October 2025

Hillel Lodge

Sunday

Recreation Activity Schedule

1 WEST



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

Saturday

Shabbat Shalom

PARSHAT: HA'AZINU

9:30 Shabbat Services (S)

4:00 Friendly Visits (RR)

Shabbat ends at 7:21 pm

Shabbat Shalom

SUKKOT: 3rd

Intermediate Day

9:30 Shabbat Services (S)

May the light of this season

Wishing you a blessed Yom Kippur!

be in your heart all year long.

Thursday, October 2nd, 2025



Tuesday

SUKKOT

2:30 Bean Bag Toss on

3rd Floor (3)

SUKKOT

9:30 Synagogue (S)

Wednesday **EREV YOM KIPPUR**

9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)

11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 The Price is Right Game

on 3rd Floor (3) 6:15 KOL NIDRE SERVICE (S)

SUKKOT

2:30 Balloon Volleyball on

Happy Sukket

2nd Floor (2)

Light Candles at 7:13 pm

Services (S)

9:30 Synagogue

SIMCHAT TORAH 15

2:30 Reading Short Stories

on 2nd Floor (2WDR)

Light Candles at 6:24 pm

9:30 Synagogue (S)

YOM KIPPUR

9:00 Synagogue Services 11:00 Synagogue Yizkor (S)

Thursday

2:30 Giant Connect 4 (G)



Holiday ends at 7:24 pm

SUKKOT: 1st Intermediate Day 10:00 Green Thumb Club with

Celia (G) 10:00 Pet Visits with Christine

& Tinkerbell Grace on 1W and 2W (RR) 10:30 Musical Wellness Drum

Circle (3) 11:00 Christian Service with Father Adolphus (2ELR)

2:30 Mindfulness Colouring Group on 3E (3EDR)

9:45 Exploring Art Group with Art Therapists Mindy and

10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor

10:30 Program Planning Meeting 1W (1WLR)

11:00 Exploring Art Group with Art Therapists Mindy and Andrea

11:00 Tai Chi with Ruth on 1W (1WLR)

2:30 Musical Entertainment with Gustave and Joanne (Cafe)

10:00 Green Thumb Individual Visits with

Friday

10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR)

11:30 Chair Exercise with Gloria (Cafe)

Celia (RR)

2:30 Bingo (Cafe)

3:40 Kabbalat Shabbat with Sue (S) Seudat Shabbat:

3rd Floor at 5:45pm 1 West at 6:00 pm

Light Candles at 6:20 pm

SUKKOT: 2nd **Intermediate Day**

10:15 Oneg Shabbat with Joel Yan and Friends (Cafe)

11:30 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe)

Seudat Shabbat: 3rd Floor at 5:45pm 2 West at 6:00 pm

Light Candles at 6:07 pm 10:00 Green Thumb

Minda, Marsha and

Gloria (Cafe)

Shabbat ends at 6:45 pm

Shabbat ends at 7:08 pm

PARSHAT:

BEREISHIT

9:30 Shabbat Services (S)

4:00 Friendly Visits (RR)

Shabbat Shalom 18

11:00 Christian 9:45 Exploring Art Group Community with Art Therapists Gathering (2ELR) Mindy and Andrea (3L) 1:00 One-to-One Individual 10:00 Green Thumb Individual Sessions with Music 10:30 Enriching Our Daily Therapist Rachel

(RR) 2:15 Choir Practice (3WDR)

SUKKOT: 4th

Intermediate Day

11:00 Christian Community

1:00 One-to-One Individual

Therapist Rachel

(RR)

2:15 Choir Practice

(3WDR)

Gathering (2ELR)

Sessions with Music

Light Candles at 6:15 pm

HOSHANA RABA THANKSGIVING 10:00 One-to-One Individual

Sessions with Music

EREV SUKKOT

Visits with Celia (RR)

Connections with

11:00 Exploring Art Group with

Art Therapists Mindy and

Gordon (2L)

