

<div> <div> May 2025 Hillel Lodge </div> <div> Recreation Activity Schedule 3EAST & 3WEST </div> <div> Your Recreation Team: Maya, Preya, Danielle Aman, Jess and Marilyn </div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NURSING REHAB SCHEDULE Monday- Friday: 3 EAST at 8:00 am 2 EAST at 11:00 am	MAY OUTING Tuesday, May 13 Scenic Drive To The Canadian Tulip Festival and Byward Market  Please contact Recreation if interested in attending!	Friday, May 16, 2025  LAG BA'OMER	Thursday, May 1  Yom Ha'Atzmaut Israel Independence Day	YOM HA' AZMAUT: Israel's 1 Independence Day 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & 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)	10:30 Oneg Shabbat with Grade 6 Class from OJCS (3) 11:30 Chair Exercise with Gloria (3) 2:30 Bingo (Cafe) Seudat Shabbat 3rd Floor at 5:45 pm 2W at 6:00 pm Light candles at 7:53 pm	Shabbat Shalom Parshat: TAZRIA-METZORA 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
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)	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)	10:30 Zumba with Debbie on 3rd Floor (3EDR) 6	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 7 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:00 Pet Visits with Steven and Molly on 3rd floor (RR) 4:00 Lessons from the Parsha with Rabbi T. (3)	10:00 Green Thumb Club with Celia (G) 8 10:00 Pet Visits with Christine & 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)	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) Seudat Shabbat 3rd Floor at 5:45 pm 2E at 6:00 pm Light candles at 8:02 pm	Shabbat Shalom 10 Parshat: ACHAREI-KEDOSHIM 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
MOTHER'S DAY 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)	10:00 Green Thumb Club with Celia (G) 12 10:30 Enriching Our Daily Connections with Gordon (Cafe) 10:30 Program Planning Meeting for 3W (3WDR) 2:15 Book Chat with Marcia and Arlene on 3rd Floor (3L) 7:00 Monday Evening BINGO with Joel (3)	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 & Howard on 2nd Floor (2) 3:00 Program Planning Meeting for 3E (3ELR)	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) 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)	10:00 Green Thumb Club with Celia (G) 15 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:30 Sing Along on 2nd Floor (2)	LAG BA'OMER 16 10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe) 11:15 Chair Exercise (Cafe) 2:30 Bingo (Cafe) Seudat Shabbat 3rd Floor at 5:45 pm 1W at 6:00 pm Light candles at 8:10 pm	Shabbat Shalom 17 Parshat: EMOR 9:30 Shabbat Services (S) 2:30 Garden Visits (G) 4:00 Friendly Visits (RR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
11:00 Christian Community Gathering (2ELR) 18 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)	VICTORIA DAY 19 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)	10:30 The Usuals Jazz Band (Cafe) 20 2:30 Jewish Songs and Prayers with Cantor Bielak (Cafe) 7:00 Cinematic Night In: "Carol Burnett Show" TV Episodes on YouTube (DR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 21 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)	10:00 Green Thumb Club with Celia (G) 22 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 10:30 Drumming Together on 2nd Floor (2)	10:15 Oneg Shabbat "Welcome to Shabbat" with Rabbi Mikelberg (Cafe) 23 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	Shabbat Shalom 24 Parshat: BEHAR-BECHUKOTAI 9:30 Shabbat Services (S) 2:30 Big Ball Hockey on 2W (2WDR) 4:00 Friendly Visits (RR) Shabbat ends at 9:31 pm	
10:30 OMJS Program with SK - Grade 4 (Cafe) 25 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)	YOM YERUSHALAYIM: JERUSALEM DAY 26 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) 3:00 Songs for Yom Yerushalayim with Am Israel Chai with Leslie Sigman and Friends (3) 7:00 Monday Evening BINGO with Joel (3)	10:00 Pet Visits with Steven and Molly on 3rd floor (RR) 27 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)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 28 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)	10:00 Green Thumb Club with Celia (G) 29 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Resident Council (S) 11:00 Christian Mass with Father Daryold (2ELR) 2:30 Keep on Singing with Alison, Howard and Debbie on 3rd Floor (3)	10:30 Oneg Shabbat with The Ganon Preschool (Cafe) 30 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	Shabbat Shalom 31 Parshat: BAMIDBAR 9:30 Shabbat Services (S) 2:30 Sunshine Strolls (G) 4:00 Friendly Visits (RR) Shabbat ends at 9:39 pm	
<u>Calendar Legend</u> All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual					<u>Locations Legend</u> Resident's Room (RR) 3rd Floor Dining Room (3) Café (Cafe) Garden (G) 3rd Floor Lounge (3L) 3West Dining Room (3WDR) Synagogue (S) 2East Living Room (2ELR) 2nd Floor Dining Room (2) 3East Living Room (3ELR) Individual Dining Rooms (DR) 3East Dining Room (3EDR) Outside Neighborhood (ON) 2West Dining Room (2WDR) 3West Living Room (3WLR) 1West (1W)		