

<div> <div> May 2025 Hillel Lodge </div> <div> Recreation Activity Schedule 1 WEST </div> <div> Your Recreation Team: Maya, Preya, Danielle Aman, Jess and Marilyn </div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <b>NURSING REHAB SCHEDULE</b> </div> <div> Monday- Friday: </div> <div> 3 EAST at 8:00 am 2 EAST at 11:00 am </div>	<div> <b>MAY OUTING</b> Tuesday, May 13 </div> <div> Scenic Drive To The Canadian Tulip Festival and Byward Market </div> <div>  </div> <div> Please contact Recreation if interested in attending! </div>	<div> Friday, May 16, 2025 </div> <div>  </div>	<div> Thursday, May 1 </div> <div>  </div>	<div> <b>YOM HA' AZMAUT: Israel's 1 Independence Day</b> </div> <div> 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 2nd Floor (RR) 10:00 Joel Yan Strolling Minstrel for Yom Ha'Aztmaut (RR) 11:00 Tai Chi with Ruth on 3W (3) 2:30 Birthday Party with Evelyn Greenberg (Cafe) 2:30 Sunshine Strolls (G) </div>	<div> 10:30 Oneg Shabbat with Grade 6 Class from OJCS (3) 11:30 Chair Exercise with Gloria (3) 2:30 Bingo (Cafe) </div> <div> Seudat Shabbat 3rd Floor at 5:45 pm 2W at 6:00 pm Light candles at 7:53 pm </div>	<div> <b>Shabbat Shalom</b> Parshat: TAZRIA-METZORA </div> <div> 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) </div>
<div> 10:30 Individual Reading with Christine (RR) 4 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) </div>	<div> 10:00 Green Thumb Club with Celia (G) 5 3:30 Music with Noel (3) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3) </div>	<div> 10:30 Zumba with Debbie on 3rd Floor (3EDR) 6 </div>	<div> 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 7 10:30 Sunshine Strolls on 1W (G) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:00 Pet Visits with Steven and Molly on 3rd floor (RR) 2:00 Program Planning Meeting 1W (1WDR) 4:00 Lessons from the Parsha with Rabbi T. (3) </div>	<div> 10:00 Green Thumb Club with Celia (G) 8 10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 3rd Floor (RR) 2:30 Reader's Theatre with Grade 2 Class from The OJCS (3) 4:00 Friendly Visits (RR) 7:00 Celebrating the 80th Anniversary of the End of WWII with Ottawa Dance Group Kalinka (3) </div>	<div> 10:30 Oneg Shabbat with The OJCS Grade 1 and Dr. Mitzmacher (3) 9 11:30 Chair Exercise with Gloria (3) 2:30 Bingo (Cafe) </div> <div> Seudat Shabbat 3rd Floor at 5:45 pm 2E at 6:00 pm Light candles at 8:02 pm </div>	<div> <b>Shabbat Shalom</b> Parshat: ACHAREI-KEDOSHIM </div> <div> 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) </div>
<div> <b>MOTHER'S DAY</b> 11 10:30 Mother's Day Musical Entertainment with Kevin and Aahron on 3rd Floor (3) 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) </div>	<div> 10:00 Green Thumb Club with Celia (G) 12 10:30 Enriching Our Daily Connections with Gordon (Cafe) 2:15 Book Chat with Marcia and Arlene on 3rd Floor (3L) 7:00 Monday Evening BINGO with Joel (3) </div>	<div> 10:30 Outing: Scenic Drive by The Canadian Tulip Festival and Byward Market (ON) 13 10:30 Bowling on 3rd Floor (3WDR) 2:30 Keep on Singing with Al, Debbie &amp; Howard on 2nd Floor (2) </div>	<div> 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 14 10:30 Pet visits with Brian and Thor on 3rd Floor (RR) 10:30 Sit Down Dancing on 1W (1WLR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:00 Pet Visits with Steven and Molly on 2nd Floor (RR) 2:30 Therapeutic Chair Yoga with Eric on 3W (3WDR) 4:00 Lessons from the Parsha with Rabbi T. (3) </div>	<div> 10:00 Green Thumb Club with Celia (G) 15 10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 1W and 2W (RR) 10:30 Sing Along on 2nd Floor (2) </div>	<div> <b>LAG BA'OMER</b> 16 10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe) 11:15 Chair Exercise (Cafe) 2:30 Bingo (Cafe) </div> <div> Seudat Shabbat 3rd Floor at 5:45 pm 1W at 6:00 pm Light candles at 8:10 pm </div>	<div> <b>Shabbat Shalom</b> Parshat: EMOR </div> <div> 9:30 Shabbat Services (S) 2:30 Garden Visits (G) 4:00 Friendly Visits (RR) </div>
