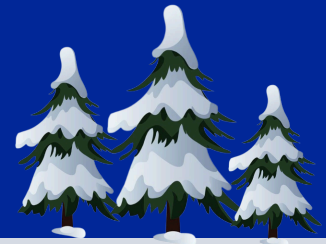


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>OUTING Lunch at Mandarin Restaurant</p> <p>Thursday, January 23 11:30 am</p> <p>Please contact a Recreation Team Member if you are interested in attending!</p>			<p>CHANUKAH - 8th Candle 1 NEW YEARS DAY</p> <p>10:30 Sing Along on 2nd Floor (2) 2:30 Balloon Volleyball on 3rd Floor (3) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p> <p style="text-align: center; font-size: 2em;">2025</p>	<p>CHANUKAH 2</p> <p>10:00 Green Thumb Club with Celia (G) 10:30 Reading Short Stories with Christine and Danielle (RR) 11:00 Tai Chi with Ruth on 1W (1WLR) 2:00 Pet Visits with Steve and Molly on 2nd floor (RR) 2:30 New Years Music with The Chords (Cafe)</p>	<p>3</p> <p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 11:15 Chair Exercise (3) 2:30 Bingo (Cafe)</p> <p style="text-align: center;">Light Candles at 4:15 pm</p>	<p>4</p> <p>Shabbat Shalom PARSHAT: VAYIGASH</p> <p>9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)</p> <p style="text-align: center;">Havdala 3rd Floor at 5:45 pm 2E at 6:15 pm Shabbat ends at 5:23 pm</p>
<p>11:00 Christian Community Gathering (2ELR) 5 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR)</p>	<p>10:00 Green Thumb Club with Celia (G) 6 7:00 Monday Evening BINGO with Barbara and Joel (3)</p>	<p>10:30 Music with Malcom Wade on 2nd Floor (2WDR) 7 10:30 French Singalong with Aline (3WDR) 10:30 Cross Word Puzzle on 1W (1W) 3:30 Program Planning Meeting 1W (1WDR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 8 10:00 Pet Visits with Steve and Molly on 1W and 2E (RR) 10:00 1:1 Friendly Visits (Conversation) (RR) 10:30 Resident Council Meeting (S) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:15 Book Chat on 3rd Floor (3L) 2:30 Drum Fit on 2nd Floor (2) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) 9 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 2:30 Keep on Singing with Alison, Al, Howard and Debbie on 3rd Floor (3)</p>	<p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 10 11:30 Exercise with Gloria (3) 2:30 Bingo (Cafe)</p> <p style="text-align: center;">Light Candles at 4:23 pm</p>	<p>11</p> <p>Shabbat Shalom</p> <p>9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)</p> <p style="text-align: center;">Havdala 3rd Floor at 5:45 pm 1W at 6:15 pm Shabbat ends at 5:31 pm</p>
<p>10:30 Mini Basketball with Ottawa Modern Jewish School (Cafe) 12 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR) 3:00 Music with Mike Steinberg on 2E (2)</p>	<p>10:00 Green Thumb Club with Celia (G) 13 11:00 YouTube Painting Tutorial (3WDR) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3WDR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>10:30 The Usuals Jazz Band (Cafe) 14 7:00 Snoezelen Cart on 2nd Floor (RR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 15 10:00 Pet Visits with Steve and Molly on 3rd floor (RR) 10:30 Card Games on 1W (1W) 11:00 Art Therapy Group with Mindy and Andrea (3L) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) 16 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 10:30 Sit Down Dancing on 1W (YouTube) (1WLR) 11:00 Christian Service with Father Daryold (2ELR)</p>	<p>10:30 Oneg Shabbat with OJCS Grade 6 Class (Cafe) 17 2:00 Chair Exercise (Cafe) 2:30 Bingo (Cafe)</p> <p style="text-align: center;">Light Candles at 4:31 pm</p>	<p>18</p> <p>Shabbat Shalom</p> <p>9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)</p> <p style="text-align: center;">Havdala 3rd Floor at 5:45 pm 2W at 6:15 pm Shabbat ends at 5:39 pm</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:00 Christian Community Gathering (2ELR) 19</p> <p>1:00 Individual Music Therapy with Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p>	<p>10:00 Green Thumb Club with Celia (G) 20</p> <p>10:00 Bowling on 3rd Floor (3WDR)</p> <p>7:00 Monday Evening BINGO with Barbara and Joel (3)</p>	<p>11:00 Food Committee on 1W (1W) 21</p> <p>11:00 Ecumenical Service with Reverend Peate (2ELR)</p> <p>2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR)</p> <p>6:00 Snoezelen Cart on 2nd Floor (RR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 22</p> <p>10:30 Sing Along with Susie Q on 2nd floor (2)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>2:00 Pet Visits with Steve and Molly on 3rd floor (RR)</p> <p>4:00 Let's Ask Why with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) 23</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</p> <p>10:30 Beading Bracelets on 1W (1WLR)</p> <p>11:30 Lunch Outing (ON)</p>	<p>10:15 Oneg Shabbat with The Ganon Pre-school (Cafe) 24</p> <p>11:30 Exercise with Gloria (Cafe)</p> <p>2:30 Bingo (Cafe)</p>	<p>Shabbat Shalom 25</p> <p>9:30 Shabbat Services (S)</p> <p>4:00 Friendly Visits (RR)</p> <p>Havdala 3rd Floor at 5:45 pm 2E at 6:15 pm</p> <p>Shabbat ends at 5:48 pm</p>
<p>10:00 The Russian Samovar Club (Cafe) 26</p> <p>11:00 Christian Community Gathering (2ELR)</p> <p>1:00 Individual Music Therapy with Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p> <p>2:30 Music with Kevin and Aahron on 3rd Floor (3)</p>	<p>10:00 Green Thumb Club with Celia (G) 27</p> <p>2:00 Chinese New Year presentation (3) (3)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>10:30 Keep on Singing with Al, Debbie & Howard on 2nd Floor (2) 28</p> <p>10:30 Zumba with Debbie on 3rd Floor (3EDR)</p> <p>2:00 Trivia on 1W (1W)</p> <p>4:00 Happy Hour with Howard Lithwick (Cafe)</p> <p>5:00 Friendly Visits (RR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 29</p> <p>10:30 Pet visits with Brian and Thor on 2nd Floor (RR)</p> <p>10:30 Armchair Travel to China on 1W (1WLR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>2:00 Pet Visits with Steve and Molly on 2nd floor (RR)</p> <p>4:00 Memorial with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) 30</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>10:00 Axe Throwing on 3rd Floor (3EDR)</p> <p>11:00 Christian Service with Father Daryold (2ELR)</p> <p>2:30 Birthday Party with Evelyn Greenberg (Cafe)</p>	<p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 31</p> <p>11:30 Exercise with Gloria (3)</p> <p>2:30 Bingo (Cafe)</p>	<p><u>Calendar Legend</u></p> <p>All Day</p> <p>Outings</p> <p>Special Events</p> <p>Music Therapy</p> <p>Art Therapy</p> <p>Horticulture</p> <p>Exercise</p> <p>Spiritual</p>

Chit Chat Social Club
 Every Day at 11:00 am
 Cafe

Welcome one and all to the Cafe - your new go-to spot for fun, friends, and fantastic vibes!

☕ Whether you're here to sip, snack, or just chat, we've saved the best seat for you.

Let's make this space the heart of good times and great memories!

Companionship Connections
 is a one-to-one friendly visit program where residents are visited on a daily basis.



Locations Legend

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