



Recreation Activity Schedule

3 EAST & 3 WEST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar Legend</p> <p>All Day</p> <p>Outings</p> <p>Special Events</p> <p>Music Therapy</p> <p>Art Therapy</p> <p>Horticulture</p> <p>Exercise</p> <p>Spiritual</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 1</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>2:30 You Be The Judge on 3E (3EDR)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 2</p> <p>10:30 Reading Short Stories on 3W (3WDR)</p> <p>11:00 Resident Council (S)</p> <p>2:30 Axe-throwing on 3E (3EDR)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 3</p> <p>10:30 Pet visits with Brian and Thor on 3rd Floor (RR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:30 Beanbag Toss on 3W (3WDR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>10:00 Green Thumb Club with Celia (G) 4</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)</p> <p>11:00 Tai Chi with Ruth in the Garden (G)</p> <p>2:30 Music with Luke Harris on 2nd Floor (2EDR)</p> <p>2:30 Giant Crossword Puzzle on 3E (3EDR)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR) 5</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 Pet Visits with Sharon and Nabi (RR)</p> <p>Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 1W Light Candles at 8:29 pm</p>	<p>Shabbat Shalom Parshat: BEHA'ALOTECHA 6</p> <p>9:30 Shabbat Services (S)</p> <p>2:15 Giant Snakes and Ladders on 3rd floor (3EDR)</p> <p>Shabbat ends at 9:45 pm</p>
<p>10:00 Friendly Visits with Christine (RR) 7</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>9:30 Individual Art Therapy with Sarah (RR) 8</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3WDR)</p> <p>2:30 Reading Short Stories on 3E (3EDR)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 9</p> <p>10:30 The Usuals Jazz Band (Cafe)</p> <p>2:30 Java Music Club on 3W (3WDR)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10</p> <p>10:30 Bowling on 3W (3WDR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p>	<p>10:00 Green Thumb Club with Celia (G) 11</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</p> <p>10:30 Armchair Travel to Argentina on 3W (3WDR)</p> <p>11:00 Christian Service with Father Adolphus (2ELR)</p> <p>2:30 Musical Entertainment with Nate (Cafe)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR) 12</p> <p>10:30 Oneg Shabbat with Joel Yan and Friends (Cafe)</p> <p>11:15 Chair Exercise with Gloria (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 2W Light Candles at 8:33 pm</p>	<p>Shabbat Shalom Parshat: SHELACH 13</p> <p>9:30 Shabbat Services (S)</p> <p>Shabbat ends at 9:50 pm</p>
<p>11:00 Christian Community Gathering (2ELR) 14</p> <p>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</p> <p>2:15 Choir Practice (3WDR)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 15</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Musical Entertainment with Malcom Wade (Cafe)</p> <p>2:30 Board Games on 3E (G)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 16</p> <p>10:30 Zumba Gold Chair with Debbie in the Garden (G)</p> <p>2:30 Baking Program (3L)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 17</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:30 Card Game on 3W (3WDR)</p>	<p>10:00 Green Thumb Club with Celia (G) 18</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>3:00 Happy Hour with Tony True (Cafe)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR) 19</p> <p>10:30 Oneg Shabbat with Minda, Marsha and Karen (Cafe)</p> <p>11:15 Chair Exercise with Robin (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Seudat Shabbat 5:45 pm on 3rd Floor 6:00 pm on 2E Light Candles at 8:36 pm</p>	<p>Shabbat Shalom Parshat: KORACH 20</p> <p>9:30 Shabbat Services (S)</p> <p>3:30 Friendly Visits on 3rd Floor (RR)</p> <p>Shabbat ends at 9:53 pm</p>



Recreation Activity Schedule

3 EAST & 3 WEST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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)

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)
7:00 Monday Evening Volunteer BINGO (3)

9:30 Individual Art Therapy with Sarah (RR) 23
10:30 Food Committee on 3W (3WLR)
2:15 Food Committee on 3E (3ELR)
2:30 Therapeutic Chair Yoga with Eric in the Garden (G)
3:30 Jewellery Making on 3E (3EDR)
6:30 Friendly Visits (RR)

9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 24
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)
2:30 Mindfulness Colouring on 3W (3WLR)
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)
2:15 Giant Connect 4 on 3rd floor (3)

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
2:00 Outing to The Beachconers (ON)
7:00 Monday Evening Volunteer BINGO (3)

9:30 Individual Art Therapy with Sarah (RR) 30
10:30 Musical Wellness Drum Circle with Nigel (3)
2:30 Canada Trivia (3EDR)

HAPPY PRIDE MONTH 2026

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