



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  <p>SPIRIT WEEK</p> <p>Dress-Up Themes!</p> <p>March 17- 21</p> <p>MONDAY SPIRIT: PAJAMAS & LOUNGE WEAR</p> <p>TUESDAY SPIRIT: TOONIE TUESDAY (CANADIAN THEME)</p> <p>WEDNESDAY SPIRIT: WACKY WEDNESDAY</p> <p>THURSDAY SPIRIT: THROW-BACK THURSDAY</p> <p>FRIDAY SPIRIT: TROPICAL FRIDAY</p> | | |  <p>Happy Purim</p> <p>Friday, March 14</p> <p>Reading the Megillah: Thursday, March 13 at 7:10 pm & Friday, March 14 at 10:30 am</p> | | <p>Shabbat Shalom 1 Parshat: TERUMAH 9:30 Shabbat Services (S) 2:30 Bean Bag Toss on 2W (2WDR) 4:00 Friendly Visits (RR)</p> <p>Shabbat ends: 6:34 pm</p> | |
| <p>The Oscars 2 10:30 Music with Dani (3) 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR)</p> | <p>10:00 Green Thumb Club with Celia (G) 3 10:30 Enriching Our Daily Connections with Gordon (BR) 11:00 Friendly Visits (RR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Music with Noel (Cafe) 4:00 Friendly Visits on 2E (RR) 7:00 Monday Evening BINGO with Joel (3)</p> | <p>10:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 4 10:15 Java Time (2ELR) 10:30 International Women's Day Photo Quiz (3) 11:00 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 Therapeutic Chair Yoga with Eric on 1W (1W) 4:00 Puzzles on 2E (2EDR) 4:00 Friendly Visits (RR) 7:00 Cinematic Night In (DR)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 5 10:15 Sunshine Strolls on 2E (G) 10:30 Pet visits with Brian and Thor on 1W and 2W (RR) 10:30 Bowling on 3rd Floor (3WDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:15 Purim Bingo and Songs with Torah Day School with Rabbi Elisha Guberman (Cafe) 4:00 Friendly Visits on 2E (RR) 4:00 Memorial with Rabbi T. (1W)</p> | <p>10:00 Green Thumb Club with Celia (G) 6 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 11:00 Christian Mass with Father Daryold (2ELR) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:00 Pet Visits with Steve and Molly on 2nd floor (RR) 2:30 Keep on Singing with Al, Debbie & Howard on 3rd Floor (3) 2:30 Drumming Together on 2nd Floor (2) 4:00 Program Planning Meeting on 2E (2EDR)</p> | <p>10:30 Oneg Shabbat with OJCS Grade 8 Class (Cafe) 7 11:15 Chair Exercise (Cafe) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Bingo (Cafe)</p> <p>Light candles: 5:41 pm</p> | <p>Shabbat Shalom 8 INTERNATIONAL WOMEN'S DAY Parshat: TETZAVEH 9:30 Shabbat Services (S) 2:30 Discussion Group Social for International Women's Day on 2W (2ELR) 4:00 Friendly Visits (RR)</p> <p>Shabbat ends: 6:44 pm</p> |
| <p>DAY LIGHT SAVING TIME BEGINS: Spring Forward 1 Hour 9 10:30 Purim Concert with A Touch of Klez (Cafe) 11:00 Christian Community Gathering (2ELR) 1:00 Individual Music Therapy with Rachel (RR) 2:15 Choir Practice (3WDR)</p> | <p>10:00 Green Thumb Club with Celia (G) 10 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 "The Power of Women in the Purim Story" with Guest Speaker Rabbi Polanski (3) 4:00 Travel with Rick Steeves (2EDR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p> | <p>11:30 Nursing Rehab Exercise on 2E (2EN) 11 2:30 Mask-Making for Purim with OJCS Grade 1 Class (Cafe) 3:45 Friendly Visits on 2E (RR) 4:00 Friendly Visits (RR) 6:30 Snoezelen Cart on 2E (2ELR) 7:00 Cinematic Night In (DR)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 12 10:30 Morning Stretching on 2W (2WDR) 11:00 Art Therapy Group with Mindy and Andrea (3L) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Music with Mike Steinberg on 2E (2) 4:00 Lessons from the Parsha with Rabbi T. (1W)</p> | <p>FAST OF ESTHER 13 10:00 Green Thumb Club with Celia (G) 13 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:00 Friendly Visits (Conversation) (RR) 10:30 Balloon Toss on 2W (2WN) 11:30 Nursing Rehab Exercise on 2E (2EN) 4:00 Friendly Visits on 2E (RR) 7:10 Megillah Reading with Hershel Caytak (3)</p> | <p>PURIM 14 10:30 Megillah Reading with Hershel Caytak (3) 11:30 Nursing Rehab Exercise on 2E (2EN) 2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 1 West</p> <p>Light candles: 6:50 pm</p> | <p>Shabbat Shalom 15 Parshat: KI TISA 9:30 Shabbat Services (S) 11:00 Ring Toss on 2W (2WDR) 4:00 Friendly Visits (RR)</p> <p>Shabbat ends: 7:53 pm</p> |

