





Recreation Activity Schedule

2 WEST & 2 EAST



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AUGUST OUTING:</p> <p>The National Art Gallery Monday, August 18 10:15 am</p> <p>Please speak with the Recreation Team if interested in attending!</p> 	<p>The Civic Holiday on Monday, August 4 adds an extra splash of fun to the long weekend!</p> 	<p>Sugar Hill Farm is Back!</p> <p>Wednesday, August 6 10:00 am - 2:00 pm in the Front Entrance</p> <p>Get ready for a fun-filled day on the farm — right in your own backyard!</p>  <p>Don't miss this hands-on animal adventure — bring your family, bring your friends, and make some furry new ones too!</p>			<p>10:30 Oneg Shabbat with Camp Gan Israel (3)</p> <p>11:00 Green Thumb Club with Celia (G)</p> <p>11:15 Chair Exercise (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 3rd Floor at 5:45 pm 1W at 6:00 pm Light Candles at 8:12 pm</p>	<p>Shabbat Shalom Parshat: DEVARIM</p> <p>9:30 Shabbat Services (S)</p> <p>2:30 Balloon Toss on 2W (2WN)</p> <p>3:00 Balloon Toss on 2E (2EDR)</p> <p>4:00 Garden Visits (G)</p> <p>Shabbat ends at 9:20 pm</p>
<p>11:00 Christian Community Gathering (2ELR) 3</p> <p>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p>	<p>CIVIC HOLIDAY 4</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Balloon Badminton (1WLR)</p> <p>10:30 Balloon Volleyball on 2nd Floor (2)</p> <p>11:15 Balloon Volleyball on 3rd Floor (3)</p> <p>2:30 Musical Entertainment with Edwin and Frank (Cafe)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p>	<p>11:00 Youtube's Greatest Jewish Hits with Andrea and Shelley (3WDR) 5</p> <p>4:00 Garden Visits (G)</p> <p>7:00 Cinematic Night In (DR)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 6</p> <p>10:00 Visiting Farm Animals with Sugar Hill Farm (ON)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>3:00 Garden Visits (G)</p> <p>3:00 Friendly Visits (RR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>10:00 Green Thumb Club with Celia (G) 7</p> <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 1W and 2W (RR)</p> <p>10:30 Arts and Crafts on 2E (RR)</p> <p>2:30 Frank's Mini Concert (2EDR)</p>	<p>10:30 Oneg Shabbat with the JCC Day Camp (Cafe) 8</p> <p>11:00 Green Thumb Club with Celia (G)</p> <p>11:15 Chair Exercise (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 3rd Floor at 5:45 pm 2W at 6:00 pm Light Candles at 8:02 pm</p>	<p>Shabbat Shalom 9</p> <p>Parshat: VA'ETCHANAN</p> <p>9:30 Shabbat Services (S)</p> <p>2:30 Scrabble with Preya (2L)</p> <p>4:00 Garden Visits (G)</p> <p>Shabbat ends at 9:08 pm</p>
<p>10:30 Music with Noel (3) 10</p> <p>11:00 Christian Community Gathering (2ELR)</p> <p>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p> <p>2:30 Cribbage Club (Cafe)</p>	<p>10:00 Green Thumb Club with Celia (G) 11</p> <p>10:30 Enriching Our Daily Connections with Gordon (3L)</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)</p> <p>2:30 Drumming Together on 2E (2)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>7:00 Cinematic Night In (DR) 12</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 13</p> <p>10:30 Sing Along on 2nd Floor (2)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:30 Tour of The Jewish Community Centre (ON)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>10:00 Green Thumb Club with Celia (G) 14</p> <p>10:00 Pet Visits with Christine & Tinkerbelle Grace on 2nd Floor (RR)</p> <p>11:00 Tai Chi with Ruth