

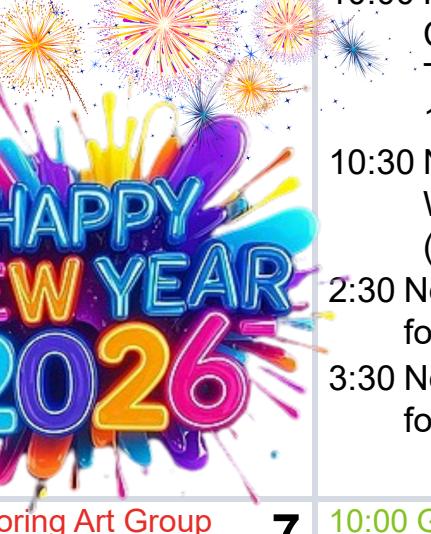
# January 2026



# Recreation Activity Schedule

## 2 West & 2 East

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> Resident's Room (RR) 2East Dining Room (2EDR) 2West Dining Room (2WDR) 3rd Floor Lounge (3L) Café (Cafe) Individual Dining Rooms (DR) Synagogue (S) 2East Living Room (2ELR)	Garden (G) 3rd Floor Dining Room (3) 3West Dining Room (3WDR) 2East Nook (2EN) 1West (1W) Outside Neighborhood (ON) 2West Living Room (2WLR) 2nd Floor Dining Room (2) 2nd Floor Lounge (2L)	<u>Calendar Legend</u> <b>All Day</b> <b>Outings</b> <b>Special Events</b> <b>Music Therapy</b> <b>Art Therapy</b> <b>Horticulture</b> <b>Exercise</b> <b>Spiritual</b>		<b>NEW YEARS DAY</b> 1 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:30 New Year Around the World (YouTube) (2EDR) 2:30 Neighbourhood Bingo for 2E (2EDR) 3:30 Neighbourhood Bingo for 2W (2WDR)	10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR)	Shabbat Shalom Parshat: VAYECHI 9:30 Shabbat Services (S) 2:30 Photo Reminiscing on 2E (2EDR) 4:00 Friendly Visits (RR)  Havdalah 3rd Floor at 5:45 pm 2East at 6:00 pm  Shabbat ends at 5:22 pm
10:30 Friendly Visits (RR) 4 11:00 Christian Community Gathering (2ELR) 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) 5 2:30 Word Game: Spelling Fun on 2W (2WDR)	10:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 6 10:30 Reading Short Stories with Preya (RR) 2:30 Picture Trivia on 2W (2WDR) 2:30 Comfort Therapy on 2E (2ELR) 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) 7 10:30 Sit Down Dancing on 2E (Youtube) (2EDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Travel Talks on 2W (2WDR) 2:30 Word Game on 2E (2EDR)	10:00 Green Thumb Club with Celia (G) 8 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 10:30 Friendly Visits (RR) 2:30 Neighbourhood Bingo for 2E (2EDR) 3:30 Program Planning Meeting for 2E (2EDR) 3:30 Neighbourhood Bingo for 2W (2WDR)	10:00 Green Thumb Individual Visits with Celia (RR) 9 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR) 3:30 Kabbalat Shabbat with Sue (3WDR)	Shabbat Shalom Parshat: SHEMOT 10 9:30 Shabbat Services (S) 2:30 Sort & Match on 2E (RR) 4:00 Friendly Visits (RR)  Havdalah 3rd Floor at 5:45 pm 1West at 6:00 pm  Shabbat ends at 5:29 pm
11:00 Christian Community Gathering (2ELR) 11 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) 12 2:30 "Laugh out Loud" - Fun Jokes (RR)	10:30 Zumba Gold Chair with Debbie on 2W (2WDR) 13 2:00 Poems of Gratitude on 2W (2WDR) 2:45 Friendly Visits (RR) 3:00 Program Planning Meeting for 2W (2WDR) 7:00 Cinematic Night In "Oddball (2015)" (DR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 14 10:30 Sing Along with Susie Q on 2E (2EDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)	10:00 Green Thumb Club with Celia (G) 15 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Card Games on 2E (2EDR) 2:30 Neighbourhood Bingo for 2E (2EDR) 3:30 Neighbourhood Bingo for 2W (2WDR)	10:00 Green Thumb Individual Visits with Celia (RR) 16 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR)	Shabbat Shalom Parshat: VA'EIRA (1W) 17 9:30 Shabbat Services (S) 2:30 Stories Out of a Hat on 2E (2EDR) 4:00 Friendly Visits (RR)  Havdalah 3rd Floor at 5:45 pm 2West at 6:00 pm  Shabbat ends at 5:37 pm

# January 2026

## Hillel Lodge



# Recreation Activity Schedule

## 2 West & 2 East

Your Recreation Team:  
Preya, Aman, Fiona  
Jess & 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)	<b>18</b> 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Enriching Our Daily Connections with Gordon (3L) 2:30 Planting Seeds for The Future: Hooray for Tu B'Shevat with Rabbi Mikelberg (3) 7:00 Monday Evening Volunteer BINGO (3)	<b>19</b> 10:30 The Usuals Jazz Band (Cafe) 6:45 Snoezelen Cart on 2E (2ELR)	<b>20</b> 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:00 Pet Visits with Steven and Molly on 2nd Floor (RR) 10:30 Noodle Ball on 2W (2WDR) 10:30 Music & Motion Ribbon Exercise on 2E (2EDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Let's Dance! with Dance Therapist Lorraine (3) 2:30 Noodle Ball on 2E (2EDR)	<b>21</b> 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)	<b>22</b> 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) Light candles at 4:38 pm	<b>23</b> Shabbat Shalom <b>Parshat: BO</b> 9:30 Shabbat Services (S) 2:30 Walk & Talk for Wellness on 2E (ON) 4:00 Friendly Visits (RR) Havdalah 3rd Floor at 5:45 pm 2East at 6:00 pm Shabbat ends at 5:46 pm
11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	<b>25</b> 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Music with Brian & Bobby Ukelele Strolling Musicians on 2W (2WLR) 11:00 Music with Brian & Bobby Ukelele Strolling Musicians on 2E (2EN) 2:30 Food Committee on 2W (2WDR) 7:00 Monday Evening Volunteer BINGO (3)	<b>26</b> 10:30 Mindfulness Colouring on 2E (2EDR) 11:00 Resident Council (S) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR) 2:30 Nifty nails on 2E (2EN)	<b>27</b> 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) 2:30 Sensory Stimulation (RR) 4:00 Lessons from the Parsha with Rabbi T. (2WDR)	<b>28</b> 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 10:30 Board Games on 2E (2EDR) 2:30 Birthday Party with Evelyn Greenberg (Cafe)	<b>29</b> 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) Light candles at 4:48 pm	<b>30</b> Shabbat Shalom <b>Parshat: BESHALACH</b> 9:30 Shabbat Services (S) 2:30 Scrabble with Preya (2L) Havdalah 3rd Floor at 5:45 pm 1West at 6:00 pm Shabbat ends at 5:55 pm

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)  
2East Dining Room (2EDR)  
2West Dining Room (2WDR)  
3rd Floor Lounge (3L)  
Café (Cafe)  
Individual Dining Rooms (DR)  
Synagogue (S)  
2East Living Room (2ELR)  
Garden (G)  
3rd Floor Dining Room (3)  
3West Dining Room (3WDR)  
2East Nook (2EN)  
1West (1W)  
Outside Neighborhood (ON)  
2West Living Room (2WLR)  
2nd Floor Dining Room (2)  
2nd Floor Lounge (2L)

**Please Note:**  
**Programs are subject to change.**

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