Andrea (3L)

Monday

Therapist Rachel (RR) 10:30 Armchair Travel to India on 2nd Floor (2WDR)

1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)

2:30 Armchair Travel to India on 3rd Floor (3EDR)



Light Candles at 6:02 pm

9:30 Synagogue Services (S) 11:00 Synagogue Yizkor (S) 2:30 Board Games on 3rd

Floor (3)

Light Candles at 7:15 pm

SHEMINI ATZERET 14



Light Candles at 7:03 pm Light Candles at 7:01 pm

Andrea (3L) 10:00 Green Thumb Club with Celia

Individual Visits with Celia (RR) 10:30 Oneg Shabbat with

Karen (Cafe)

11:30 Chair Exercise with

2:30 Bingo (Cafe)

Light Candles at 5:55 pm

Shabbat ends at 6:56 pm

October 2025

Hillel Lodge

2:15 Choir Practice

(3WDR)



1 WEST



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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Balloon Badminton on 1W (1WLR) 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 Friendly Visits (RR)	10:00 Green Thumb Individual Visits with Celia (RR) 11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3WDR) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR) 7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Zumba Gold Chair with Debbie on 3W (3) 11:00 Resident Council (S) 2:30 Keep on Singing with Al, Debbie & Howard on 2nd Floor (2EDR) 6:30 Reading Short Stories on 3rd Floor (RR) 7:00 Cinematic Night In "Chitty Chitty Bang Bang" (1968) (DR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:00 October Outing: Scenic Drive to Gatineau Park (ON) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 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 3rd Floor (RR) 2:30 Happy Hour with Rick Crepin (3)	10:00 Green Thumb Individual Visits with Celia (RR) 10:15 Oneg Shabbat with The Ganon Preschool (Cafe) 11:30 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) 3:40 Kabbalat Shabbat with Sue (S) Light Candles at 5:43 pm	Shabbat Shalom 25 PARSHAT: NOACH 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) Shabbat ends at 6:45 pm
11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)	10:00 Green Thumb Individual Visits with Celia (RR) 2:30 Music with Arlene Quinn (Cafe) 7:00 Monday Evening BINGO with Joel (3)	10:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 10:30 The Usuals Jazz Band (Cafe) 2:30 Therapeutic Chair Yoga with Eric on 2W	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Sing Along with Susie Q (3EDR) 10:30 Pet visits with Brian and Thor on 2nd Floor (RR) 11:00 Exploring Art Group with Art Therapists Mindy and	10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:30 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) 11:30 Chair Exercise with	Calendar Legend All Day Outings Special Events Music Therapy Art Therapy Horticulture

Floor (3)

(Cafe)

2:30 Birthday Party with

Evelyn Greenberg and

Dr. Fraser Reubens

OCTOBER OUTING

Wednesday, October 22nd at 10:00 am

Scenic Drive to Gatineau Park to look at the changing fall leaves! Please sign up with the Recreation Team.

Space is limited!





Andrea (3L)

2:15 Book Chat with Marcia and

4:00 Memorial Gathering with

Rabbi T. (3WDR)

Arlene on 3rd Floor (3L)

(2WDR)

(DR)

6:45 Cinematic Night In

"Charade" (1963)

Locations Legend

Horticulture

Exercise

Spiritual

Resident's Room (RR) Café (Cafe) Synagogue (S) 3rd Floor Lounge (3L) 3rd Floor Dining Room (3) 3West Dining Room (3WDR) Garden (G) 3East Dining Room (3EDR) 2East Living Room (2ELR)

Gloria (Cafe)

Light Candles at 5:32 pm

2:30 Bingo (Cafe)

2West Dining Room (2WDR) 1 West Living Room (1WLR) Individual Dining Rooms (DR) 2nd Floor Lounge (2L) 2nd Floor Dining Room (2) 2East Dining Room (2EDR) Outside Neighborhood (ON)