# Recreation Activity Schedule 1 WEST



Your Recreation Team: Preya, Aman, Fiona Jess & Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scenic Drive to The Magic of Lights (Wesley Clover Park) Tuesday, Dec. 23rd at 4:30 pm  Please contact the Recreation Team if interested in attending!	10:00 Green Thumb Individual Visits with Celia (RR) 11:00 Food Committee on 1W (1W)	Entertainment with Nate (Cafe) 2:00 Friendly Visits with Joel (RR) 2:30 Comfort Cooking Club (K) 7:00 Cinematic Night In (DR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:00 Program Planning Meeting on 1W (1WDR) 3:00 Blooming Moments: Therapeutic Garden Project (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)  10:30 Balloon Badminton on 1W (1WLR)  11:00 Tai Chi with Ruth on 3W (3)  2:30 Keep on Singing with Alison, Al, Howard and Debbie on 2nd Floor (2)	10:00 Green Thumb Individual Visits with Celia (RR)  10:30 Oneg Shabbat with Minda, Marsha and Karen (Cafe)  11:30 Chair Exercise with Gloria (Cafe)  2:30 Bingo (Cafe)	Parshat: VAYISHLACH 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
10.00 P. H. D. L. L.	40.00.00	40.00 D.43 // '4 '4'	0:45 Evoloring Art Croup with Art	40.00 D.43 // // //	Light Candles at 4:02 pm	Shabbat ends at 5:10 pm
<ul> <li>10:30 Balloon Badminton on 3rd Floor (3)</li> <li>11:00 Christian Community Gathering (2ELR)</li> <li>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</li> <li>2:15 Choir Practice (3WDR)</li> </ul>	10:00 Green Thumb Individual Visits with Celia (RR)  10:30 Music with Arlene Quinn (Cafe)  2:30 An Hour with Guest Speaker Professor Gerry Cammy on 3E (3EDR)  2:30 Mindfulness Colouring Group on 1W (1WDR)  7:00 Monday Evening BINGO with Joel (3)	10:00 Pet Visits with Steven and Molly on 1W and 2E (RR)  10:30 Zumba Gold Chair with Debbie on 3W (3)  7:00 Cinematic Night In "Mrs. Doubtfire" (DR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)  10:00 Green Thumb Individual Visits with Celia (RR)  10:00 Axe Throwing on 1W (1W)  10:30 Pet visits with Brian and Thor on 2nd Floor (RR)  11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)  11:00 Storytime and Quiz on 2W (2WDR)  2:00 Friendly Visits with Joel (RR)  2:15 Book Chat with Marcia, Arlene and Mimi with Special Guest Award- winning Author Sheila Baslow on 3rd Floor (3L)  4:00 Memorial Gathering with Rabbi T. (3WDR)	10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)  10:00 Green Thumb Club Market Place (Cafe)  11:00 Christian Service with Father Adolphus (2ELR)  3:00 Happy Hour with Off The Record Jazz Band (Cafe)	10:00 Green Thumb Individual Visits with Celia (RR)  10:30 Oneg Shabbat with The Ganon Preschool & Zaidie Joel (Cafe)  11:30 Chair Exercise with Gloria (Cafe)  2:30 Bingo (Cafe)  3:30 Kabbalat Shabbat with Sue (S)	Shabbat Shalom Parshat: VAYEISHEV 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
EREV CHANUKAH - 1st 14	CHANUKAH - 2nd 15	CHANUKAH - 3rd 16	CHANUKAH - 4th 17	CHANUKAH - 5th Candle 18	Light Candles at 4:02 pm  CHANUKAH - 6th 19	Shabbat ends at 5:10 pm  Shabbat Shalom 20
Candle  10:30 Annual Auxiliary Chanukah Party with festive music by Joel, Ruth, Eric, Al, Sol, Toby Steve and Marsha. (Cafe)  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)	Candle  10:00 Green Thumb Individual Visits with Celia (RR)  10:30 Chanukah Memories Discussion with Rabbi Scher (3)  2:30 Holiday Craft for 3rd Floor (3WDR)  2:30 Puzzles and Board games on 2W (2WDR)  7:00 Monday Evening BINGO with Elayne, Wesley and Bobby (3)	Candle 10:30 The Usuals Jazz Band (Cafe) 7:00 Cinematic Night In (DR)	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) 10:30 Noodle Ball on 1W (1WLR) 2:30 Birthday Party & Chanukah Celebration with Evelyn	Candle 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with OJCS Grade 8 Class (Cafe) 11:30 Chair Exercise with Gloria (Cafe) 2:30 Holiday Double Bingo (Cafe)	CHANUKAH - 7th Candle Parshat: MIKEITZ 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
					Light Candles at 4:04 pm	Shabbat ends at 5:12 pm

December 2025 Hillel Lodge

## **Recreation Activity Schedule** 1 WEST



Your Recreation Team: Preya, Aman, Fiona Jess & Marilyn

Sunday
CHANUKAH - 8th 21 Candle WINTER BEGINS
1:00 Christian Community Gathering (2ELR) :00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:30 The Harmony of Lights Concert Featuring The Hillel Harmonics Choir (Cafe)
0:00 Friendly Visits 28

#### **Monday** 8th Day of 22 **CHANUKAH** 10:30 Enriching Our Daily Connections with Gordon (3L) 10:30 Sit & Be Fit on 1W (1WLR) 2:30 Keep on Singing with Al, Debbie & Howard on 3rd Floor (3) 7:00 Monday Evening BINGO with Joel (3)

#### **Tuesday** 10:30 Pass the Hat Conversation (3EDR) 2:00 Friendly Visits (RR) 2:00 Beanbag Toss on 3rd floor (3EDR) 4:00 Outing to Magic of Lights at Wesley Clover Park (ON)

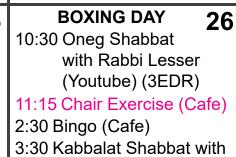
7:00 Cinematic Night In (DR)

#### Wednesday CHRISTMAS EVE 24 10:30 Mini Basketball on 1W (1WLR) 10:30 Holiday Singalong on 3rd Floor (3WDR) 2:30 Balloon Volleyball Olympic Tournament 2E VS 2W (2) 2:30 Board Games on 3rd

Floor (3)

## CHRISTMAS DAY 3:30 Holiday Hot **Chocolate Cart 1W** (RR)

**Thursday** 



Light Candles at 4:08 pm

Sue (S)





Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)

#### 2:30 "New Year" **Greeting Card** Session on 1W (1WDR) 7:00 Monday Evening

BINGO with Elayne, Wesley and Bobby (3) 2:30 New Year Greeting

#### 10:30 "Lucky Six" Card **30** Game on 2W (2WDR)

11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3WDR) 2:30 Therapeutic Chair Yoga

Cards (3EDR)

with Eric on 1W (1W)

#### **NEW YEARS EVE** 10:30 New Year Poems on 2W (2WDR) 10:30 Axe Throwing on 3rd Floor (3EDR)

2:15 New Years Eve Celebration with Rick Crepin (Cafe)



## **Locations Legend**

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

1 West Living Room (1WLR) 2West Dining Room (2WDR) 1West (1W) 1 West Dining Room (1WDR) Garden (G) 2nd Floor Dining Room (2) Kitchen (K) Outside Neighborhood (ON)

Shabbat ends at 5:17 pm

## Please note:

Programs are subject to change.

Please refer to the Info-Television on your neighbourhood for the most up-todate daily program information!



## Calendar Legend

#### **All Day** Outings

**Special Events Music Therapy Art Therapy** Horticulture **Exercise Spiritual**