







Recreation Activity Schedule

3 EAST & 3 WEST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>One-to-one Companionship Connections Program will be delivered daily!</p>	<p>Outing! Tuesday, October 8th at 5:00 pm</p> <p>Please contact the Recreation Team if you are interested in attending!</p>	<p>10:00 Program Planning Meeting on 3W (3WDR) 1</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>11:00 Program Planning Meeting on 3E (3EDR)</p> <p>2:00 Arts and Crafts on 3E (3L)</p> <p>4:00 Friendly Visits on 3W (RR)</p>	<p>EREV ROSH HASHANAH 2</p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L)</p> <p>10:00 Resident Town Hall Meeting with Ted on 1W (1WLR)</p> <p>10:30 Pet visits with Brian and Thor on 3rd Floor (RR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:10 Sunshine Strolls in the Garden for 3rd Floor (G)</p> <p>4:00 Balloon Toss on 3E (3ELR)</p> <p>Light candles at 6:22 pm</p>	<p>ROSH HASHANAH DAY 1 3</p> <p>9:30 Synagogue (S)</p> <p>10:30 Nursing Rehab Exercise Class (3)</p> <p>3:00 Friendly Visits on 3E (3EDR)</p> <p>4:00 Friendly Visits on 3W (RR)</p>  <p>Light candles at 7:22 pm</p>	<p>ROSH HASHANAH DAY 2 4</p> <p>9:30 Synagogue (S)</p> <p>2:00 Balloon Toss on 3W (3WDR)</p> <p>3:00 Friendly Visits on 3E (3EDR)</p> <p>Light candles at 6:19 pm</p>	<p>Shabbat Shalom PARSHAT: HA'AZINU 5</p> <p>9:30 Shabbat Services (S)</p> <p>Shabbat ends at 7:18 pm</p>
<p>10:00 The Russian Samovar Club (1WLR) 6</p> <p>11:00 Christian Community Gathering (2ELR)</p> <p>1:00 Individual Music Therapy with Rachel (RR)</p> <p>2:00 Scrabble (Cafe)</p> <p>2:15 Choir Practice (3WDR)</p> <p>3:00 Sunshine Strolls in the Garden for 3rd Floor (G)</p>	<p>10:00 Green Thumb Club with Celia (G) 7</p> <p>10:00 Bowling on 3rd Floor (3WDR)</p> <p>1:00 French Connection (3WDR)</p> <p>2:00 Friendly Visits on 3E (3EDR)</p> <p>4:00 October 7th: With a Focus on Community, Hope and Resilience (S)</p>	<p>10:00 Green Thumb Club with Celia (G) 8</p> <p>10:30 Musical Wellness Drum Circle (3)</p> <p>4:00 Friendly Visits on 3W (RR)</p> <p>5:00 Outing (ON)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 9</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (RR) 10</p> <p>10:00 Mental Aerobics on 3W (3WLR)</p> <p>11:00 Tai Chi with Ruth on 1W (1WLR)</p> <p>11:00 Christian Service with Father Daryold (2ELR)</p> <p>11:00 Friendly Visits on 3E (3EDR)</p> <p>2:00 Music Appreciation on 3E (RR)</p> <p>2:30 Keep on Singing with Debbie and Howard on 2nd Floor (2)</p> <p>4:00 Friendly Visits on 3W (RR)</p>	<p>EREV YOM KIPPUR 11</p> <p>10:30 Oneg Shabbat with Rabbi Lesser (3EDR)</p> <p>11:00 Chair Exercise (3)</p> <p>2:30 Bingo (Cafe)</p> <p>6:00 KOL NIDRE SERVICE (S)</p> <p>Light candles at 6:06 pm</p>	<p>Shabbat Shalom YOM KIPPUR 12</p> <p>9:30 Yom Kippur Services (S)</p> <p>11:00 Yizkor (S)</p>  <p>Holiday ends at 7:06 pm</p>
<p>11:00 Christian Community Gathering (2ELR) 13</p> <p>1:00 Individual Music Therapy with Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p>	<p>THANKSGIVING 14</p> <p>3:00 What are you grateful for? (3EDR)</p> <p>4:00 What are you grateful for? (3WDR)</p> <p>7:00 Monday Evening BINGO with Barbara and Joel (3)</p>	<p>10:00 Green Thumb Club with Celia (G) 15</p> <p>10:00 Mindfulness Colouring Group on 3E (3L)</p> <p>11:00 Ecumenical Service with Reverend Peate (2ELR)</p> <p>2:30 Music with Lewis Franco (Cafe)</p> <p>4:00 Friendly Visits on 3E (3EDR)</p>	<p>EREV SUKKOT 16</p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L)</p> <p>10:00 Green Thumb Club with Celia (RR)</p> <p>10:00 Friendly Visits on 3W (RR)</p> <p>10:00 