on 2W (2WDR)</p> <p>2:30 Arts and Crafts on 2W (2WDR)</p>	<p>10:30 Oneg Shabbat with Marsha Black and Minda Wershof (Cafe) 15</p> <p>11:00 Green Thumb Club with Celia (G)</p> <p>11:15 Chair Exercise (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 3rd Floor at 5:45 pm 2E at 6:00 pm Light Candles at 7:52 pm</p>	<p>Shabbat Shalom 16</p> <p>Parshat: EIKEV</p> <p>9:30 Shabbat Services (S)</p> <p>2:30 Giant Connect 4 on 2nd Floor (2WDR)</p> <p>4:00 Garden Visits (G)</p> <p>Shabbat ends at 8:56 pm</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 17	10:15 August Outing (ON) 18 3:30 Friendly Visits (RR) 7:00 Monday Evening BINGO with Joel (3)	10:30 Zumba with Debbie on 3rd Floor (3EDR) 19 10:30 Armchair Travel to Greece on 2nd Floor (2WDR) 2:00 Program Planning Meeting for 2E (2EN) 2:30 Program Planning Meeting for 2W (2WN)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 20 10:30 Balloon Badminton on 2W (2WDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Balloon Badminton on 2E (2WDR) 4:00 Lessons from the Parsha with Rabbi T. (3) 4:00 Garden Visits (G)	10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 21 2:00 Beading Bracelets (3EN) 3:00 Happy Hour with Eric Luca (Cafe)	10:15 Oneg Shabbat with Joel Yan and Friends (Cafe) 22 11:00 Green Thumb Club with Celia (G) 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 7:40 pm	Shabbat Shalom 23 Parshat: RE'EH 9:30 Shabbat Services (S) 2:30 Scrabble with Preya (2L) 4:00 Garden Visits (G) Shabbat ends at 8:56 pm
10:30 1:1 Board Games (RR) 24 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 Sunshine Strolls (G)	10:00 Green Thumb Club with Celia (G) 25 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	INTERNATIONAL DOG DAY 26 11:00 Pup-Parade (Cafe) 2:30 Therapeutic Chair Yoga with Eric on 3W (3WDR) 2:30 Photo Reminiscing on 2E (2EDR) 6:30 Friendly Visits (RR) 7:00 Cinematic Night In (DR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 27 10:00 Sunshine Strolls in the Garden for 3rd Floor (G) 10:30 Ring Toss on 2E (2EDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Puzzles on 2W (2WDR) 4:00 Memorial Service with Rabbi T. (3)	10:00 Green Thumb Club with Celia (G) 28 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:30 Noodle Ball on 2W (2WDR) 11:00 Noodle Ball on 2E (2WDR) 2:30 Birthday Party with Evelyn Greenberg (Cafe)	10:30 Oneg Shabbat with Or Bielak (Cafe) 29 11:00 Green Thumb Club with Celia (G) 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 7:27 pm	Shabbat Shalom 30 Parshat: SHOFTIM 9:30 Shabbat Services (S) 2:30 Bean Bag Toss for 2nd Floor (G) 4:00 Garden Visits (G) Shabbat ends at 8:29 pm
11:00 Christian Community Gathering (2ELR) 31 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	It's Pup Parade Time! Get Ready for Wagging Tails and Furry Fun! Tuesday, August 26 at 11:00 am Front Entrance Cafe 		August is like the Sunday of summer, a time to relax and enjoy the golden moments. 	Calendar Legend All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual	Locations Legend Garden (G) Café (Cafe) Resident's Room (RR) 3rd Floor Dining Room (3) 3rd Floor Lounge (3L) 2West Dining Room (2WDR) 3West Dining Room (3WDR) Synagogue (S) 2East Living Room (2ELR) 2East Dining Room (2EDR) 2nd Floor Dining Room (2) Individual Dining Rooms (DR) Outside Neighborhood (ON) 2West Nook (2WN) 2nd Floor Lounge (2L) 3East Dining Room (3EDR) 1 West Living Room (1WLR) 2East Nook (2EN) 3East Nook (3EN)	