

January 2026 Recreation Activity Schedule

1 West

Hillel Lodge



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> Resident's Room (RR) 1 West Living Room (1WLR) 3rd Floor Lounge (3L) Café (Cafe) Individual Dining Rooms (DR) Synagogue (S) 1West (1W) 1 West Dining Room (1WDR)	<u>Calendar Legend</u> Garden (G) 3rd Floor Dining Room (3) 3West Dining Room (3WDR) 2East Living Room (2ELR) 2West Dining Room (2WDR) 2nd Floor Dining Room (2)		NEW YEARS DAY 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:30 New Year Stories from Around the Globe on 1W (1WLR)	1 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR) 4:00 Neighbourhood Bingo for 1W (1WLR)	2 Light candles at 4:13 pm	3 Shabbat Shalom Parshat: VAYECHI 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
10:30 Friendly Visits (RR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:30 Friendly Visits (RR)	10:00 Green Thumb Individual Visits with Celia (RR) 11:00 Tai Chi with Ruth on 1W (1WLR)	10:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 10:30 Giant Crossword on 1W (1WLR) 6:45 Friendly Visits (RR) 7:00 Cinematic Night In "Cool Runnings" (DR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Board Game: Shut the Box on 1W (1WDR) 11:00 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 Sing Along with Susie Q on 1W (1WLR)	8 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR) 3:30 Kabbalat Shabbat with Sue (3WDR) 4:00 Neighbourhood Bingo for 1W (1WLR)	9 Shabbat Shalom Parshat: SHEMOT 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
10:30 Sit Down Dancing on 1W (1WLR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:30 Friendly Visits (RR)	10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Sit & Be Fit on 1W (1WLR)	3:30 Program Planning Meeting on 1W (1WDR) 6:30 Individual Reading on 1W (RR) 7:00 Cinematic Night In "Oddball (2015)" (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)	10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Scrambled Words on 1W (1WLR)	15 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR) 4:00 Neighbourhood Bingo for 1W (1WLR)	16 Shabbat Shalom Parshat: VA'EIRA (1W) 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
					Light candles at 4:29 pm	Havdalah 3rd Floor at 5:45 pm 2West at 6:00 pm Shabbat ends at 5:37 pm

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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)	18 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Enriching Our Daily Connections with Gordon (3L) 10:30 Balloon Toss on 1W (1W) 2:30 Planting Seeds for The Future: Hooray for Tu B'Shevat with Rabbi Mikelberg (3) 7:00 Monday Evening Volunteer BINGO (3)	19 10:30 The Usuals Jazz Band (Cafe)	20 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Let's Dance! with Dance Therapist Lorraine (3) 2:30 Card Bingo on 1W (1WDR) 4:00 Lessons from the Parsha with Rabbi T. (1W)	21 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:30 String and Piano Concert from Children Young and Old (Cafe)	22 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with The Ganon Preschool (Cafe) 11:15 Chair Exercise (Cafe) 2:30 Bingo (Cafe) 3:30 Kabbalat Shabbat with Sue (Cafe)	23 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with The Ganon Preschool (Cafe) 11:15 Chair Exercise (Cafe) 2:30 Bingo (Cafe) 3:30 Kabbalat Shabbat with Sue (Cafe)
11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	25 10:00 Green Thumb Individual Visits with Celia (RR) 2:00 Food Committee on 1W (1W) 7:00 Monday Evening Volunteer BINGO (3)	26 10:30 Mindfulness Colouring Group on 1W (1WDR) 11:00 Resident Council (S) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR)	27 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Balloon Volleyball Olympic Tournament 2E VS 2W (2) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Book Chat with Marcia, Arlene and Mimi with Special Guest Award-winning Author Sheila Baslow on 3rd Floor (3L)	28 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 10:30 Axe Throwing on 1W (1W) 2:30 Birthday Party with Evelyn Greenberg (Cafe)	29 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Minda, Marsha and Karen (Cafe) 11:15 Chair Exercise with Robin (Cafe) 2:30 Bingo (Cafe)	30 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Minda, Marsha and Karen (Cafe) 11:15 Chair Exercise with Robin (Cafe) 2:30 Bingo (Cafe)

Warmth from the fireplace feels like a hug from within.



Calendar Legend

All Day
Outings
Special Events
Music Therapy
Art Therapy
Horticulture
Exercise
Spiritual

Locations Legend

Resident's Room (RR)
1 West Living Room (1WLR)
3rd Floor Lounge (3L)
Café (Cafe)
Individual Dining Rooms (DR)
Synagogue (S)
1West (1W)
1 West Dining Room (1WDR)

Garden (G)
3rd Floor Dining Room (3)
3West Dining Room (3WDR)
2East Living Room (2ELR)
2West Dining Room (2WDR)
2nd Floor Dining Room (2)

Please Note:
Programs are subject to change.

Please check your neighbourhood INFO Television for the most up-to-date daily programs!

