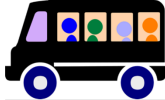


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>July Outing</div> <div>Tuesday, July 30th</div> <div>5:00 PM</div> <div>Please contact the Recreation Team if you are interested in attending!</div> <div></div>	<div>Canada Day 1</div> <div>10:30 Music with Tony True (Cafe)</div> <div>2:30 Nifty Nails on 1W (1W)</div> <div>2:30 Canada Day Karaoke (Cafe)</div> <div>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</div>	<div>10:30 Dog Walk Fashion Show (Cafe) 2</div> <div>2:30 Toby & Joel's Adventure Down Under to New Zealand and Australia (3)</div> <div>6:00 Snoezelen - Multisensory Activities (ON)</div>	<div>9:45 Art Therapy Group with Mindy and Andrea (3L) 3</div> <div>10:00 Visiting Farm Animals with Sugar Hill Farm (ON)</div> <div>10:00 Green Thumb Club with Celia on 3rd Floor (G)</div> <div>11:00 Art Therapy Group with Mindy and Andrea (3L)</div> <div>4:00 Lessons from the Parsha with Rabbi T. (1W)</div>	<div>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 4</div> <div>10:00 Green Thumb Club with Celia 1W (G)</div> <div>10:00 Sunshine Strolls (ON)</div> <div>10:30 Nursing Rehab Exercise Class (3)</div> <div>2:30 Dance Club Western Themed (1W)</div>	<div>10:30 Oneg Shabbat with Camp Gan Israel (Cafe) 5</div> <div>11:15 Chair Exercise (3)</div> <div>2:30 Bingo (Cafe)</div> <div>Seudat Shabbat: 3rd Floor at 5:45 pm 2W at 6:00 pm</div> <div>Light Candles at 8:36 pm</div>	<div>Shabbat Shalom 6</div> <div>9:30 Shabbat Services (S)</div> <div>Shabbat ends at 9:50 pm</div>
<div>11:00 Christian Community Gathering (2ELR) 7</div> <div>1:00 Individual Music Therapy with Rachel (RR)</div>	<div>10:00 Green Thumb Club with Celia on 3rd Floor (G) 8</div> <div>10:30 Pet Visits with Kayla and Kugel on 3rd Floor (RR)</div> <div>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)</div> <div>7:00 Monday Evening BINGO with Joel (3)</div>	<div>10:30 The Usuals Jazz Band (Cafe) 9</div> <div>4:00 Program Planning Meeting for 1W (1W)</div>	<div>9:45 Art Therapy Group with Mindy and Andrea (3L) 10</div> <div>10:00 Mindfulness Moment in the Garden (G)</div> <div>10:00 Mindfulness Moment in the Garden (G)</div> <div>10:30 Pet visits with Brian and Thor on 2nd Floor (RR)</div> <div>11:00 Art Therapy Group with Mindy and Andrea (3L)</div> <div>1:00 Jewish Songs and Prayers with Cantor Bielak (3)</div> <div>4:00 Lessons from the Parsha with Rabbi T. (1W)</div> <div>4:00 Puzzles (3L)</div>	<div>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W (RR) 11</div> <div>10:00 Green Thumb Club with Celia on 2nd Floor (G)</div> <div>11:00 Christian Service with Father Daryold (2ELR)</div> <div>11:00 Tai Chi with Ruth (3EDR)</div> <div>2:30 Dance Club (1W)</div>	<div>10:30 Oneg Shabbat with Camp Gan Israel (Cafe) 12</div> <div>11:15 Chair Exercise with Debbie (3)</div> <div>2:30 Bingo (Cafe)</div> <div>Seudat Shabbat: 3rd Floor at 5:45 pm 1W at 6:00 pm</div> <div>Light Candles at 8:32 pm</div>	<div>Shabbat Shalom 13</div> <div>9:30 Shabbat Services (S)</div> <div>Shabbat ends at 9:44 pm</div>
<div>11:00 Christian Community Gathering (2ELR) 14</div> <div>1:00 Individual Music Therapy with Rachel (RR)</div> <div>2:30 Jewish Sing Along with Rabbi Charles and Friends (Cafe)</div> <div>4:00 Sensory Stimulation Activities in the Garden (G)</div>	<div>10:00 Green Thumb Club with Celia on 1W (G) 15</div> <div>10:00 Sunshine Strolls (G)</div> <div>10:30 Mindfulness Colouring Group (3L)</div> <div>2:30 Nifty Nails on 1W (1W)</div> <div>2:30 Bocce Ball (3EDR)</div> <div>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</div>	<div>10:30 Zumba Gold Chair with Debbie (3EDR) 16</div> <div>10:40 Mindfulness Moment (1W)</div> <div>2:30 Birthday Party with Evelyn Greenberg (Cafe)</div>	<div>10:30 Balloon Volleyball (G) 17</div> <div>2:00 Armchair Travel to Nepal (1W)</div> <div>2:30 A Fun Chat with Rabbi Scher (3)</div> <div>4:00 Lessons from the Parsha with Rabbi T. (1W)</div>	<div>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 18</div> <div>10:00 Green Thumb Club with Celia on 3rd Floor (G)</div> <div>10:00 Mindfulness Moment in Garden (G)</div>	<div>10:30 Oneg Shabbat with Camp Gan Israel (Cafe) 19</div> <div>11:15 Chair Exercise with Debbie (3)</div> <div>2:30 Bingo (Cafe)</div> <div>Seudat Shabbat: 3rd Floor at 5:45 pm 2W at 6:00 pm</div> <div>Light Candles at 8:26 pm</div>	<div>Shabbat Shalom 20</div> <div>9:30 Shabbat Services (S)</div> <div>Shabbat ends at 9:37 pm</div>

