
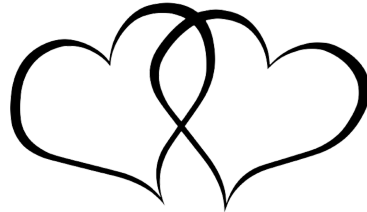


February 2026
Hillel Lodge

Recreation Activity Schedule
1 WEST

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|---|
| GROUNDHOG DAY 1 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:30 Friendly Visits (RR) | TU B'SHEVAT 2 9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Individual Visits with Celia (RR) 2:30 Tu B'shevat Colouring on 1W (1WDR)  | 10:30 Chair Exercise on 1W (1WLR) 3 6:30 1:1 Friendly Visits (RR) | 10:30 Noodle Ball on 1W (1WLR) 4 | 2:30 Puzzles and Board games on 1W (2WDR) 5 | 10:00 Green Thumb Individual Visits with Celia (RR) 6 10:30 Oneg Shabbat on 1W (1WDR) 11:15 Chair Exercise (DR) 4:00 Bingo for 1W (1W) Light Candles at 4:59 pm | Shabbat Shalom 7 Parshat: YITRO 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) Shabbat ends at 6:04 pm |
| 10:30 Sit Down Dancing on 1W (YouTube) (1WLR) 8 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:30 Friendly Visits (RR) | 9:30 Individual Art Therapy with Sarah (RR) 9 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Sing Along with Susie Q on 1W (1WLR) | 10:00 Pet Visits with Steven and Molly on 1W (RR) 10 3:00 Music with Rick Crepin for 1W (1WLR) 6:30 "Galaxy Projector & Music Show" on 1W (1WDR) 7:00 "Olympic Figure Skating" on TV (DR) | 11:00 Exploring Art Group with Art Therapist Mindy for 1W (3L) 11 4:00 Lessons from the Parsha with Rabbi T. for 1W (1W) | 10:00 Green Thumb Club with Celia for 1W (G) 12 10:30 Parachute Games on 1W (1WLR) 3:30 Program Planning Meeting on 1W (1WDR) | 10:00 Green Thumb Individual Visits with Celia (RR) 13 10:30 Oneg Shabbat on 1W (1WDR) 11:15 Chair Exercise (DR) 4:00 Lovers Day Bingo for 1W (1W) Light Candles at 5:09 pm | Shabbat Shalom 14 Parshat: MISHPATIM 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)  Shabbat ends at 6:14 pm |