p>2:30 Companionship Connections One-to-One Visits on 3E (RR)</p> <p>3:30 Dance Club (1W)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 27</p> <p>10:00 Scavenger Hunt on 3E (3EN)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:00 Sunshine Strolls on 3E (3EN)</p> <p>2:00 Armchair Travel to England (1W)</p> <p>2:30 Bowling on 3rd Floor (3)</p> <p>3:30 Companionship Connections One-to-One Visits on 3E (RR)</p> <p>4:00 Memorial Service with Rabbi T. (1W)</p> <p>6:30 Montessori Activities (RR)</p> <p>7:30 Companionship Connections One-to-One Visits on 3W (RR)</p>	<p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 28</p> <p>10:00 Mental Aerobics on 3E (3ELR)</p> <p>11:00 Montessori (RR)</p> <p>11:15 Trivia Group (3WLR)</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) 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>4:00 Yahtzee (3ELR)</p> <p>Shabbat Ends: 8:14 PM</p>

1:00 Individual Music Therapy with Miriam (RR) **31**

2:15 Choir Practice with Miriam (3WDR)

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



Locations Legend

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