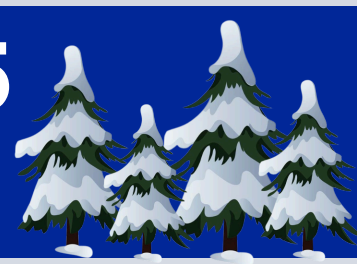


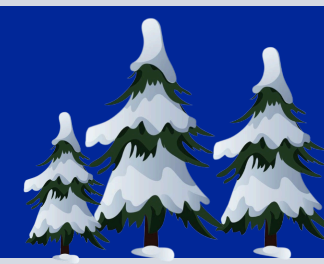
January 2025

Hillel Lodge



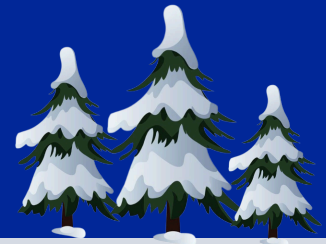
Recreation Activity Schedule

3 EAST & 3 WEST



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

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>8:00 Nursing Rehab Exercise on 3E (3EDR)</p> <p>10:30 Sing Along on 2nd Floor (2)</p> <p>2:30 Balloon Volleyball on 3rd Floor (3)</p> <p>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>8:00 Nursing Rehab Exercise on 3E (3EDR)</p> <p>10:00 Green Thumb Club with Celia (G)</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>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>3</p> <p>8:00 Nursing Rehab Exercise on 3E (3EDR)</p> <p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR)</p> <p>11:15 Chair Exercise (3)</p> <p>2:30 Bingo (Cafe)</p> <p style="text-align: right;">Light Candles at 4:15 pm</p>	<p>Shabbat Shalom 4 PARSHAT: VAYIGASH</p> <p>9:30 Shabbat Services (S)</p> <p>4:00 Friendly Visits (RR)</p> <p style="text-align: right;">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</p> <p>1:00 Individual Music Therapy with Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 6</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>4:00 Friendly Visits on 3E (RR)</p> <p>7:00 Monday Evening BINGO with Barbara and Joel (3)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 7</p> <p>10:30 Music with Malcom Wade on 2nd Floor (2WDR)</p> <p>10:30 French Singalong with Aline (3WDR)</p> <p>4:00 Friendly Visits on 3E (3EDR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 8</p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L)</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>2:15 Book Chat on 3rd Floor (3L)</p> <p>2:30 Drum Fit on 2nd Floor (2)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (1W)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 9</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>2:30 Keep on Singing with Alison, Al, Howard and Debbie on 3rd Floor (3)</p> <p>4:00 Friendly Visits on 3W (RR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 10</p> <p>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR)</p> <p>11:30 Exercise with Gloria (3)</p> <p>2:30 Bingo (Cafe)</p> <p style="text-align: right;">Light Candles at 4:23 pm</p>	<p>Shabbat Shalom 11</p> <p>9:30 Shabbat Services (S)</p> <p>4:00 Friendly Visits (RR)</p> <p style="text-align: right;">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</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>8:00 Nursing Rehab Exercise on 3E (3EDR) 13</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>11:00 YouTube Painting Tutorial (3WDR)</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3WDR)</p> <p>4:00 Friendly Visits on 3E (RR)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 14</p> <p>10:30 The Usuals Jazz Band (Cafe)</p> <p>4:00 Friendly Visits on 3E (3EDR)</p> <p>7:00 Snoezelen Cart on 2nd Floor (RR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 15</p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L)</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>2:00 Program Planning Meeting on 3E (3ELR)</p> <p>3:00 Program Planning Meeting on 3W (3WLR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (1W)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 16</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)</p> <p>11:00 Christian Service with Father Daryold (2ELR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) 17</p> <p>10:30 Oneg Shabbat with OJCS Grade 6 Class (Cafe)</p> <p>2:00 Chair Exercise (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p style="text-align: right;">Light Candles at 4:31 pm</p>	<p>Shabbat Shalom 18</p> <p>9:30 Shabbat Services (S)</p> <p>4:00 Friendly Visits (RR)</p> <p style="text-align: right;">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
11:00 Christian Community Gathering (2ELR) 19 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR)	8:00 Nursing Rehab Exercise on 3E (3EDR) 20 10:00 Green Thumb Club with Celia (G) 10:00 Bowling on 3rd Floor (3WDR) 4:00 Friendly Visits on 3E (RR) 7:00 Monday Evening BINGO with Barbara and Joel (3)	8:00 Nursing Rehab Exercise on 3E (3EDR) 21 11:00 Ecumenical Service with Reverend Peate (2ELR) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR) 4:00 Friendly Visits on 3E (3EDR) 6:00 Snoezelen Cart on 2nd Floor (RR)	8:00 Nursing Rehab Exercise on 3E (3EDR) 22 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Food Committee on 3E (3EDR) 10:30 Sing Along with Susie Q on 2nd floor (2) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:15 Food Committee on 3W (3WDR) 2:00 Pet Visits with Steve and Molly on 3rd floor (RR) 4:00 Let's Ask Why with Rabbi T. (1W)	8:00 Nursing Rehab Exercise on 3E (3EDR) 23 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 11:30 Lunch Outing (ON) 4:00 Friendly Visits on 3W (RR)	8:00 Nursing Rehab Exercise on 3E (3EDR) 24 10:15 Oneg Shabbat with The Ganon Pre-school (Cafe) 11:30 Exercise with Gloria (Cafe) 2:30 Bingo (Cafe)	Shabbat Shalom 25 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) Havdala 3rd Floor at 5:45 pm 2E at 6:15 pm Shabbat ends at 5:48 pm
10:00 The Russian Samovar Club (Cafe) 26 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR) 2:30 Music with Kevin and Aahron on 3rd Floor (3)	8:00 Nursing Rehab Exercise on 3E (3EDR) 27 10:00 Green Thumb Club with Celia (G) 10:30 Music with Brian & Bobby Ukelele Strolling Minstrels on 3W (3WLR) 11:00 Music with Brian & Bobby Ukelele Strolling Minstrels on 3E (3ELR) 2:00 Chinese New Year presentation (3) (3) 4:00 Friendly Visits on 3E (RR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	8:00 Nursing Rehab Exercise on 3E (3EDR) 28 10:30 Keep on Singing with Al, Debbie & Howard on 2nd Floor (2) 10:30 Zumba with Debbie on 3rd Floor (3EDR) 4:00 Friendly Visits on 3E (3EDR) 4:00 Happy Hour with Howard Lithwick (Cafe) 5:00 Friendly Visits (RR)	8:00 Nursing Rehab Exercise on 3E (3EDR) 29 9:45 Art Therapy Group with Mindy and Andrea (3L) 10:30 Pet visits with Brian and Thor on 2nd Floor (RR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 2:00 Pet Visits with Steve and Molly on 2nd floor (RR) 4:00 Memorial with Rabbi T. (1W)	8:00 Nursing Rehab Exercise on 3E (3EDR) 30 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:00 Axe Throwing on 3rd Floor (3EDR) 11:00 Christian Service with Father Daryold (2ELR) 2:30 Birthday Party with Evelyn Greenberg (Cafe) 4:00 Friendly Visits on 3W (RR)	8:00 Nursing Rehab Exercise on 3E (3EDR) 31 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 11:30 Exercise with Gloria (3) 2:30 Bingo (Cafe)	Calendar Legend All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual

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

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