RECREATION ACTIVITY
SCHEDULE
1 WEST

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Sunshine Strolls (G) 21 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:00 Scrabble (Cafe)	10:00 Green Thumb Club with Celia on 2nd Floor (G) 22 11:00 Memorial Service (S) 2:30 Nifty Nails on 1W (1W) 7:00 Monday Evening BINGO with Joel (3)	10:30 1:1 Music Appreciation (RR) 23 2:30 Therapeutic Chair Yoga with Eric (1W) 2:30 Snoezelen - Multisensory Activities (ON) 6:30 Karaoke with Katie (1W)	9:45 Art Therapy Group with Mindy and Andrea (3L) 24 10:30 Sunshine Strolls (ON) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Puzzles (3L) 4:00 Lessons from the Parsha with Rabbi T. (1W) 4:00 Memorial Service with Rabbi T. (1W) 5:00 BBQ (1W) (G)	10:00 Pet Visits with Christine & Tinkerbelle Grace on 2nd Floor (RR) 25 10:00 Green Thumb Club with Celia on 1W (G) 11:00 Christian Service with Father Daryold (2ELR) 2:30 Dance Club (1W)	10:30 Oneg Shabbat with Camp Gan Israel (Cafe) 26 11:15 Chair Exercise (3) 2:30 Bingo (Cafe) Seudat Shabbat: 3rd Floor at 5:45 pm 1W at 6:00 pm Light Candles at 8:19 pm	Shabbat Shalom 27 9:30 Shabbat Services (S) Shabbat ends at 9:28 pm
11:00 Christian Community Gathering (2ELR) 28 11:00 Sensory Stimulation Activities in the Garden (G) 1:00 Individual Music Therapy with Rachel (RR) 2:30 Snoezelen - Multisensory Activities (ON) 3:30 Sunshine Strolls (3) (Cafe)	10:00 Green Thumb Club with Celia on 3rd Floor (G) 29 10:00 Name that Tune (2W) (2WDR) 2:30 Balloon Toss (3EDR) 2:30 Technology Club and Education (2WDR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	2:00 Scrabble with Katie (1W) 30 5:00 Dinner Outing (ON)	9:45 Art Therapy Group with Mindy and Andrea (3L) 31 11:00 Art Therapy Group with Mindy and Andrea (3L) 4:00 Lessons from the Parsha with Rabbi T. (1W)		Please note: Programs are subject to change. For the most updated information on Recreation Programs, please see your neighbourhood Info-Television on a daily basis, located outside each Dining Room.	



Locations Legend	
1West (1W)	Outside Neighborhood (ON)
Garden (G)	2East Living Room (2ELR)
Café (Cafe)	Synagogue (S)
3rd Floor Dining Room (3)	3East Dining Room (3EDR)
3rd Floor Lounge (3L)	2West Dining Room (2WDR)
Resident's Room (RR)	