

October 2025








Hillel Lodge

Recreation Activity Schedule

3 EAST & 3 WEST



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>May the light of this season be in your heart all year long.</div> <div>Wishing you a blessed Yom Kippur!</div> <div>Thursday, October 2nd, 2025</div>		<div><div>WISH YOU THE BEST OF</div><div>Yom Kippur</div></div>	<div>EREV YOM KIPPUR 1</div> <div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:30 The Price is Right Game on 3rd Floor (3)</div> <div>6:15 KOL NIDRE SERVICE (S)</div> <div>Light Candles at 6:24 pm</div>	<div>YOM KIPPUR 2</div> <div>9:00 Synagogue Services (S)</div> <div>11:00 Synagogue Yizkor (S)</div> <div>2:30 Giant Connect 4 (G)</div> <div></div> <div>Holiday ends at 7:24 pm</div>	<div>10:00 Green Thumb Individual Visits with Celia (RR) 3</div> <div>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (3EDR)</div> <div>11:30 Chair Exercise with Gloria (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>3:40 Kabbalat Shabbat with Sue (S)</div> <div>Seudat Shabbat: 3rd Floor at 5:45pm 1 West at 6:00 pm</div> <div>Light Candles at 6:20 pm</div>	<div>Shabbat Shalom 4</div> <div>PARSHAT: HA'AZINU</div> <div>9:30 Shabbat Services (S)</div> <div>4:00 Friendly Visits (RR)</div> <div>Shabbat ends at 7:21 pm</div>
<div>11:00 Christian Community Gathering (2ELR) 5</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:15 Choir Practice (3WDR)</div>	<div>EREV SUKKOT 6</div> <div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>10:00 Green Thumb Individual Visits with Celia (RR)</div> <div>10:30 Enriching Our Daily Connections with Gordon (2L)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>2:30 Program Planning Meeting for 3W (3WLR)</div> <div>3:30 Program Planning Meeting on 3E (3ELR)</div> <div>Light Candles at 6:15 pm</div>	<div>SUKKOT 7</div> <div>9:30 Synagogue (S)</div> <div>2:30 Bean Bag Toss on 3rd Floor (3)</div> <div></div> <div>Light Candles at 7:15 pm</div>	<div>SUKKOT 8</div> <div>9:30 Synagogue (S)</div> <div>2:30 Balloon Volleyball on 2nd Floor (2)</div> <div></div> <div>Light Candles at 7:13 pm</div>	<div>SUKKOT: 1st Intermediate Day 9</div> <div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</div> <div>10:30 Musical Wellness Drum Circle (3)</div> <div>11:00 Christian Service with Father Adolphus (2ELR)</div> <div>2:30 Mindfulness Colouring Group on 3E (3EDR)</div>	<div>SUKKOT: 2nd Intermediate Day 10</div> <div>10:15 Oneg Shabbat with Joel Yan and Friends (Cafe)</div> <div>11:30 Chair Exercise with Gloria (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>Seudat Shabbat: 3rd Floor at 5:45pm 2 West at 6:00 pm</div> <div>Light Candles at 6:07 pm</div>	<div>Shabbat Shalom 11</div> <div>SUKKOT: 3rd Intermediate Day</div> <div>9:30 Shabbat Services (S)</div> <div>Shabbat ends at 7:08 pm</div>
<div>SUKKOT: 4th Intermediate Day 12</div> <div>11:00 Christian Community Gathering (2ELR)</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:15 Choir Practice (3WDR)</div>	<div>HOSHANA RABA THANKSGIVING 13</div> <div>10:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>10:30 Armchair Travel to India on 2nd Floor (2WDR)</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:30 Armchair Travel to India on 3rd Floor (3EDR)</div> <div></div> <div>Light Candles at 6:02 pm</div>	<div>SHEMINI ATZERET 14</div> <div>9:30 Synagogue Services (S)</div> <div>11:00 Synagogue Yizkor (S)</div> <div>2:30 Board Games on 3rd Floor (3)</div> <div></div> <div>Light Candles at 7:03 pm</div>	<div>SIMCHAT TORAH 15</div> <div>9:30 Synagogue Services (S)</div> <div>2:30 Reading Short Stories on 2nd Floor (2WDR)</div> <div></div> <div>Light Candles at 7:01 pm</div>	<div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 16</div> <div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>11:00 Tai Chi with Ruth on 1W (1WLR)</div> <div>2:30 Musical Entertainment with Gustave and Joanne (Cafe)</div>	<div>10:00 Green Thumb Individual Visits with Celia (RR) 17</div> <div>10:30 Oneg Shabbat with Minda, Marsha and Karen (Cafe)</div> <div>11:30 Chair Exercise with Gloria (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>Light Candles at 5:55 pm</div>	<div>Shabbat Shalom 18</div> <div>PARSHAT: BEREISHIT</div> <div>9:30 Shabbat Services (S)</div> <div>4:00 Friendly Visits (RR)</div> <div>Shabbat ends at 6:56 pm</div>

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Recreation Activity Schedule
3 EAST & 3 WEST



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

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)	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
10:00 Friendly Visits with Christine (RR) 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)	10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe) 11:30 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) Light Candles at 5:32 pm	<u>Calendar Legend</u> All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual

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!





Locations Legend

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)

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