





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations Legend</p> <p>Resident's Room (RR) Café (Cafe) 3West Dining Room (3WDR) 3rd Floor Dining Room (3) 3rd Floor Lounge (3L) Synagogue (S) Garden (G) 3East Dining Room (3EDR)</p> <p>2East Living Room (2ELR) 3East Living Room (3ELR) Resident Rooms (RR) 2West Dining Room (2WDR) Outside Neighborhood (ON) 2East Dining Room (2EDR) 3West Living Room (3WLR)</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>10:30 Oneg Shabbat with Rabbi Lesser (Youtube) on 3rd Floor (3)</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 Bowling on 3W (3WDR)</p> <p>2:30 Good News Discussion (3EDR)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>5 LAG BA'OMER</p> <p>9:30 Individual Art Therapy with Sarah (RR)</p> <p>11:00 Balloon Toss on 3E (3ELR)</p> <p>LAG BA'OMER</p>	<p>6 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:30 Card Game on 3W: Red or Black (3WDR)</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>2:30 Board Games on 3E (3EDR)</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>10:30 Music with The Dukes of Uke with Brian & Bobby on 3W (3WDR)</p> <p>11:00 Music with The Dukes of Uke with Brian & Bobby on 3E (3EDR)</p> <p>11:00 Resident Council (S)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>12 9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:40 Program Planning Meeting on 3E (3EDR)</p> <p>11:15 Program Planning Meeting on 3W (3WDR)</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 Java Music Club on 3W (3WDR)</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>10:00 Pet Visits with Steven and Molly on 3rd floor (RR)</p> <p>11:00 Christian Service with Father Adolphus (2ELR)</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

3 WEST & 3 EAST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Friendly Visits with Christine (RR) 17</p>  <p>Cheers to the long weekend! May it be filled with joy and relaxation.</p>	<p>VICTORIA DAY 18</p> <p>10:30 Musical Performance with Deborah Davis and Segue to Jazz (Cafe)</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>2:30 Parachute Games in the Garden (G)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 19</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Zumba Gold Chair with Debbie on 2W (2WDR)</p> <p>10:30 Balloon Badminton on 3W (3WDR)</p> <p>2:30 Reading Short Stories on 3E (3EDR)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 20</p> <p>10:30 Therapeutic Chair Yoga with Eric on 3W (3WDR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:30 "Ruth: A Model Female Heroine" with Rabbi Mikelberg (3)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>EREV SHAVUOT 21</p> <p>9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</p> <p>10:30 Outing: Scenic Drive of The Canadian Tulip Festival (ON)</p> <p>10:30 Garden Visits (G)</p> <p>3:00 Happy Hour with Off The Record Jazz Band (3)</p> <p>Light Candles at 8:15 pm</p>	<p>1ST DAY OF SHAVUOT 22</p> <p>9:30 Synagogue (S)</p> <p>2:30 Garden Strolls (G)</p> <p>Light Candles at 8:16 pm</p>	<p>Shabbat Shalom 23</p> <p>2ND DAY OF SHAVUOT</p> <p>9:30 Synagogue (S)</p> <p>11:00 Synagogue Yizkor (S)</p> <p>Shabbat ends at 9:21 pm</p>
<p>11:00 Christian Community Gathering (2ELR) 24</p> <p>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p> <p>2:30 Ottawa K-Pop Hut Team Dance Performance (Cafe)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 25</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Keep on Singing with Al & Howard (2EDR)</p> <p>11:00 Food Committee on 3W (3WLR)</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 26</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Food Committee on 3E (3ELR)</p> <p>6:45 1:1 Friendly Visits (RR)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 27</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:15 Book Chat with Marcia, Arlene & Mimi on 3rd Floor (3L)</p> <p>4:00 Memorial Gathering with Rabbi T. (3WDR)</p>	<p>10:00 Green Thumb Club with Celia (G) 28</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>2:30 Birthday Party with Evelyn Greenberg (Cafe)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR) 29</p> <p>10:30 Oneg Shabbat with OJCS Grade 8 Class (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 1W Light Candles at 8:23 pm</p>	<p>Shabbat Shalom 30</p> <p>Parshat: NASSO</p> <p>9:30 Shabbat Services (S)</p> <p>Shabbat ends at 9:28 pm</p>
<p>10:30 "Hillel Harmonics" Resident Choir Spring Concert (Cafe) 31</p> <p>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p> <p>3:00 Musica Ebraica Concert (Cafe)</p>	<p>Please note:</p> <p>Programs are subject to change.</p> <p>Please refer to the INFO-TELEVISION on each neighbourhood for the most up-to-date daily information.</p>	<p><u>Calendar Legend</u></p> <p>All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual</p>	 <p>HAPPY SHAVUOT!</p> <p>Begins at sundown on Thursday, May 21st</p> <p>Ends at sundown on Saturday, May 23rd</p>		<p><u>Locations Legend</u></p> <p>Resident's Room (RR) 2East Living Room (2ELR)</p> <p>Café (Cafe) 3East Living Room (3ELR)</p> <p>3West Dining Room (3WDR) Resident Rooms (RR)</p> <p>3rd Floor Dining Room (3) 2West Dining Room (2WDR)</p> <p>3rd Floor Lounge (3L) Outside Neighborhood (ON)</p> <p>Synagogue (S) 2East Dining Room (2EDR)</p> <p>Garden (G) 3West Living Room (3WLR)</p> <p>3East Dining Room (3EDR)</p>	