					<div> Shabbat ends at 9:02 pm </div>	<div> Shabbat ends at 9:12 pm </div>
					<div> Shabbat ends at 9:22 pm </div>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 1:45 Sunday Movie Matinee: "Keeping Up Appearances" TV Episodes on YouTube (3) 2:00 Pet Visits with Taylor and Chevy (RR) 2:15 Choir Practice (3WDR) </div> <div>18</div>	<div> <b>VICTORIA DAY</b> 10:00 Green Thumb Club with Celia (G) 10:30 Victoria Day Trivia (3WDR) 2:30 Victoria Day Musical Entertainment with Andrew (G) 3:00 Ice Cream Sundaes in the Garden (G) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3) </div> <div>19</div>	<div> 10:30 The Usuals Jazz Band (Cafe) 2:30 Jewish Songs and Prayers with Cantor Bielak (Cafe) 7:00 Cinematic Night In: "Carol Burnett Show" TV Episodes on YouTube (DR) </div> <div>20</div>	<div> 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 4:00 Lessons from the Parsha with Rabbi T. (3) </div> <div>21</div>	<div> 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 2nd Floor (RR) 10:30 Drumming Together on 2nd Floor (2) </div> <div>22</div>	<div> 10:15 Oneg Shabbat "Welcome to Shabbat" with Rabbi Mikelberg (Cafe) 11:15 Chair Exercise (Cafe) 2:30 Bingo (Cafe)   Seudat Shabbat 3rd Floor at 5:45 pm 2W at 6:00 pm Light candles at 8:18 pm </div> <div>23</div>	<div> <b>Shabbat Shalom</b> <b>Parshat: BEHAR-BECHUKOTAI</b> 9:30 Shabbat Services (S) 2:30 Big Ball Hockey on 2W (2WDR) 4:00 Friendly Visits (RR) </div> <div>24</div>
<div> 10:30 OMJS Program with SK - Grade 4 (Cafe) 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:00 Sunday Movie Matinee: "Carol Burnett Show" TV Episodes on YouTube (2) 2:15 Choir Practice (3WDR) </div> <div>25</div>	<div> <b>YOM YERUSHALAYIM: JERUSALEM DAY</b> 10:00 Green Thumb Club with Celia (G) 3:00 Songs for Yom Yerushalayim with Am Israel Chai with Leslie Sigman and Friends (3) 7:00 Monday Evening BINGO with Joel (3) </div> <div>26</div>	<div> 10:00 Pet Visits with Steven and Molly on 3rd floor (RR) 10:30 Shavuot Workshop with Rabbi Blum and The OJCS Grade 1 Class (Cafe) 3:00 Happy Hour with Eric Luca (Cafe) 7:00 Cinematic Night In: "Moon River" on YouTube (DR) </div> <div>27</div>	<div> 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Sit Down Dancing on 2W (Youtube) (2) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 The Ottawa Israeli Folkdancers with Hannah, Faigy and Friends (Cafe) 4:00 Memorial Service with Rabbi T. (1W) </div> <div>28</div>	<div> 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 3rd Floor (RR) 10:30 Resident Council (S) 11:00 Christian Mass with Father Daryold (2ELR) </div> <div>29</div>	<div> 10:30 Oneg Shabbat with The Ganon Preschool (Cafe) 11:30 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe)   Seudat Shabbat 3rd Floor at 5:45 pm 2E at 6:00 pm Light candles at 8:25 pm </div> <div>30</div>	<div> <b>Shabbat Shalom</b> <b>Parshat: BAMIDBAR</b> 9:30 Shabbat Services (S) 2:30 Sunshine Strolls (G) 4:00 Friendly Visits (RR) </div> <div>31</div>
<div> <div>Calendar Legend</div> <div> <div>All Day</div> <div>Outings</div> <div>Special Events</div> <div>Music Therapy</div> <div>Art Therapy</div> <div>Horticulture</div> <div>Exercise</div> <div>Spiritual</div> </div> </div>	<div> Monday, May 26  </div>			<div> Monday, May 19  </div>		<div> <div>Locations Legend</div> <div> <div>Resident's Room (RR)</div> <div>Café (Cafe)</div> <div>3rd Floor Dining Room (3)</div> <div>Garden (G)</div> <div>3rd Floor Lounge (3L)</div> <div>3West Dining Room (3WDR)</div> <div>Synagogue (S)</div> <div>2East Living Room (2ELR)</div> <div>2nd Floor Dining Room (2)</div> <div>Individual Dining Rooms (DR)</div> <div>3East Dining Room (3EDR)</div> <div>1 West Dining Room (1WDR)</div> <div>Outside Neighborhood (ON)</div> <div>1 West Living Room (1WLR)</div> <div>2West Dining Room (2WDR)</div> <div>1West (1W)</div> </div> </div>