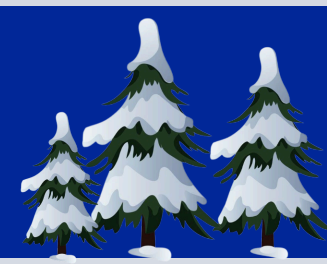


# Recreation Activity Schedule

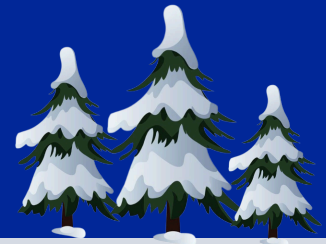
## 2 EAST & 2 WEST



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

# January 2025

## Hillel Lodge



# Recreation Activity Schedule

## 2 EAST & 2 WEST



Your Recreation Team:  
 Maya, Sarah, Preya  
 Danielle, Jess, Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:00 Christian Community Gathering (2ELR) <b>19</b></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) <b>20</b></p> <p>10:00 Bowling on 3rd Floor (3WDR)</p> <p>10:00 Sunshine Strolls on 2E (G)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Balloon Toss on 2E (2EDR)</p> <p>3:30 Music Appreciation on 2E (2EDR)</p> <p>7:00 Monday Evening BINGO with Barbara and Joel (3)</p>	<p>10:00 Mental Aerobics on 2E (2ELR) <b>21</b></p> <p>10:30 Food Committee on 2W (2WDR)</p> <p>11:00 Ecumenical Service with Reverend Peate (2ELR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR)</p> <p>2:30 Java Time (2ELR)</p> <p>3:30 Comfort Therapy on 2E (2ELR)</p> <p>6:00 Snoezelen Cart on 2nd Floor (RR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) <b>22</b></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>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:00 Pet Visits with Steve and Molly on 3rd floor (RR)</p> <p>2:30 Snoezelen Cart on 2E (2ELR)</p> <p>3:30 Puzzles on 2E (2EDR)</p> <p>4:00 Let's Ask Why with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) <b>23</b></p> <p>10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 3rd Floor (RR)</p> <p>10:00 Arts and Crafts on 2E (RR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>11:30 Lunch Outing (ON)</p> <p>4:00 Friendly Visits on 2E (RR)</p>	<p>10:15 Oneg Shabbat with The Ganon Pre-school (Cafe) <b>24</b></p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>11:30 Exercise with Gloria (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Light Candles at 4:41 pm</p>	<p><b>Shabbat Shalom 25</b></p> <p>9:30 Shabbat Services (S)</p> <p>2:30 Mini Basketball on 2W (2WLR)</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) <b>26</b></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) <b>27</b></p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:00 Chinese New Year presentation (3) (3)</p> <p>2:30 Ring Toss on 2E (2EDR)</p> <p>3:30 Sunshine Strolls on 2E (G)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>10:30 Keep on Singing with Al, Debbie &amp; Howard on 2nd Floor (2) <b>28</b></p> <p>10:30 Zumba with Debbie on 3rd Floor (3EDR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Reading Short Stories (2ELR)</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) <b>29</b></p> <p>10:00 Java Time (2ELR)</p> <p>10:30 Pet visits with Brian and Thor on 2nd Floor (RR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:00 Pet Visits with Steve and Molly on 2nd floor (RR)</p> <p>2:30 Arts and Crafts on 2nd Floor (2WDR)</p> <p>2:30 Snoezelen Cart on 2E (2ELR)</p> <p>4:00 Memorial with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) <b>30</b></p> <p>10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 1W and 2W (RR)</p> <p>10:00 Axe Throwing on 3rd Floor (3EDR)</p> <p>10:30 Snakes and Ladders on 2W (2WDR)</p> <p>11:00 Christian Service with Father Daryold (2ELR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Birthday Party with Evelyn Greenberg (Cafe)</p>	<p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) <b>31</b></p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>11:30 Exercise with Gloria (3)</p> <p>2:30 Bingo (Cafe)</p> <p>Light Candles at 4:51 pm</p>	<p><u>Calendar Legend</u></p> <p><b>All Day</b></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)	2East Dining Room (2EDR)
2East Nook (2EN)	2nd Floor Dining Room (2)
2East Living Room (2ELR)	1West (1W)
Café (Cafe)	3East Dining Room (3EDR)
Garden (G)	Synagogue (S)
3rd Floor Dining Room (3)	2West Nook (2WN)
2West Dining Room (2WDR)	2West Living Room (2WLR)
3rd Floor Lounge (3L)	1 West Living Room (1WLR)
3West Dining Room (3WDR)	Outside Neighborhood (ON)