

# 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)		<b>NEW YEARS DAY</b> 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)	<b>1</b> 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) on 3rd Floor (DR) 11:15 Chair Exercise (DR) 4:00 Neighbourhood Bingo for 1W (1WLR)	<b>2</b> Light candles at 4:13 pm	<b>3</b> Shabbat Shalom Parshat: VAYECHI 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
9:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:25 Friendly Visits (RR)	4 10:00 Green Thumb Individual Visits with Celia (RR) 11:00 Tai Chi with Ruth on 1W (1WLR)	5 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)	6 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)	7 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)	11 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Sit & Be Fit on 1W (1WLR)	12 3:30 Program Planning Meeting on 1W (1WDR) 6:30 Individual Reading on 1W (RR) 7:00 Cinematic Night In "Oddball (2015)" (DR)	13 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)	14 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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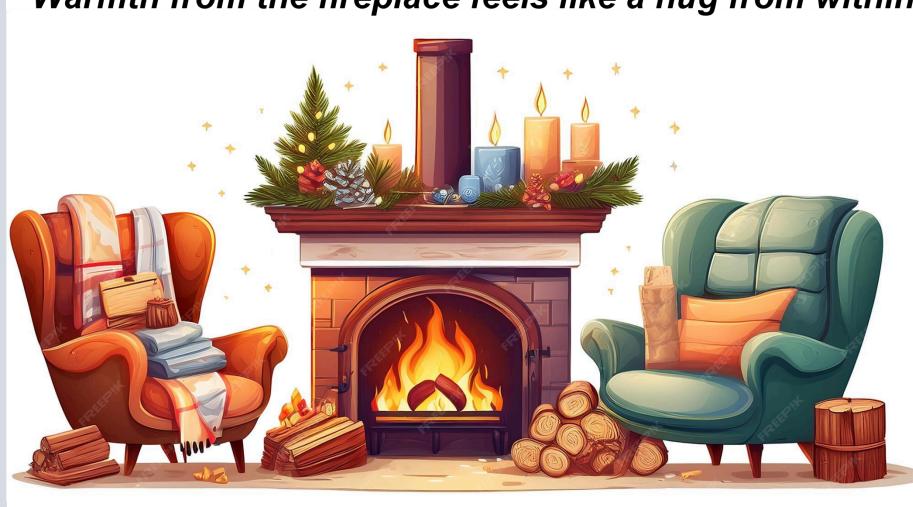
## 1 West



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) 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)	<b>19</b> 10:30 The Usuals Jazz Band (Cafe)	<b>20</b> 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)	<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)	<b>23</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)
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) 2:00 Food Committee on 1W (1W) 7:00 Monday Evening Volunteer BINGO (3)	<b>26</b> 10:30 Mindfulness Colouring Group on 1W (1WDR) 11:00 Resident Council (S) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR)	<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)	<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 Axe Throwing on 1W (1W) 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)	<b>30</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)

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!**

