Hillel Lodge

September 2025 Recreation Activity Schedule 2 WEST & 2 EAST



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

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

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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 10:00 Green Thumb Individual Visits with Celia (RR) 2:30 Mindfulness Colouring Group (3EDR)	ROSH HASHANAH 23 DAY 1 9:30 Rosh Hashanah Service (S) 3:00 Bean Bag Toss for 2nd Floor (G)	ROSH HASHANAH 24 DAY 2 9:30 Rosh Hashanah Service (S) 4:00 Friendly Visits (RR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell 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) 3:00 Hymn Sing on 2E (2EDR)	10:00 Green Thumb Individual Visits with Celia (RR) 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) 2:30 Ring Toss on 2W (2WDR) 3:00 Ring Toss on 2E (2EDR) 4:00 Garden Visits (G) Shabbat ends at 7:34pm
1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)	Celia (RR) 10:30 Music with Brian & Bobby Ukelele Strolling Musicians on 2W (2WLR)	Band (Cafe) 2:30 Therapeutic Chair Yoga with Eric on 1W	A spine			Calendar Legend All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual

Locations Legend

Resident's Room (RR) Café (Cafe) 3rd Floor Dining Room Garden (G) 3rd Floor Lounge (3L) Synagogue (S) **3West Dining Room** (3WDR)

2East Living Room (2ELR) **2West Dining Room** (2WDR) 2East Dining Room (2EDR) 3East Dining Room (3EDR) 2East Nook (2EN)

2nd Floor Lounge (2L) 2West Nook (2WN) Carlingwood (CSC) **2West Living Room** (2WLR) 3East Nook (3EN) 1West (1W)

ROSH HASHANA

Begins the evening of Monday, September 22 Ends the evening of Wednesday, September 24

Stay Tuned! October brings...

Yom Kippur on Oct 2

Sukkot on Oct 7-8

Shemini Azteret Oct 14

Simchat Torah Oct 15