March 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>10:00 Green Thumb Club with Celia (G) 17</p> <p>10:30 Music with Don (Cafe)</p> <p>10:30 Friendly Visits (Conversation) (RR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)</p> <p>2:30 Spring Scenes Watercolour Painting on 2E (2EDR)</p> <p>3:45 Trivia on 2E (2EDR)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p> | <p>10:00 French Singalong with Aline (3WDR) 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 Keep on Singing with Al, Debbie & Howard on 2nd Floor (2)</p> <p>4:00 Friendly Visits on 2E (RR)</p> <p>6:30 Friendly Visits (RR)</p> <p>7:00 Cinematic Night In (DR)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 19</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>4:00 Let's Ask Why with Rabbi T. (1W)</p> | <p>10:00 Green Thumb Club with Celia (G) 20</p> <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 2nd Floor (RR)</p> <p>10:00 Friendly Visits (Conversation) (RR)</p> <p>10:30 Resident Council Meeting (S)</p> <p>11:00 Christian Mass with Father Daryold (2ELR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Birthday Party with Eric Luca (Cafe)</p> <p>4:00 Friendly Visits on 2E (RR)</p> | <p>10:30 Oneg Shabbat with The Ganon Preschool (Cafe) 21</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>11:30 Chair Exercise with Gloria (Cafe)</p> <p>2:30 Bingo (Cafe) Seudat Shabbat</p> <p>5:45 pm on 3rd Floor</p> <p>6:00 pm on 2 West</p> <p>Light candles: 6:59 pm</p> | <p>Shabbat Shalom 22</p> <p>Parshat: VAYAKHEIL</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>Shabbat ends: 8:02 pm</p> |
| <p>10:30 OMJS Program (Cafe) 23</p> <p>11:00 Christian Community Gathering (2ELR)</p> <p>1:00 Individual Music Therapy with Rachel (RR)</p> <p>1:00 Scrabble in the Cafe (Cafe)</p> <p>2:15 Choir Practice (3WDR)</p> | <p>10:00 Green Thumb Club with Celia (G) 24</p> <p>10:15 Java Time (2ELR)</p> <p>10:30 March Brunch Outing (ON)</p> <p>11:15 Friendly Visits on 2E (RR)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Snoezelen Cart on 2E (2ELR)</p> <p>3:45 March Madness Mini Basketball on 2E (2EDR)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p> | <p>11:00 Zumba Gold Chair with Debbie on 2W (2WDR) 25</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>1:00 Friendly Visits (Conversation) (RR)</p> <p>3:00 Happy Hour (Cafe)</p> <p>7:00 Cinematic Night In (DR)</p> | <p>9:45 Art Therapy Group with Mindy and Andrea (3L) 26</p> <p>10:15 Soul Rhythm on 2nd Floor (YouTube) (2)</p> <p>11:00 Art Therapy Group with Mindy and Andrea (3L)</p> <p>11:15 Photo Reminiscing on 2E (2EDR)</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 Current Events 2W (2WDR)</p> <p>3:45 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) 27</p> <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 3rd Floor (RR)</p> <p>10:15 Hymn Sing on 2E (2EDR)</p> <p>11:00 Tai Chi with Ayumi on 3W (3WDR)</p> <p>11:15 Sunshine Strolls on 2E (G)</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:00 Gentelmen's Gathering (3)</p> <p>2:30 Sing Along on 2nd Floor (2)</p> <p>3:30 Laughter Yoga with Josh (3)</p> <p>3:45 Puzzles on 2E (2EDR)</p> <p>4:00 Friendly Visits (RR)</p> | <p>10:30 Oneg Shabbat with OJCS Grade 2 Class (Cafe) 28</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>11:30 Exercise with Gloria (Cafe)</p> <p>2:30 Bingo (Cafe) Seudat Shabbat</p> <p>5:45 pm on 3rd Floor</p> <p>6:00 pm on 2 East</p> <p>Light candles: 7:08 pm</p> | <p>Shabbat Shalom 29</p> <p>Parshat: PEKUDEI</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: 8:12 pm</p> |
| <p>11:00 Christian Community Gathering (2ELR) 30</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) 31</p> <p>11:30 Nursing Rehab Exercise on 2E (2EN)</p> <p>2:30 Snoezelen Cart on 2E (2ELR)</p> <p>3:45 Musical Reminiscing on 2E (2EDR)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p> | <p>Please note that programs are subject to change.</p> <p>Refer to the MSTV Television on your neighbourhood for the most up to date program information.</p> | <p><u>Calendar Legend</u></p> <p>All Day Outings</p> <p>Special Events</p> <p>Music Therapy</p> <p>Art Therapy</p> <p>Horticulture</p> <p>Exercise</p> <p>Spiritual</p> | <p>March Brunch Outing</p> <p>Monday, March 24</p> <p>Bus departs at 10:30 am</p> <p>Please sign up with a Recreation Team Member</p>  | <p><u>Locations Legend</u></p> <p>Resident's Room (RR)</p> <p>2East Nook (2EN)</p> <p>Café (Cafe)</p> <p>2East Living Room (2ELR)</p> <p>3rd Floor Dining Room (3)</p> <p>Garden (G)</p> <p>2East Dining Room (2EDR)</p> <p>3West Dining Room (3WDR)</p> <p>3rd Floor Lounge (3L)</p> <p>Synagogue (S)</p> | <p>2West Dining Room (2WDR)</p> <p>1West (1W)</p> <p>2nd Floor Dining Room (2)</p> <p>Individual Dining Rooms (DR)</p> <p>2West Nook (2WN)</p> <p>Board Room (BR)</p> <p>3East Dining Room (3EDR)</p> <p>2West Living Room (2WLR)</p> <p>Outside Neighborhood (ON)</p> |