

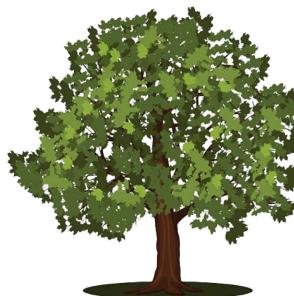
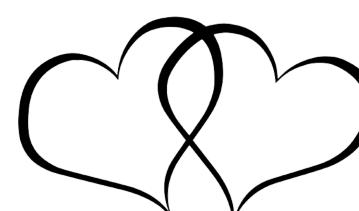
February 2026

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) 6:30 1:1 Friendly Visits (RR)	10:30 Noodle Ball on 1W (1WLR)	2:30 Puzzles and Board games on 1W (2WDR)	10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat on 1W (1WDR) 11:15 Chair Exercise (DR) 4:00 Bingo for 1W (1W)	Shabbat Shalom 7 Parshat: YITRO 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR)
10:30 Sit Down Dancing on 1W (YouTube) (1WLR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:30 Friendly Visits (RR)	9 9:30 Individual Art Therapy with Sarah (RR) 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) 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)	10 11:00 Exploring Art Group with Art Therapist Mindy for 1W (3L) 4:00 Lessons from the Parsha with Rabbi T. for 1W (1W)	11 10:00 Green Thumb Club with Celia for 1W (G) 10:30 Parachute Games on 1W (1WLR) 3:30 Program Planning Meeting on 1W (1WDR)	12 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat on 1W (1WDR) 11:15 Chair Exercise (DR) 4:00 Lovers Day Bingo for 1W (1W)	Light Candles at 4:59 pm Shabbat ends at 6:04 pm
						Shabbat Shalom 14 Parshat: MISHPATIM 9:30 Shabbat Services (S) 4:00 Friendly Visits (RR) 
						Light Candles at 5:09 pm Shabbat ends at 6:14 pm