

June 2026 Hillel Lodge  Recreation Activity Schedule 1 WEST  Your Recreation Team: Aman, Fiona, Ella, Lena Jess & Marilyn						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual	10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Noodle Ball on 1W (G) 1	9:30 Individual Art Therapy with Sarah (RR) 11:00 Resident Council (S) 2	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Sit and Be Fit on 1W (1WLR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 4:00 Lessons from the Parsha with Rabbi T. (3) 3	10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 11:00 Tai Chi with Ruth in the Garden (G) 2:30 Music with Luke Harris on 2nd Floor (2EDR) 4	10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Westboro Jewish Montessori Preschool (Cafe) 11:15 Chair Exercise with Robin (Cafe) 2:30 Bingo (Cafe) 3:30 Pet Visits with Sharon and Nabi (RR) Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 1W Light Candles at 8:29 pm 5	Shabbat Shalom Parshat: BEHA'ALOTECHA 9:30 Shabbat Services (S) 6
10:00 Friendly Visits with Christine (RR) 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 7	9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Individual Visits with Celia (RR) 11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3WDR) 8	9:30 Individual Art Therapy with Sarah (RR) 10:30 The Usuals Jazz Band (Cafe) 9	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Mental Aerobics (1WDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Let's Dance! with Dance Therapist Lorraine on 2nd Floor (2WDR) 10	10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Balloon Toss (1W) (G) 11:00 Christian Service with Father Adolphus (2ELR) 2:30 Musical Entertainment with Nate (Cafe) 11	10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Joel Yan and Friends (Cafe) 11:15 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 2W Light Candles at 8:33 pm 12	Shabbat Shalom Parshat: SHELACH 9:30 Shabbat Services (S) 13
11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 14	9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Musical Entertainment with Malcom Wade (Cafe) 15	9:30 Individual Art Therapy with Sarah (RR) 10:30 Jewish Sing Along (YouTube) (1WLR) 16	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Friendly Visits on 1W (RR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 5:00 BBQ for 1W (G) 17	10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 3:00 Happy Hour with Tony True (Cafe) 18	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) Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 2E Light Candles at 8:36 pm 19	Shabbat Shalom Parshat: KORACH 9:30 Shabbat Services (S) 20
						Shabbat ends at 9:53 pm



Recreation Activity Schedule

1 WEST



Your Recreation Team:
Aman, Fiona, Ella, Lena
Jess & Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
FATHER'S DAY 21 10:30 Father's Day Concert with Noel Dimar (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 Mindfulness Colouring Group 	9:30 Individual Art Therapy with Sarah (RR) 22 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Reading Buddies with The OJCS Grade 1 Class (Cafe) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)	9:30 Individual Art Therapy with Sarah (RR) 23 11:30 Food Committee on 1W (1W) 2:30 Therapeutic Chair Yoga with Eric in the Garden (G) 6:30 Friendly Visits (RR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 24 10:30 Singalong on 1W (1WLR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Book Chat with Marcia, Arlene and Mimi on 3rd Floor (3WDR) 4:00 Memorial Gathering with Rabbi T. (3WDR) 7:15 Friendly Visits (RR)	10:00 Green Thumb Club with Celia (G) 25 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 10:30 "The Seasons of our Lives as Reflected in Traditional Jewish Sources" with Rabbi Mikelberg (3) 2:30 Birthday Party with Evelyn Greenberg (Cafe)	10:00 Green Thumb Individual Visits with Celia (RR) 26 10:30 Oneg Shabbat with Or Bielak (Cafe) 11:15 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 1W Light Candles at 8:37 pm	Shabbat Shalom 27 Parshat: CHUKAT-BALAK 9:30 Shabbat Services (S) Shabbat ends at 9:53 pm		
11:00 Christian Community Gathering (2ELR) 28 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	9:30 Individual Art Therapy with Sarah (RR) 29 10:30 Balloon Badminton on 1W (1WLR) 2:00 Outing to The Beachconers (ON)	9:30 Individual Art Therapy with Sarah (RR) 30 10:30 Musical Wellness Drum Circle with Nigel (3)						
Celebrate the start of Summer on Sunday, June 21st ! 			Friendly Reminder! Outdoor activities in the Garden are weather-permitting. All 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) Café (Cafe) Garden (G) 3rd Floor Lounge (3L) 3West Dining Room (3WDR) Synagogue (S) 2East Living Room (2ELR) 1 West Living Room (1WLR) 3rd Floor Dining Room (3) Resident Rooms (RR) 1 West Dining Room (1WDR) 2East Dining Room (2EDR) 2West Dining Room (2WDR) 3East Dining Room (3EDR) 1West (1W) Outside Neighborhood (ON)	