




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div></div> <div><p>Celebrate Canada's 156th Birthday with us in style!</p><p>Join us in the café at 3:15 pm dressed in your best red and white for a fun-filled musical celebration of all things Canadian!</p></div>		<div>CANADA DAY 1</div> <div>10:00 Canada Day Iced Tea Cart - Individual Visits (RR)</div> <div>3:15 Canada Day Musical Celebration with Rick (Cafe)</div> <div>7:00 Canadian Karaoke Sing Along (YouTube) (3)</div>	<div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2</div> <div>10:00 Canada Day Trivia (3ELR)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:30 Sing Along on 2nd Floor (2)</div> <div>4:00 Lessons from the Parsha with Rabbi T. (3)</div>	<div>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 3</div> <div>10:00 Garden Visits (G)</div> <div>11:00 Tai Chi with Ruth on 1W (1WLR)</div> <div>11:00 Resident Council (S)</div> <div>2:30 Birthday Party with Joel Yan and Marsha Black (Cafe)</div>	<div>10:30 Oneg Shabbat with the JCC Day Camp (Cafe) 4</div> <div>11:15 Chair Exercise (Cafe)</div> <div>2:30 Canada Day Double Bingo (Cafe)</div> <div>Seudat Shabbat 3rd floor at 5:45 pm 2W at 6:15 pm</div> <div>Light Candles at 8:36pm</div>	<div>Shabbat Shalom 5</div> <div>Parshat: CHUKAT</div> <div>9:30 Shabbat Services (S)</div> <div>2:30 Balloon Toss on 2nd Floor (2WN)</div> <div>4:00 Garden Visits (G)</div> <div>Shabbat ends at 9:50pm</div>
<div>11:00 Christian Community Gathering (2ELR) 6</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:15 Choir Practice (3WDR)</div>	<div>2:30 Country Music with Luke (Cafe) 7</div> <div>7:00 Monday Evening BINGO with Joel (3)</div>	<div>9:00 Annual Flea Market Sale (ON) 8</div>	<div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 9</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:30 Bowling on 3rd Floor (3WDR)</div> <div>2:30 Balloon Toss (G)</div> <div>2:30 Chair Exercise on 2W (2WDR)</div>	<div>10:00 Green Thumb Club with Celia (G) 10</div> <div>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</div> <div>10:30 The Usuals Jazz Band (Cafe)</div> <div>2:00 Program Planning Meeting 1W (1WDR)</div> <div>3:00 Bucket of Bean Bags (1WLR)</div>	<div>10:00 Green Thumb Club with Celia (G) 11</div> <div>10:30 Oneg Shabbat with Camp Gan Israel (Cafe)</div> <div>11:15 Chair Exercise (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>Light Candles at 8:33pm</div>	<div>Shabbat Shalom 12</div> <div>9:30 Shabbat Services (S)</div> <div>4:00 Garden Visits (G)</div> <div>Shabbat ends at 9:46pm</div>
<div>10:00 Sunshine Strolls in the Garden for 3rd Floor (G) 13</div> <div>11:00 Christian Community Gathering (2ELR)</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:15 Choir Practice (3WDR)</div> <div>3:00 Scrabble in the Cafe (Cafe)</div>	<div>10:00 Green Thumb Club with Celia (G) 14</div> <div>10:30 Noodle Air Hockey (1WLR)</div> <div>2:30 Name a country A - Z (1WLR)</div> <div>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</div>	<div>10:30 Zumba Gold Chair with Debbie on 2W (2WDR) 15</div> <div>10:30 Axe Throwing (1W)</div> <div>2:30 Garden Visits (G)</div> <div>2:30 Nifty Nails (1W)</div> <div>6:00 Beading Bracelets (3EN)</div> <div>7:00 Cinematic Night In "Father Brown" on Netflix (3)</div>	<div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 16</div> <div>10:30 Bowling (1WLR)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:15 Book Chat with Marcia and Arlene on 3rd Floor (3L)</div> <div>4:00 Lessons from the Parsha with Rabbi T. (3)</div>	<div>10:00 Green Thumb Club with Celia (G) 17</div> <div>10:30 Music with Malcom Wade on 3rd Floor (3)</div> <div>2:15 July Outing (ON)</div> <div>2:30 Arts and Crafts with Eleanor (3EDR)</div> <div>2:30 Garden Visits (G)</div> <div></div>	<div>10:00 Green Thumb Club with Celia (G) 18</div> <div>10:30 Oneg Shabbat with Camp Gan Israel (Cafe)</div> <div>11:15 Chair Exercise (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>Seudat Shabbat 3rd floor at 5:45 pm 2W at 6:15 pm</div> <div>Light Candles at 8:28pm</div>	<div>Shabbat Shalom 19</div> <div>Parshat: PINCHAS</div> <div>9:30 Shabbat Services (S)</div> <div>2:30 Mini Basketball on 2nd Floor (2WLR)</div> <div>4:00 Garden Visits (G)</div> <div>Shabbat ends at 9:39pm</div>