Sukkot Trivia (3WDR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>2:30 Music with Mike Steinberg on 3rd Floor (3)</p> <p>Light candles at 5:57 pm</p>	<p>SUKKOT 17</p> <p>9:30 Synagogue (S)</p> <p>2:00 Friendly Visits on 3E (3EDR)</p> <p>3:00 Friendly Visits on 3W (RR)</p>  <p>Light candles at 6:57pm</p>	<p>SUKKOT 18</p> <p>9:30 Synagogue (S)</p> <p>2:00 Bocce Ball on 3E (3EDR)</p> <p>3:00 Sunshine Strolls in the Garden for 3rd Floor (G)</p>  <p>Light candles at 5:53 pm</p>	<p>Shabbat Shalom SUKKOT: 1st Intermediate Day 19</p> <p>9:30 Shabbat Services (S)</p> <p>Shabbat ends at 6:54 pm</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SUKKOT: 2nd Intermediate Day 20 10:30 A Touch of Klez (Cafe) 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR) 3:30 Sunshine Strolls (G)	SUKKOT: 3rd Intermediate Day 21 10:00 Green Thumb Club with Celia (G) 10:00 Beading Bracelets (2WLR) 11:00 Friendly Visits on 3E (3EDR) 4:00 Friendly Visits on 3W (RR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	SUKKOT: 4th Intermediate Day 22 10:00 Green Thumb Club with Celia (RR) 10:30 Keep on Singing with Alison, Al, Howard and Debbie on 3rd Floor (3) 11:15 Friendly Visits on 3W (RR) 2:00 Arts and Crafts on 3E (3L) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR) 4:00 Friendly Visits on 3E (3EDR)	HOSHANA RABA 23 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:00 Bowling on 3rd Floor (3WDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:15 Friendly Visits on 3W (RR) 2:00 Mental Aerobics on 3E (3ELR) 4:00 Friendly Visits on 3E (3EDR) Light candles at 5:45 pm	SHEMINI ATZERET 24 9:30 Synagogue (S) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3W (RR) 11:00 Yizkor (S) 11:00 Christian Service with Father Daryold (2ELR) Light candles at 6:46 pm	SIMCHAT TORAH 25 9:30 Synagogue (S) 2:00 Balloon Toss on 3E (3ELR) 3:00 Sunshine Strolls in the Garden for 3rd Floor (G) Light candles at 5:42 pm	Shabbat Shalom PARSHAT: BEREISHIT 26 9:30 Shabbat Services (S) Shabbat ends at 6:43 pm
11:00 Christian Community Gathering (2ELR) 27 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR)	10:00 Green Thumb Club with Celia (G) 28 10:00 Music Appreciation on 3E (RR) 11:00 Friendly Visits on 3E (3EDR) 2:00 Arts and Crafts: Collages (RR) 2:30 An Hour with Guest Speaker Professor Gerry Cammy on 1W (1WLR) 4:00 Friendly Visits on 3W (RR) 7:00 Monday Evening BINGO with Barbara and Joel (3)	10:30 Zumba Gold Chair with Debbie on 3W (3) 29 2:00 Mindfulness Colouring Group on 3E (3L) 2:30 Music with Kevin and Aahron (Cafe) 4:00 Friendly Visits on 3E (3EDR)	9:45 Art Therapy Group with Mindy and Andrea (3L) 30 10:00 Balloon Toss on 3E (3ELR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:00 Friendly Visits on 3E (3EDR) 2:00 Travel Documentaries (Rick Steeves) (2EDR) 4:00 "Let's Ask Why" with Rabbi T. (1W) 4:00 Friendly Visits on 3W (RR)	10:00 Green Thumb Club with Celia (G) 31 10:00 Pet Visits with Christine & Tinkerbell Grace on 3E (RR) 10:00 Balloon Toss on 3E (3ELR) 11:00 Balloon Toss on 3W (3WDR) 2:00 Arts and Crafts with Eleanor (3L) 2:30 Birthday Party with Evelyn Greenberg (Cafe) (Cafe) 4:00 Sunshine Strolls in the Garden for 3rd Floor (G)	Locations Legend Resident's Room (RR) 3East Dining Room (3EDR) 3rd Floor Lounge (3L) Synagogue (S) Garden (G) 3West Dining Room (3WDR) 3rd Floor Dining Room (3) 2East Living Room (2ELR) Café (Cafe) 3East Living Room (3ELR) 1 West Living Room (1WLR) 1West (1W) Outside Neighborhood (ON) 3West Living Room (3WLR) 2nd Floor Dining Room (2) 2West Living Room (2WLR) 2West Dining Room (2WDR) 2East Dining Room (2EDR)	

