

January 2026 Hillel Lodge Recreation Activity Schedule

3 West & 3 East

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Locations Legend</u> Resident's Room (RR) 3West Dining Room (3WDR) 3East Dining Room (3EDR) 3rd Floor Lounge (3L) Café (Cafe) Individual Dining Rooms (DR) Synagogue (S)	<u>Calendar Legend</u> 3East Living Room (3ELR) Garden (G) 3rd Floor Dining Room (3) 3West Living Room (3WLR) 2East Living Room (2ELR) 1West (1W) 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 Poems on 3E (3EDR) 1:45 Friendly Visits (RR)	1 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) on 3rd Floor (DR) 11:15 Chair Exercise (DR) 2:00 Neighbourhood Bingo for 3W (3WDR) 3:00 Neighbourhood Bingo for 3E (3EDR)	2 Light candles at 4:13 pm	3 Shabbat Shalom Parshat: VAYECHI 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) Havdalah 3rd Floor at 5:45 pm 2East at 6:00 pm Shabbat ends at 5:22 pm
9:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 10:30 Friendly Visits (RR) 2:15 Choir Practice (3WDR) 2:25 Friendly Visits (RR)	4 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Chair Yoga (3EDR) 1:50 Friendly Visits (RR) 2:30 Word Game: Name 5 Things (3WDR)	5 10:00 Pet Visits with Steven and Molly on 1W and 2E (RR) 2:30 Giant Crossword (3EDR) 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) 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 Word Game: Things that Go Together Quiz (3WDR)	8 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR) 2:00 Neighbourhood Bingo for 3W (3WDR) 3:00 Neighbourhood Bingo for 3E (3EDR) 3:30 Kabbalat Shabbat with Sue (3WDR)	9 Shabbat Shalom Parshat: SHEMOT 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) Havdalah 3rd Floor at 5:45 pm 1West at 6:00 pm Shabbat ends at 5:29 pm
1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 2:30 Friendly Visits (RR)	11 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Program Planning Meeting on 3E (3ELR) 11:00 Program Planning Meeting on 3W (3WLR) 2:30 Trivia on 3E (3ELR)	12 10:30 Sit and Be Fit (3EDR) 2:30 Good News Discussion (3WDR) 7:00 Cinematic Night In "Oddball (2015)" (DR)	13 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Friendly Visits (RR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Word Game: Finish the Phrase Quiz (3EDR) 4:00 Memorial Gathering with Rabbi T. (3WDR)	14 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Pass the Plate Conversation (3EDR)	15 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Rabbi Lesser (Youtube) (DR) 11:15 Chair Exercise (DR) 2:00 Neighbourhood Bingo for 3W (3WDR) 3:00 Neighbourhood Bingo for 3E (3EDR) Light candles at 4:29 pm	16 Shabbat Shalom Parshat: VA'EIRA (1W) 9:30 Shabbat Services (S) 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

3 West & 3 East




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) 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) 10:30 Bowling on 3rd Floor (3ELR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Let's Dance! with Dance Therapist Lorraine (3)	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 Shabbat Shalom Parshat: BO 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
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) 10:30 Axe-throwing on 3E (3EDR) 3:00 Food Committee on 3W (3WLR) 3:30 Food Committee on 3E (3ELR) 7:00 Monday Evening Volunteer BINGO (3)	26 10:00 Pet Visits with Steven and Molly on 3rd floor (RR) 10:30 Board Games on 3E (3ELR) 11:00 Resident Council (S) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR) 2:30 Mindfulness Colouring Group (3WDR)	27 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Noodle Ball on 3rd Floor (3EDR) 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 Winter Craft on 3E (3EDR) 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 Shabbat Shalom Parshat: BESHALACH 9:30 Shabbat Services (S)

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

