July 2025 Hillel Lodge		Recreation 3 W	Y	Your Recreation Team: Maya, Preya, Aman Jess and Marilyn		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join us in the café at 3 best red and white fo	Birthday with us in style! :15 pm dressed in your or a fun-filled musical things Canadian!	CANADA DAY 10:00 Canada Day Iced Tea Cart - Individual Visits (RR)13:15 Canada Day Musical Celebration with Rick (Cafe)2:15 Canada Day Musical Celebration with Rick (Cafe)7:00 Canadian Karaoke Sing Along (YouTube) (3)3:15 Canada Day Musical Celebration with Rick (Cafe)	 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 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) 	11:00 Resident Council (S)2:30 Birthday Party with Joel Yan and Marsha Black	 10:30 Oneg Shabbat 4 with the JCC Day Camp (Cafe) 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 	Shabbat Shalom 5 Parshat: CHUKAT 9:30 Shabbat Services (S) 2:30 Balloon Toss on 2nd Floor (2WN) 4:00 Garden Visits (G) Shabbat ends at 9:50pm
 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 	 2:30 Country Music with 7 Luke (Cafe) 7:00 Monday Evening BINGO with Joel (3) 	9:00 Annual Flea Market 8 Sale (ON)	 9:45 Exploring Art Group 9 with Art Therapists Mindy and Andrea (3L) 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) 5:00 BBQ for 3E (G) 	 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 The Usuals Jazz Band (Cafe) 2:30 Mindfulness Colouring Group on 3E (3L) 3:30 Garden Visits (G) 	10:00 Green Thumb Club with Celia (G) 10:30 Oneg Shabbat with Camp Gan Israel (Cafe) 11:15 Chair Exercise	Shabbat Shalom 12 9:30 Shabbat Services (S) 4:00 Garden Visits (G) Shabbat ends at 9:46pm
 10:00 Sunshine Strolls 13 in the Garden for 3rd Floor (G) 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) 	 10:00 Green Thumb Club with Celia (G) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3) 	10:30 Zumba Gold Chair with Debbie on 2W (2WDR)152:30 Garden Visits (G)4:00 Program Planning Meeting on 3E (3ELR)6:00 Beading Bracelets (3EN)7:00 Cinematic Night In "Father Brown" on Netflix (3)	 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Book Chat with Marcia and Arlene on 3rd Floor (3L) 4:00 Lessons from the Parsha with Rabbi T. (3) 	 10:00 Green Thumb Club with Celia (G) 10:30 Music with Malcom Wade on 3rd Floor (3) 2:15 July Outing (ON) 2:30 Arts and Crafts with Eleanor (3EDR) 	10:00 Green Thumb Club with Celia (G) 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	Shabbat Shalom 19 Parshat: PINCHAS 9:30 Shabbat Services (S) 2:30 Mini Basketball on 2nd Floor (2WLR) 4:00 Garden Visits (G) Shabbat ends at 9:39pm



July 2025 Hillel Lodge

Recreation Activity Schedule 3 WEST & 3 EAST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 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) 10:00 Hymn Sing (3EDR) 10:30 Enriching Our Daily Connections with Gordon (3L) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR) 7:00 Monday Evening BINGO with Joel (3) 	 10:30 Visits with Rabbi 22 Scher (3) 2:30 Therapeutic Chair Yoga with Eric (2WDR) 4:00 Sunshine Strolls (G) 7:00 Cinematic Night In (DR) 	 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:00 Sunshine Strolls in the Garden for 3rd Floor (G) 10:30 Armchair Travel to South Africa on 2nd Floor (2WDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Balloon Toss on 3W (3WDR) 2:30 Snakes and Ladders on 2W (2WDR) 3:00 Balloon Toss on 3E (3ELR) 4:00 Lessons from the Parsha with Rabbi T. (3) 	 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 11:00 Resident Council (S) 3:00 Happy Hour with Deborah (3) 	10:00 Green Thum Club with Cel (G) 10:30 Oneg Shabba Camp Gan Is (Cafe) 11:15 Chair Exercis (Cafe) 2:30 Bingo (Cafe) Light Candles at 8:2
 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 28 with Celia (G) 10:30 Music with Brian & Bobby Ukelele Strolling Minstrels on 3W (3WLR) 11:00 Music with Brian & Bobby Ukelele Strolling Musicians on 3E (3ELR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3) 	2:30 Sit Down Dancing on 2nd Floor (Youtube) (2) 7:00 Cinematic Night In (DR)	 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Sunshine Strolls (G) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Drumming Together on 2nd Floor (2) 4:00 Memorial Service with Rabbi T. (1W) 	 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Garden Visits (G) 	L Garden (G) Café (Cafe) 3rd Floor Lounge (3L) 3rd Floor Dining Room Resident's Room (RR) 3West Dining Room (3 Synagogue (S) 2West Dining Room (3 3East Living Room (3 2East Living Room (2)







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

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:00 Green Thumb 25 Club with Celia (G)

:30 Oneg Shabbat with Camp Gan Israel (Cafe) 15 Chair Exercise (Cafe)

Saturday

Shabbat Shalom 26 Parshat: MATOT-MAS'EI

9:30 Shabbat Services (S) 4:00 Garden Visits (G)

ht Candles at 8:21pm

Shabbat ends at 9:30pm

Locations Legend

rden (G) fé (Cafe) I Floor Lounge (3L) Floor Dining Room (3) sident's Room (RR) lest Dining Room (3WDR) nagogue (S) lest Dining Room (2WDR) ast Living Room (3ELR) ast Living Room (2ELR)

2nd Floor Dining Room (2) 3East Dining Room (3EDR) Outside Neighborhood (ON) Individual Dining Rooms (DR) 1 West Living Room (1WLR) 2West Nook (2WN) 3East Nook (3EN) 2West Living Room (2WLR) 3West Living Room (3WLR) 1West (1W)

Calendar Legend

All Day Outings **Special Events Music Therapy** Art Therapy Horticulture Exercise **Spiritual**