



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



Recreation Activity Schedule  
2 WEST & 2 EAST

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>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>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:30 Snakes and Ladders on 2W (2WDR)</div> <div>4:00 Lessons from the Parsha with Rabbi T. (3)</div> <div>5:00 BBQ for 2E (G)</div> <div>23</div>	<div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Pet Visits with Christine &amp; 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>25</div>	<div>Shabbat Shalom 26</div> <div>Parshat: MATOT-MAS'EI</div> <div>9:30 Shabbat Services (S)</div> <div>2:30 Scrabble with Preya (2L)</div> <div>4:00 Garden Visits (G)</div> <div>Shabbat ends at 9:30pm</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>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</div> <div>28</div>	<div>2:30 Sit Down Dancing on 2nd Floor (Youtube) (2)</div> <div>2:30 Colouring on 1W (2ELR)</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>30</div>	<div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 3rd Floor (RR)</div> <div>10:30 Garden Visits (G)</div> <div>2:30 Hymn Sing on 2E (2EDR)</div> <div>31</div>	<div>Locations Legend</div> <div>Garden (G)</div> <div>Café (Cafe)</div> <div>3rd Floor Dining Room (3)</div> <div>3rd Floor Lounge (3L)</div> <div>Resident's Room (RR)</div> <div>2East Living Room (2ELR)</div> <div>Synagogue (S)</div> <div>2West Dining Room (2WDR)</div> <div>3West Dining Room (3WDR)</div> <div>2nd Floor Dining Room (2)</div> <div>3East Dining Room (3EDR)</div> <div>2West Nook (2WN)</div> <div>Outside Neighborhood (ON)</div> <div>2nd Floor Lounge (2L)</div> <div>Individual Dining Rooms (DR)</div> <div>3East Living Room (3ELR)</div> <div>1 West Living Room (1WLR)</div> <div>2East Nook (2EN)</div> <div>3East Nook (3EN)</div> <div>2West Living Room (2WLR)</div> <div>1West (1W)</div> <div>2East Dining Room (2EDR)</div>	



Calendar Legend

**All Day**

Outings

Special Events

Music Therapy

Art Therapy

Horticulture

Exercise

Spiritual