


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Resident's Room (RR) 2East Nook (2EN) Café (Cafe) 2East Living Room (2ELR) Garden (G) 3West Dining Room (3WDR) 3rd Floor Lounge (3L) 2West Dining Room (2WDR) 2East Dining Room (2EDR) Individual Dining Rooms (DR) 3rd Floor Dining Room (3)</p> <p>Synagogue (S) 2nd Floor Dining Room (2) 1West (1W) 3East Dining Room (3EDR) 2West Nook (2WN) 1 West Dining Room (1WDR) 1 West Living Room (1WLR) 2West Living Room (2WLR) Outside Neighborhood (ON) 3East Nook (3EN)</p>		<p>Ottawa Winterlude</p> <p>January 31 - February 17</p> <p>Check out Winterlude-themed activities in the Calendar</p>	<p>Happy Tu B'Shevat New Year of The Trees</p>  <p>Thursday, February 13th, 2025</p>	<p>Black History Month</p> <p>Black History Month is an opportunity to celebrate the achievements of Black communities in Canada, listen to their stories, and learn more about their history and contributions to Canadian society.</p>	<p>Shabbat Shalom 1 Parshat: BO 9:30 Shabbat Services (S) 2:30 Noodle Ball on 2W (2WDR) 4:00 Friendly Visits (RR)</p> <p>Shabbat ends at 5:57 pm</p>	
<p>Groundhog Day 2 10:30 Music with Noel (Cafe) 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR) 2:30 Afternoon Movie Matinee (DR)</p>	<p>10:00 Green Thumb Club with Celia (G) 3 10:15 Java Time (2ELR) 11:15 Friendly Visits on 2E (RR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Snoezelen Cart on 2E (2ELR) 3:30 Friendly Visits on 2E (RR) 7:00 Monday Evening BINGO with Joel (3)</p>	<p>10:15 Snowball Toss (2ELR) 4 10:30 Program Planning Meeting for 2W (2WN) 11:15 Friendly Visits on 2E (RR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Jewish Songs and Prayers with Cantor Bielak (3WDR) 2:30 Sunshine Strolls on 2E (G) 3:30 Trivia on 2E (2EDR) 7:00 Cinematic Night In (DR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 5 10:15 Friendly Visits on 2E (RR) 10:30 Pet visits with Brian and Thor on 3rd Floor (RR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:00 Resident Council Meeting (S) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Sit Down Dancing on 2nd Floor (Youtube) (2) 3:00 Karaoke on 3rd Floor (3WDR) 3:30 Puzzles on 2E (2EDR) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) 6 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 11:00 Tai Chi with Hiromi on 2W (2WDR) 11:00 Christian Service with Father Daryold (2ELR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Winterlude Watercolour Painting on 2E (2EDR) 3:30 Friendly Visits (RR) 3:30 Sing Along on 2E (2EDR)</p>	<p>10:30 Oneg Shabbat with Rabbi Teitlebaum (3EDR) 7 11:15 Chair Exercise (Cafe) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Bingo (Cafe)</p> <p>Light Candles at 5:01 pm</p>	<p>Shabbat Shalom 8 Parshat: BESHALACH 9:30 Shabbat Services (S) 2:30 Bean Bag Toss on 2W (1WDR) 4:00 Friendly Visits (RR)</p> <p>Shabbat ends at 6:06 pm</p>
<p>Superbowl Sunday 9 10:30 Music with Benoit on 3rd Floor (3) 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR) 2:30 Afternoon Movie Matinee (DR) 2:30 Friendly Visits (RR) 3:30 Sunshine Strolls on 2E (G)</p>	<p>10:00 Green Thumb Club with Celia (G) 10 10:15 Musical Reminiscing on 2E (2EDR) 11:15 Friendly Visits on 2E (RR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3WDR) 2:30 Big Ball Hockey on 2E (2EDR) 4:00 Sunshine Strolls on 2E (G)</p>	<p>10:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 11 10:30 The Usuals Jazz Band (Cafe) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Sing Along on 2nd Floor (2) 3:30 Program Planning Meeting on 2E (2EDR) 7:00 Tamir Neshama Choir-Concert (3) 7:00 Cinematic Night In (DR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 12 10:00 Winterlude Trivia: 60th Anniversary of Canada's National Flag (3L) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:00 French Singalong with Aline (3WDR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Tu B'Shevat Trivia Quiz with OJCS Grade 7 (Cafe) 4:00 Let's Ask Why with Rabbi T. (1W)</p>	<p>TU B'SHEVAT 13 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:15 Java Time (2ELR) 11:15 Individual-Making Snow Sculptures (RR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Tu B'Shevat with Rabbi Scher (3) 3:30 Winter Colouring on 2W (2WDR) 3:30 Winter Colouring on 2E (2WDR)</p>	<p>Lover's Day 14 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 11:15 Chair Exercise (3EDR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Bingo (Cafe)</p> <p>Light Candles at 5:11 pm</p>	<p>Shabbat Shalom 15 Parshat: YITRO 9:30 Shabbat Services (S) 2:30 Axe Throwing on 2W (2WDR) 4:00 Friendly Visits (RR)</p> <p>Shabbat ends at 6:16 pm</p>

