## October 2025

Hillel Lodge

11:00 Christian

(RR)

2:15 Choir Practice

**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

(3WDR)

Community

Gathering (2ELR)

Sessions with Music

1:00 One-to-One Individual

Therapist Rachel

**Sunday** 

# Recreation Activity Schedule

2 EAST & 2 WEST



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

**Saturday** 

**Shabbat Shalom** 

PARSHAT: HA'AZINU

9:30 Shabbat Services (S)

2:30 Scrabble with Preya

4:00 Friendly Visits (RR)

May the light of this season be in your heart all year long.

> Wishing you a blessed Yom Kippur!

Thursday, October 2nd, 2025



#### **EREV YOM KIPPUR**

Wednesday

9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Holiday Trivia on 2W

(2WDR) 11:00 Exploring Art Group with

Art Therapists Mindy and

Andrea (3L) 2:30 Chair Extercise on 2W (2WDR)

2:30 The Price is Right Game on 3rd Floor (3)

6:15 KOL NIDRE SERVICE (S) Light Candles at 6:24 pm

SUKKOT

2:30 Balloon Volleyball on

Happy Sukket

2nd Floor (2)

Light Candles at 7:13 pm

9:30 Synagogue (S)

#### YOM KIPPUR

**Thursday** 

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

2:30 Giant Connect 4 (G)



Holiday ends at 7:24 pm

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

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 Program Planning Meeting for 2E (2EDR) 2:30 Mindfulness Colouring Group

on 3E (3EDR) 3:00 Program Planning Meeting for 2W (2WDR)

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)

Andrea (3L) 11:00 Tai Chi with Ruth on 1W

(1WLR) 2:30 Musical Entertainment with

#### **Friday** 10:00 Green Thumb Individual Visits with

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**

Joel Yan and Friends (Cafe) 11:30 Chair Exercise with

10:15 Oneg Shabbat with

Gloria (Cafe) 2:30 Bingo (Cafe)

with Celia (RR)

Minda, Marsha and

10:30 Oneg Shabbat with

Karen (Cafe)

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

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

**Individual Visits** 

11:30 Chair Exercise with Gloria (Cafe)

2:30 Bingo (Cafe)

Shabbat ends at 7:21 pm

**Shabbat Shalom** SUKKOT: 3rd **Intermediate Day** 

9:30 Shabbat Services (S)

# Shabbat ends at 7:08 pm

#### Shabbat Shalom 18 PARSHAT:

#### **BEREISHIT** 9:30 Shabbat Services (S) 2:30 Scrabble with Preya

(2L) 4:00 Friendly Visits (RR)

#### Shabbat ends at 6:56 pm Light Candles at 5:55 pm

## 9:45 Exploring Art Group with

Andrea (3L) 10:00 Green Thumb Individual

Visits with Celia (RR) 10:30 Enriching Our Daily

11:00 Exploring Art Group with Art

#### **HOSHANA RABA**

10:00 One-to-One Individual Sessions with Music 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)

3rd Floor (3EDR)



## **EREV SUKKOT**

**Monday** 

Art Therapists Mindy and

Connections with Gordon

Therapists Mindy and Andrea

#### Light Candles at 6:15 pm

**THANKSGIVING** 

2:30 Armchair Travel to India on



### Light Candles at 7:03 pm

9:30 Synagogue (S) 2:30 Bean Bag Toss on 3rd Floor (3)

**SUKKOT** 

**Tuesday** 



Light Candles at 7:15 pm

**SHEMINI ATZERET 14** 9:30 Synagogue Services (S) 11:00 Synagogue Yizkor (S)

2:30 Board Games on 3rd Floor (3)



Light Candles at 7:01 pm

#### SIMCHAT TORAH 15 9:30 Synagogue Services (S)

2:30 Reading Short Stories on 2nd Floor (2WDR)



10:30 Sing Along on 2E (2EDR) 11:00 Exploring Art Group with Art Therapists Mindy and

Gustave and Joanne (Cafe)



## October 2025 Recreation Activity Schedule EAST & 2 WEST



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

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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) 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)	Celia (RR)  10:30 Zumba Gold Chair with Debbie on 3W (3)	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) 2:30 Balloon Badminton on 2W (2WDR) 3:00 Balloon Badminton on 2E (2WDR) 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) 2:15 Choir Practice (3WDR)	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 (2WDR)  6:45 Cinematic Night In "Charade" (1963) (DR)	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 Andrea (3L) 2:15 Book Chat with Marcia and Arlene on 3rd Floor (3L) 4:00 Memorial Gathering with Rabbi T. (3WDR)	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) 2:30 Birthday Party with Evelyn Greenberg and Dr. Fraser Reubens (Cafe)	-	Calendar Legend All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual
OCTOBER OUTING				- N A	Location  Posident's Poem (PP)	s Legend 3Fast Dining Poom (3FDP)

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!





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

3East Dining Room (3EDR) 2East Living Room (2ELR) 2nd Floor Lounge (2L) 2East Dining Room (2EDR) **Individual Dining Rooms** (DR) 2nd Floor Dining Room (2) 1 West Living Room (1WLR) Outside Neighborhood

(ON)