

| Sunday                                                                                                                                                                                                                                                                          | Monday                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                               | Saturday                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>Locations Legend</div> <div>Resident's Room (RR)</div> <div>Café (Cafe)</div> <div>Garden (G)</div> <div>3rd Floor Lounge (3L)</div> <div>Synagogue (S)</div> <div>2East Living Room (2ELR)</div> <div>3West Dining Room (3WDR)</div> <div>1 West Living Room (1WLR)</div> | <div>3rd Floor Dining Room (3)</div> <div>3East Dining Room (3EDR)</div> <div>1 West Dining Room (1WDR)</div> <div>Outside Neighborhood (ON)</div> <div>Individual Dining Rooms (DR)</div> <div>1West (1W)</div> <div>2West Dining Room (2WDR)</div> <div>Resident Rooms (RR)</div>                              | <div>Calendar Legend</div> <div>All Day</div> <div>Outings</div> <div>Special Events</div> <div>Music Therapy</div> <div>Art Therapy</div> <div>Horticulture</div> <div>Exercise</div> <div>Spiritual</div> <div>Dance Therapy</div>               | <div>August Outing</div> <div>Monday, August 24th at 10:00 am</div> <div>Please see Recreation Team for more details!</div> <div></div>                                                                                                                                                              | <div></div> <div>Friendly Reminder!</div> <div>Outdoor activities in the Garden are weather - permitting.</div> <div>All programs are subject to change. Please refer to the INFOTV on each neighbourhood for the most up-to-date daily information!</div> | <div>Shabbat Shalom 1</div> <div>Parshat: EIKEV</div> <div>9:30 Shabbat Services (S)</div> <div>Shabbat ends at 9:16 pm</div>                                                                                                                                                                        |                                                                                                                                                                                  |
| <div>2</div> <div></div>                                                                                                                                                                      | <div>CIVIC HOLIDAY 3</div> <div>10:00 Green Thumb Individual Visits with Celia (RR)</div> <div>10:30 Jewish Singalong on 1W (1WLR)</div> <div>2:30 Friendly Visits with Tyson (RR)</div>                                                                                                                         | <div>9:30 Individual Art Therapy with Sarah (RR) 4</div> <div>10:00 Green Thumb Individual Visits with Celia (RR)</div> <div>10:30 Musical Entertainment with Nate (Cafe)</div> <div>2:30 Therapeutic Chair Yoga with Eric in the Garden (G)</div> | <div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 5</div> <div>10:30 Chair Exercise with Tyson on 1W (1WLR)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>5:00 BBQ for 1W (G)</div>                                                                                                                                   | <div>9:30 Individual Art Therapy with Sarah (RR) 6</div> <div>10:00 Green Thumb Club with Celia (G)</div> <div>10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 2nd Floor (RR)</div> <div>11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3EDR)</div> <div>2:30 Individual Reading on 1W (RR)</div>                                                                                                        | <div>10:00 Green Thumb Individual Visits with Celia (RR) 7</div> <div>10:30 Oneg Shabbat with The SJCC Camp (Cafe)</div> <div>11:15 Chair Exercise with Tyson (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>3:30 Kabbalat Shabbat with Sue (Cafe)</div> <div>Light Candles at 8:04 pm</div>         | <div>Shabbat Shalom 8</div> <div>Parshat: RE'EH</div> <div>9:30 Shabbat Services (S)</div> <div>2:30 Friendly Visits (RR)</div> <div>Shabbat ends at 9:07 pm</div>               |
| <div>11:00 Christian Community Gathering (2ELR) 9</div> <div>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)</div> <div>2:15 Choir Practice (3WDR)</div>                                                                                                   | <div>9:30 Individual Art Therapy with Sarah (RR) 10</div> <div>10:00 Green Thumb Individual Visits with Celia (RR)</div> <div>10:30 Zumba Gold Chair with Debbie in the Garden (G)</div> <div>2:00 Pet Visits with Steven and Molly on 1W &amp; 2W (RR)</div> <div>3:30 Program Planning Meeting 1W (1WDR)</div> | <div>9:30 Individual Art Therapy with Sarah (RR) 11</div> <div>10:00 Green Thumb Individual Visits with Celia (RR)</div> <div>10:30 The Usuals Jazz Band (Cafe)</div>                                                                              | <div>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 12</div> <div>10:30 Pet visits with Brian and Thor on 1W and 3rd Floor (RR)</div> <div>10:30 Mental Aerobics: Roll the Question on 1W (1WLR)</div> <div>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</div> <div>11:00 Resident Council (S)</div> <div>2:30 Axe Throwing on 1W (1W)</div> | <div>10:00 Green Thumb Club with Celia (G) 13</div> <div>10:00 Pet Visits with Christine &amp; Tinkerbell Grace on 3rd Floor (RR)</div> <div>11:00 Tai Chi with Ruth in the Garden (G)</div> <div>11:00 Christian Service with Father Adolphus (2ELR)</div> <div>3:00 Happy Hour with Off The Record Jazz Band (3)</div>                                                                                                         | <div>10:00 Green Thumb Individual Visits with Celia (RR) 14</div> <div>10:15 Oneg Shabbat with Joel Yan and Friends (Cafe)</div> <div>11:15 Chair Exercise with Tyson (Cafe)</div> <div>2:30 Bingo (Cafe)</div> <div>3:30 Kabbalat Shabbat with Sue (Cafe)</div> <div>Light Candles at 7:53 pm</div> | <div>Shabbat Shalom 15</div> <div>Parshat: SHOFTIM</div> <div>9:30 Shabbat Services (S)</div> <div>3:30 Friendly Visits with Tyson (RR)</div> <div>Shabbat ends at 8:56 pm</div> |