February 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>10:30 Individual Reading with Christine (RR) 16</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>Family Day 17</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:30 Drumming Together on 2nd Floor (2)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:00 Family Day Board Games (Drop-in) (Cafe)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p>	<p>10:30 Zumba with Debbie on 1W (1WLR) 18</p> <p>11:00 Ecumenical Service with Reverend Peate (2ELR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Music with Arlene Quinn (Cafe)</p> <p>3:00 Friendly Visits (RR)</p> <p>4:00 Friendly Visits on 2E (RR)</p> <p>4:00 Winterlude Making Snow Sculptures one-to-one (Cafe)</p> <p>7:00 Cinematic Night In (DR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 19</p> <p>10:15 Axe Throwing on 2E (2ELR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:00 Bowling on 3rd Floor (3WDR)</p> <p>11:15 Friendly Visits on 2E (RR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:15 Book Chat with Marcia and Arlene on 3rd Floor (3L)</p> <p>2:30 Pet Visits with Steven and Molly on 1W and 2E (RR)</p> <p>2:30 Java Time (2ELR)</p>	<p>10:00 Green Thumb Club with Celia (G) 20</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>11:00 Christian Service with Father Daryold (2ELR)</p> <p>11:00 Friendly Visits (RR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p>	<p>10:30 Oneg Shabbat with The Ganon Pre-school (Cafe) 21</p> <p>11:15 Chair Exercise (Cafe)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Bingo (Cafe)</p> <p>Light Candles at 5:21 pm</p>	<p>Shabbat Shalom 22</p> <p>Parshat: MISHPATIM</p> <p>9:30 Shabbat Services (S)</p> <p>2:30 Big Ball Hockey on 2W (2WDR)</p> <p>4:00 Friendly Visits (RR)</p> <p>Shabbat ends at 6:25 pm</p>
<p>10:30 OMJS Grade 5, 6 & 7 Bowling (Cafe) 23</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 Afternoon Movie Matinee: Groundhog Day (DR)</p>	<p>10:00 Green Thumb Club with Celia (G) 24</p> <p>10:30 Music with Brian & Bobby Ukelele Strolling Minstrels on 2W (2WLR)</p> <p>11:00 Music with Brian & Bobby Ukelele Strolling Minstrels on 2E (2EN)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Japanese Yosakoi Dance Performance and Workshop (Cafe)</p> <p>4:00 Friendly Visits on 2E (RR)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>10:30 Outing (ON) 25</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Therapeutic Chair Yoga with Eric on 3W (3WDR)</p> <p>2:30 Keep on Singing with Al, Alison and Howard on 2nd Floor (2)</p> <p>4:00 Happy Hour (Cafe)</p> <p>4:00 Friendly Visits on 2E (RR)</p> <p>6:30 Beading Bracelets (3EN)</p> <p>7:00 Cinematic Night In (DR)</p>	<p>9:45 Art Therapy Group with Mindy and Andrea (3L) 26</p> <p>10:00 Pet Visits with Steven and Molly on 3rd floor (RR)</p> <p>10:15 Java Time (2ELR)</p> <p>10:30 Current Events 2W (2WDR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:15 Friendly Visits on 2E (RR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Reading Short Stories with OJCS Grade 1 (Cafe)</p> <p>3:30 Trivia on 2E (2EDR)</p> <p>4:00 Memorial Service with Rabbi T. (1W)</p>	<p>10:00 Green Thumb Club with Celia (G) 27</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)</p> <p>10:15 Snoezelen Cart on 2E (2ELR)</p> <p>10:30 Snakes and Ladders on 2W (2WDR)</p> <p>11:15 Friendly Visits on 2E (RR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Birthday Party with Joel Yan and Friends (Cafe)</p>	<p>10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe) 28</p> <p>11:15 Chair Exercise (Cafe)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Bingo (Cafe)</p> <p>Light Candles at 5:31 pm</p>	<p>February Outing</p> <p>Tuesday, February 25th at 10:30 am</p> <p>Please contact a Recreation team member for more information and to sign up!</p>



Monday, February 17th

February is Therapeutic Recreation Awareness Month!

Join us in celebrating TR Awareness Month, recognizing Recreation Therapists!

Recreation Therapists create fun, meaningful and engaging therapeutic programs to help maximize an individual's independence and improve their quality of life.



Locations Legend

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