

September 2025

Hillel Lodge



Recreation Activity Schedule

1 WEST



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>September Outing: Shopping and Lunch at Carlingwood Shopping Centre</p> <p>Thursday, Sept. 25 10:15 am</p> <p>Please contact the Recreation Team if you are interested in attending.</p> 	<p>LABOUR DAY 1</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:00 Balloon Volleyball (G)</p> <p>2:30 Musical Entertainment with Malcom Wade (Cafe)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p>	<p>11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3WDR)</p> <p>2:00 Food Committee on 1W (1W)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>10:30 Noodle Ball on 3rd Floor (3)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</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 1:1 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)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)</p> <p>11:00 Tai Chi with Ruth on 3W (3)</p> <p>2:00 Bowling on 3rd Floor (3WDR)</p> <p>3:30 Program Planning Meeting 1W (1WDR)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Oneg Shabbat with Or Bielak (Cafe)</p> <p>11:15 Chair Exercise with Robin (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 3rd Floor at 5:45pm 2E at 6:00pm Light candles at 7:14pm</p>	<p>Shabbat Shalom 6 Parshat: KI TEITZEI</p> <p>9:30 Shabbat Services (S)</p> <p>4:00 Garden Visits (G)</p> <p>Shabbat ends at 8:15pm</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>10:00 Green Thumb Tour and Discussion Group (G)</p> <p>11:00 Green Thumb Individual Visits with Celia (RR)</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)</p> <p>7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)</p>	<p>11:15 Holiday Craft with OJCS Grade 2 Class (Cafe)</p> <p>3:00 Musical Entertainment with Nate (Cafe)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>10:30 Drumming Together on 3rd Floor (3)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>4:00 Board Games on 3rd Floor (3WDR)</p>	<p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</p> <p>10:00 Sing Along on 3E (3)</p> <p>11:00 Christian Service with Father Adolphus (2ELR)</p> <p>2:30 Arts and Crafts on 3rd Floor (3)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe)</p> <p>11:15 Chair Exercise with Robin (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>3:45 Kabbalat Shabbat with Sue (S)</p> <p>Seudat Shabbat 3rd Floor at 5:45pm 1W at 6:00pm Light candles at 7:01pm</p>	<p>Shabbat Shalom 13 Parshat: KI TAVO</p> <p>9:30 Shabbat Services (S)</p> <p>4:00 Garden Visits (G)</p> <p>Shabbat ends at 8:01pm</p>
<p>BIKING FOR BUBBIES 14</p> <p>10:00 Biking For Bubbies Family Fun Zone (Cafe)</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>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Enriching Our Daily Connections with Gordon (3L)</p> <p>7:00 Monday Evening BINGO with Joel (3)</p>	<p>10:30 Zumba Gold Chair with Debbie on 2W (2WDR)</p> <p>2:30 Birthday Party with Evelyn Greenberg (Cafe)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>10:30 Sit & Be Fit (3EDR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:15 Book Chat with Marcia and Arlene on 3rd Floor (3L)</p> <p>4:00 Memorial Service with Rabbi T. (3)</p>	<p>9:30 Sing Along on 3E (3)</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>11:00 Resident Council (S)</p> <p>3:00 Happy Hour with Sax & Piano Duo Edwin Gans and Charles Guerin (3)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Oneg Shabbat and Shofar Factory with Rabbi Blum and The OJCS Grade 4 Class (Cafe)</p> <p>11:15 Chair Exercise with Robin (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 3rd Floor at 5:45pm 2W at 6:00pm Light candles at 6:48pm</p>	<p>Shabbat Shalom 20 Parshat: NITZAVIM</p> <p>9:30 Shabbat Services (S)</p> <p>4:00 Garden Visits (G)</p> <p>Shabbat ends at 7:48pm</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Mini Basketball on 1W (1WLR) 21 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 1:1 Friendly Visits (RR)	EREV ROSH HASHANAH 22 10:00 Green Thumb Individual Visits with Celia (RR) 2:30 Mindfulness Colouring Group (3EDR)	ROSH HASHANAH DAY 1 23 9:30 Rosh Hashanah Service (S) 3:00 Bean Bag Toss for 2nd Floor (G) 3:30 1:1 Board Games (RR)	ROSH HASHANAH DAY 2 24 9:30 Rosh Hashanah Service (S) 4:00 Friendly Visits (RR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 25 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbelle Grace on 2nd Floor (RR) 10:15 September Outing: Carlingwood Shopping Centre (CSC) 10:30 Garden Visits (G) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 3:00 Giant Connect 4 on 3rd floor (3)	10:00 Green Thumb Individual Visits with Celia (RR) 26 10:15 Oneg Shabbat with Joel Yan and Friends (Cafe) 11:30 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) 3:45 Kabbalat Shabbat with Sue (S) Seudat Shabbat 3rd Floor at 5:45pm 2E at 6:00pm Light candles at 6:34pm	Shabbat Shalom 27 Parshat: VAYEILECH 9:30 Shabbat Services (S) 4:00 Garden Visits (G) Shabbat ends at 7:34pm
11:00 Christian Community Gathering (2ELR) 28 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	10:00 Green Thumb Individual Visits with Celia (RR) 29 2:30 Beading Bracelets (3EN) 7:00 Monday Evening BINGO with Joel (3)	10:30 The Usuals Jazz Band (Cafe) 30 2:30 Therapeutic Chair Yoga with Eric on 1W (1W)				<u>Calendar Legend</u> All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual
<u>Locations Legend</u> Resident's Room (RR) Café (Cafe) 3rd Floor Dining Room (3) Garden (G) 3rd Floor Lounge (3L) Synagogue (S) 3West Dining Room (3WDR) 2East Living Room (2ELR) 3East Dining Room (3EDR) 1West (1W)			1 West Dining Room (1WDR) 2West Dining Room (2WDR) 1 West Living Room (1WLR) Carlingwood (CSC) 3East Nook (3EN)			Stay Tuned! October brings... Yom Kippur on Oct 2 Sukkot on Oct 7-8 Shemini Azteret Oct 14 Simchat Torah Oct 15
			ROSH HASHANA Begins the evening of Monday, September 22 Ends the evening of Wednesday, September 24			