July 2024
Hillel Lodge



## RECREATION ACTIVITY SCHEDULE 2 EAST & 2 WEST

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

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

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## RECREATION ACTIVITY SCHEDULE 2 EAST & 2 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) 2:15 Music Therapy on 2E with Rachel (2ELR)	10:00 Green Thumb Club with Celia on 2nd Floor (G) 11:00 Memorial Service (S) 3:30 Sensory Stimulation Activities in the Garden (G) 7:00 Monday Evening BINGO with Joel (3)	10:00 Balloon Toss on 2E (2EDR) 10:30 1:1 Music Appreciation (RR) 2:30 Therapeutic Chair Yoga with Eric (1W) 2:30 Mental Aerobics on 2E (2ELR) 2:30 Snoezelen - Multisensory Activities (ON) 4:00 Nifty nails on 2E (2EN) 6:30 Karaoke with Katie (1W)	9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Java Time (2ELR) 10:30 Sunshine Strolls (ON) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Bowling on 2E (2ELR) 2:30 Puzzles (3L) 3:30 Comfort Therapy on 2E (2ELR) 4:00 Lessons from the Parsha with Rabbi T. (1W) 4:00 Memorial Service with Rabbi T. (1W)	10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)  11:00 Christian Service with Father Daryold (2ELR)  11:00 Workout Video 2 WEST (2WDR)  2:30 Dance Club (1W)  4:00 Hymn Sing (2EDR)	10:30 Oneg Shabbat with Camp Gan Israel (Cafe) 11:15 Chair Exercise (3) 2:30 Bingo (Cafe)  Seudat Shabbat: 3rd Floor at 5:45 pm 1W at 6:00 pm	Shabbat Shalom 27 9:30 Shabbat Services (S)			
10:00 Sunshing Strolls in the	10:00 Groop Thumb Club	10:00 Ralloon Toss (2\M\N) ••	9:45 Art Therapy Group 31		Light Candles at 8:19 pm	Shabbat ends at 9:28 pm			
10:00 Sunshine Strolls in the Garden for 2E (G)  11:00 Christian Community Gathering (2ELR)  11:00 Sensory Stimulation Activities in the Garden (G)  1:00 Individual Music Therapy with Rachel (RR)  2:15 Music Therapy on 2E with Rachel (2ELR)  2:30 Snoezelen - Multisensory Activities (ON)  3:30 Sunshine Strolls (3) (Cafe)	with Celia on 3rd Floor (G)  10:00 Sensory Stimulation Activities in the Garden (G)  1:30 Prize Bingo for 2E (2)  2:30 Balloon Toss (3EDR)  2:30 Technology Club and Education (2WDR)  7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	10:00 Balloon Toss (2WN) 30 10:30 Java Time (2ELR) 2:00 Scrabble with Katie (1W) 3:00 Mental Aerobics (2ELR) 5:00 Dinner Outing (ON)	9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Java Time (2ELR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:30 Bowling on 2E (2ELR) 3:30 Comfort Therapy on 2E (2ELR) 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.				
	Happ Cana * Day	ida *			Locations  2East Living Room (2ELR) Garden (G) Café (Cafe) 1West (1W) 3rd Floor Dining Room (3) 3rd Floor Lounge (3L) Resident's Room (RR) Outside Neighborhood (ON)	2East Dining Room (2EDR) 2West Dining Room (2WDR) Synagogue (S) 3East Dining Room (3EDR) 2nd Floor Dining Room (2) 2West Nook (2WN) 2West Living Room (2WLR) 2East Nook (2EN)			