



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Resident's Room (RR) 1West (1W) Café (Cafe) 1 West Dining Room (1WDR) Synagogue (S) Resident Rooms (RR) 3rd Floor Lounge (3L) 2West Dining Room (2WDR) 3rd Floor Dining Room (3) (3WDR) 3West Dining Room (3WDR) Garden (G) Outside Neighborhood (ON) 2East Living Room (2ELR) 2East Dining Room (2EDR) 1 West Living Room (1WLR) 3East Dining Room (3EDR)</p>		<p>May Outing</p> <p>Scenic Drive to the Canadian Tulip Festival and along The Rideau Canal</p> <p>Thursday, May 21 10:30 am</p> <p>Please sign up with the Recreation Team</p>	<p><i>Happy Mother's Day</i></p> <p>Sunday, May 10, 2026</p>		<p>1 10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>11:15 Chair Exercise with Robin (3)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 1W Light Candles at 7:51 pm</p>	<p>2 Shabbat Shalom Parshat: EMOR 9:30 Shabbat Services (S)</p> <p>Shabbat ends at 8:57 pm</p>
<p>3 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p>	<p>4 9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Noodle Ball (1WLR)</p>	<p>5 LAG BA'OMER</p> <p>9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Lag Ba'omer Colouring on 1W</p> <p>LAG BA'OMER</p>	<p>6 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>10:00 Pet Visits with Steven and Molly on 2nd Floor (RR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>7 10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>10:30 The Usuals Jazz Band (Cafe)</p>	<p>8 10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Oneg Shabbat with The Ganon Preschool (Cafe)</p> <p>11:15 Chair Exercise with Gloria (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>3:30 Kabbalat Shabbat with Sue (Cafe)</p> <p>Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 2W Light Candles at 8:00 pm</p>	<p>9 Shabbat Shalom Parshat: BEHAR-BECHUKOTAI 9:30 Shabbat Services (S)</p> <p>Shabbat ends at 9:05 pm</p>
<p>10 MOTHER'S DAY</p> <p>11:00 Christian Community Gathering (2ELR)</p> <p>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p> <p>2:15 Mother's Day Celebration with Rick Crepin (Cafe)</p>	<p>11 9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>11:00 Resident Council (S)</p>	<p>12 9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Program Planning Meeting 1W (1WLR)</p> <p>2:15 WCPP Soup for the Soul Event (Cafe)</p>	<p>13 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>10:30 Pet visits with Brian and Thor on 2nd Floor (RR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3WDR)</p> <p>2:15 Let's Dance! with Dance Therapist Lorraine on 3rd Floor (3)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>14 10:00 Green Thumb Club with Celia (G)</p> <p>11:00 Christian Service with Father Adolphus (2ELR)</p> <p>11:00 Friendly Visits on 1W (RR)</p>	<p>15 YOM YERUSHALAYIM: JERUSALEM DAY</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe)</p> <p>11:15 Chair Exercise with Robin (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>3:30 Kabbalat Shabbat with Sue (Cafe)</p> <p>Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 2E Light Candles at 8:08 pm</p>	<p>16 Shabbat Shalom Parshat: BAMIDBAR 9:30 Shabbat Services (S)</p> <p>Shabbat ends at 9:14 pm</p>



Recreation Activity Schedule

1 WEST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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17
10:00 Friendly Visits with Christine (RR)

Cheers to the long weekend!
May it be filled with joy and relaxation.

VICTORIA DAY 18
10:30 Musical Performance with Deborah Davis and Segue to Jazz (Cafe)
11:00 Christian Community Gathering (2ELR)
1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)
2:15 Choir Practice (3WDR)
2:30 Parachute Games in the Garden (G)

19
9:30 Individual Art Therapy with Sarah (RR)
10:00 Green Thumb Individual Visits with Celia (RR)
10:30 Zumba Gold Chair with Debbie on 2W (2WDR)

20
9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)
10:00 Pet Visits with Steven and Molly on 1W and 2E (RR)
10:30 Balloon Badminton (1WLR)
11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)
2:30 "Ruth: A Model Female Heroine" with Rabbi Mikelberg (3)
4:00 Lessons from the Parsha with Rabbi T. (2)

EREV SHAVUOT 21
9:30 Individual Art Therapy with Sarah (RR)
10:00 Green Thumb Club with Celia (G)
10:30 Outing: Scenic Drive of The Canadian Tulip Festival (ON)
10:30 Garden Visits (G)
3:00 Happy Hour with Off The Record Jazz Band (3)
Light Candles at 8:15 pm

1ST DAY OF SHAVUOT 22
9:30 Synagogue (S)
2:30 Garden Strolls (G)
Light Candles at 8:16 pm

Shabbat Shalom 23
2ND DAY OF SHAVUOT
9:30 Synagogue (S)
11:00 Synagogue Yizkor (S)
Shabbat ends at 9:21 pm

24
11:00 Christian Community Gathering (2ELR)
1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)
2:15 Choir Practice (3WDR)
2:30 Ottawa K-Pop Hut Team Dance Performance (Cafe)

25
9:30 Individual Art Therapy with Sarah (RR)
10:00 Green Thumb Individual Visits with Celia (RR)
10:30 Keep on Singing with Al & Howard (2EDR)
2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)

26
9:30 Individual Art Therapy with Sarah (RR)
10:00 Green Thumb Individual Visits with Celia (RR)
11:30 Food Committee on 1W (1W)
6:45 1:1 Friendly Visits (RR)

27
9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)
10:30 Nifty Nails on 1W (1W)
11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)
4:00 Memorial Gathering with Rabbi T. (3WDR)

28
10:00 Green Thumb Club with Celia (G)
10:00 Pet Visits with Christine & Tinkerbelle Grace on 1W and 2W (RR)
2:30 Birthday Party with Evelyn Greenberg (Cafe)

29
10:00 Green Thumb Individual Visits with Celia (RR)
10:30 Oneg Shabbat with OJCS Grade 8 Class (Cafe)
11:15 Chair Exercise with Gloria (Cafe)
2:30 Bingo (Cafe)
3:30 Kabbalat Shabbat with Sue (Cafe)
Seudat Shabbat
5:45 pm on 3rd Floor
6:00 pm on 1W
Light Candles at 8:23 pm

Shabbat Shalom 30
Parshat: NASSO
9:30 Shabbat Services (S)
Shabbat ends at 9:28 pm

31
10:30 "Hillel Harmonics" Resident Choir Spring Concert (Cafe)
1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)
2:15 Choir Practice (3WDR)
3:00 Musica Ebraica Concert (Cafe)

Please note:
Programs are subject to change.
Please refer to the **INFO-TELEVISION** on each neighbourhood for the most up-to-date daily information.

Calendar Legend
All Day
Outings
Special Events
Music Therapy
Art Therapy
Horticulture
Exercise
Spiritual



Locations Legend
Resident's Room (RR) 1West (1W)
Café (Cafe) 1 West Dining Room (1WDR)
Synagogue (S) Resident Rooms (RR)
3rd Floor Lounge (3L) 2West Dining Room (2WDR)
3rd Floor Dining Room (3) Outside Neighborhood (ON)
3West Dining Room (3WDR) 2East Dining Room (2EDR)
Garden (G) 3East Dining Room (3EDR)
2East Living Room (2ELR)
1 West Living Room (1WLR)