


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>3East Dining Room (3EDR) Resident's Room (RR) Café (Cafe) 3rd Floor Lounge (3L) 3West Dining Room (3WDR) Garden (G) 2East Living Room (2ELR) Individual Dining Rooms (DR) 3rd Floor Dining Room (3) Synagogue (S)</p> <p>2West Dining Room (2WDR) 2nd Floor Dining Room (2) 1West (1W) 3East Living Room (3ELR) 3West Living Room (3WLR) 1 West Dining Room (1WDR) 1 West Living Room (1WLR) Outside Neighborhood (ON) 3East Nook (3EN)</p>		<p><b>Ottawa Winterlude</b></p> <p>January 31 - February 17</p> <p>Check out Winterlude-themed activities in the Calendar</p>	<p><b>Happy Tu B'Shevat New Year of The Trees</b></p>  <p><b>Thursday, February 13th, 2025</b></p>		<p><b>Black History Month</b></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><b>Shabbat Shalom 1</b> <b>Parshat: BO</b></p> <p>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><b>Groundhog Day 2</b></p> <p>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><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 3</b></p> <p>9:30 Morning Social in the Lounge (3L) 10:00 Green Thumb Club with Celia (G) 7:00 Monday Evening BINGO with Joel (3)</p>	<p><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 4</b></p> <p>2:30 Jewish Songs and Prayers with Cantor Bielak (3WDR) 7:00 Cinematic Night In (DR)</p>	<p><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 5</b></p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 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) 2:00 Program Planning Meeting on 3E (3ELR) 2:30 Sit Down Dancing on 2nd Floor (Youtube) (2) 3:00 Karaoke on 3rd Floor (3WDR) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p>	<p><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 6</b></p> <p>10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 2nd Floor (RR) 10:00 Friendly Visits (RR) 11:00 Tai Chi with Hiromi on 2W (2WDR) 11:00 Program Planning Meeting on 3W (3WLR) 11:00 Christian Service with Father Daryold (2ELR) 3:30 Friendly Visits (RR)</p>	<p><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 7</b></p> <p>10:30 Oneg Shabbat with Rabbi Teitlebaum (3EDR) 11:15 Chair Exercise (Cafe) 2:30 Bingo (Cafe)</p> <p>Light Candles at 5:01 pm</p>	<p><b>Shabbat Shalom 8</b> <b>Parshat: BESHALACH</b></p> <p>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><b>Superbowl Sunday 9</b></p> <p>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)</p>	<p><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 10</b></p> <p>9:30 Morning Social in the Lounge (3L) 10:00 Green Thumb Club with Celia (G) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3WDR)</p>	<p><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 11</b></p> <p>10:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 10:30 The Usuals Jazz Band (Cafe) 2:30 Sing Along on 2nd Floor (2) 7:00 Tamir Neshama Choir-Concert (3) 7:00 Cinematic Night In (DR)</p>	<p><b>8:00 Nursing Rehab Exercise on 3E (3EDR) 12</b></p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 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) 2:30 Tu B'Shevat Trivia Quiz with OJCS Grade 7 (Cafe) 4:00 Let's Ask Why with Rabbi T. (1W)</p>	<p><b>TU B'SHEVAT 13</b></p> <p>8:00 Nursing Rehab Exercise on 3E (3EDR) 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 3rd Floor (RR) 2:30 Tu B'Shevat with Rabbi Scher (3)</p>	<p><b>Lover's Day 14</b></p> <p>8:00 Nursing Rehab Exercise on 3E (3EDR) 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR) 11:15 Chair Exercise (3EDR) 2:30 Bingo (Cafe)</p> <p>Light Candles at 5:11 pm</p>	<p><b>Shabbat Shalom 15</b> <b>Parshat: YITRO</b></p> <p>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 3 EAST & 3 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) <b>16</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><b>Family Day 17</b></p> <p>8:00 Nursing Rehab Exercise on 3E (3EDR)</p> <p>9:30 Morning Social in the Lounge (3L)</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:30 Drumming Together on 2nd Floor (2)</p> <p>2:00 Family Day Board Games (Drop-in) (Cafe)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>18</b></p> <p>10:30 Zumba with Debbie on 1W (1WLR)</p> <p>11:00 Ecumenical Service with Reverend Peate (2ELR)</p> <p>2:30 Music with Arlene Quinn (Cafe)</p> <p>3:00 Friendly Visits (RR)</p> <p>4:00 Winterlude Making Snow Sculptures one-to-one (Cafe)</p> <p>7:00 Cinematic Night In (DR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>19</b></p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:00 Bowling on 3rd Floor (3WDR)</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>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>20</b></p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 1W and 2W (RR)</p> <p>11:00 Christian Service with Father Daryold (2ELR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>21</b></p> <p>10:30 Oneg Shabbat with The Ganon Pre-school (Cafe)</p> <p>11:15 Chair Exercise (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Light Candles at 5:21 pm</p>	<p><b>Shabbat Shalom 22</b></p> <p><b>Parshat: MISHPATIM</b></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 &amp; 7 Bowling (Cafe) <b>23</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 Afternoon Movie Matinee: Groundhog Day (DR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>24</b></p> <p>9:30 Morning Social in the Lounge (3L)</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>2:30 Japanese Yosakoi Dance Performance and Workshop (Cafe)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>25</b></p> <p>10:30 Outing (ON)</p> <p>2:30 Therapeutic Chair Yoga with Eric on 3W (3WDR)</p> <p>4:00 Happy Hour (Cafe)</p> <p>6:30 Beading Bracelets (3EN)</p> <p>7:00 Cinematic Night In (DR)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>26</b></p> <p>9:45 Art Therapy Group with Mindy and Andrea (3L)</p> <p>10:00 Pet Visits with Steven and Molly on 3rd floor (RR)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>2:30 Reading Short Stories with OJCS Grade 1 (Cafe)</p> <p>4:00 Memorial Service with Rabbi T. (1W)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>27</b></p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 2nd Floor (RR)</p> <p>10:00 Trivia on 3W (3WDR)</p> <p>2:30 Birthday Party with Joel Yan and Friends (Cafe)</p>	<p>8:00 Nursing Rehab Exercise on 3E (3EDR) <b>28</b></p> <p>10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe)</p> <p>11:15 Chair Exercise (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Light Candles at 5:31 pm</p>	<p><b>February Outing</b></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

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