Recreation Activity Schedule
1 WEST

Your Recreation Team:
Maya, Preya, Aman
Jess and Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>11:00 Christian Community Gathering (2ELR)</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:15 Choir Practice (3WDR)</div> <div>20</div>	<div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Hymn Sing (3EDR)</div> <div>10:30 Enriching Our Daily Connections with Gordon (3L)</div> <div>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)</div> <div>7:00 Monday Evening BINGO with Joel (3)</div> <div>21</div>	<div>10:30 Visits with Rabbi Scher (3)</div> <div>2:30 Therapeutic Chair Yoga with Eric (2WDR)</div> <div>2:30 Hand Painted Rocks (G)</div> <div>4:00 Sunshine Strolls (G)</div> <div>7:00 Cinematic Night In (DR)</div> <div>22</div>	<div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>10:00 Sunshine Strolls in the Garden for 3rd Floor (G)</div> <div>10:30 Armchair Travel to South Africa on 2nd Floor (2WDR)</div> <div>10:30 Sit Down Dancing on 1W (YouTube) (1WLR)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:30 Snakes and Ladders on 2W (2WDR)</div> <div>2:30 Garden Visits (G)</div> <div>4:00 Lessons from the Parsha with Rabbi T. (3)</div> <div>23</div>	<div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)</div> <div>11:00 Resident Council (S)</div> <div>3:00 Happy Hour with Deborah (3)</div> <div>24</div>	<div>10:00 Green Thumb Club with Celia (G)</div> <div>10:30 Oneg Shabbat with Camp Gan Israel (Cafe)</div> <div>11:15 Chair Exercise (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>Light Candles at 8:21pm</div> <div>25</div>	<div>Shabbat Shalom Parshat: MATOT-MAS'EI</div> <div>9:30 Shabbat Services (S)</div> <div>4:00 Garden Visits (G)</div> <div>Shabbat ends at 9:30pm</div> <div>26</div>
<div>11:00 Christian Community Gathering (2ELR)</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:15 Choir Practice (3WDR)</div> <div>27</div>	<div>10:00 Green Thumb Club with Celia (G)</div> <div>2:30 Giant Crossword on 1W (1W)</div> <div>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</div> <div>28</div>	<div>10:30 Mini Basketball (1WLR)</div> <div>2:30 Sit Down Dancing on 2nd Floor (Youtube) (2)</div> <div>7:00 Cinematic Night In (DR)</div> <div>29</div>	<div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>10:30 Sunshine Strolls (G)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:15 Drumming Together on 2nd Floor (2)</div> <div>4:00 Memorial Service with Rabbi T. (1W)</div> <div>5:00 BBQ for 1W (G)</div> <div>30</div>	<div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</div> <div>10:30 Ball Toss (1WLR)</div> <div>10:30 Garden Visits (G)</div> <div>2:30 Sunshine Strolls (G)</div> <div>31</div>	<div>Locations Legend</div> <div>Garden (G) Café (Cafe) 3rd Floor Dining Room (3) 3rd Floor Lounge (3L) Resident's Room (RR) 1 West Living Room (1WLR) Synagogue (S) 3West Dining Room (3WDR) 2West Dining Room (2WDR) 2East Living Room (2ELR)</div> <div>1West (1W) 2nd Floor Dining Room (2) 3East Dining Room (3EDR) Outside Neighborhood (ON) Individual Dining Rooms (DR) 3East Living Room (3ELR) 2West Nook (2WN) 1 West Dining Room (1WDR) 3East Nook (3EN) 2West Living Room (2WLR)</div>	



Calendar Legend

All Day

Outings

Special Events

Music Therapy

Art Therapy

Horticulture

Exercise

Spiritual