# Recreation Activities Schedule

## 1 WEST



Your Recreation Team:  
Aman, Fiona, Naghma  
Ella, Tyson, Ellie  
Jess & Marilyn

| Sunday                                                                                                                                                                                                     | Monday                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                                                                                                                                   | Saturday                                                                                                                                     |
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| 11:00 Christian Community Gathering (2ELR)<br>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)<br>2:15 Choir Practice (3WDR)<br><b>16</b>                                              | 9:30 Individual Art Therapy with Sarah (RR)<br>10:00 Green Thumb Individual Visits with Celia (RR)<br>10:30 Mindfulness Colouring Group on 1W (1WDR)<br><b>17</b>                                                                     | 9:30 Individual Art Therapy with Sarah (RR)<br>10:00 Visiting Farm Animals with Sugarhill Farm (ON)<br>6:45 Cinematic Night In "You Were Never Lovelier" (Fred Astaire, Rita Hayworth) (DR)<br><b>18</b> | 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)<br>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)<br>4:00 Lessons from the Parsha with Rabbi T. (3)<br><b>19</b>                                                         | 10:00 Green Thumb Club with Celia (G)<br>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)<br><b>20</b>                                                     | 10:00 Green Thumb Individual Visits with Celia (RR)<br>10:30 Oneg Shabbat with Or Bielak (Cafe)<br>11:15 Chair Exercise with Robin (Cafe)<br>2:30 Bingo (Cafe)<br>3:30 Kabbalat Shabbat with Sue (Cafe)<br>Seudat Shabbat<br>5:45 pm on 3rd Floor<br>6:00 pm on 2W<br>Light Candles at 7:41 pm<br><b>21</b>                                                                                                              | Shabbat Shalom <b>22</b><br>Parshat: KI TEITZEI<br>9:30 Shabbat Services (S)<br>2:30 Friendly Visits (RR)<br><br><br>Shabbat ends at 8:44 pm |
| 11:00 Christian Community Gathering (2ELR)<br>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)<br>2:15 Choir Practice (3WDR)<br><b>23</b>                                              | 10:00 Green Thumb Individual Visits with Celia (RR)<br>10:00 Outing: Shopping and Lunch (ON)<br>10:00 Pet Visits with Steven and Molly on 1W and 2E (RR)<br>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)<br><b>24</b> | 10:30 Pup-Parade (Cafe)<br>2:30 Musical Concert with Gustave Goldmann & Joanne Moorcroft (3)<br>2:30 Ring Toss (1WLR)<br>6:45 Cinematic Night In "Second Chorus (1940)" (DR)<br><b>25</b>                | 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)<br>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)<br>2:15 Let's Dance! with Dance Therapist Lorraine (2WDR)<br>4:00 Memorial Gathering with Rabbi T. (3WDR)<br><b>26</b> | 10:00 Green Thumb Club with Celia (G)<br>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)<br>2:30 Birthday Party with Evelyn Greenberg (Cafe)<br><b>27</b> | 10:00 Green Thumb Individual Visits with Celia (RR)<br>10:30 Oneg Shabbat with Minda, Marsha and Karen (Cafe)<br>11:15 Chair Exercise with Robin (Cafe)<br>2:30 Bingo (Cafe)<br>Seudat Shabbat<br>5:45 pm on 3rd Floor<br>6:00 pm on 2E<br>Light Candles at 7:29 pm<br><b>28</b>                                                                                                                                         | Shabbat Shalom <b>29</b><br>Parshat: KI TAVO<br>9:30 Shabbat Services (S)<br><br><br>Shabbat ends at 8:32 pm                                 |
| 10:00 Friendly Visits with Christine (RR)<br>11:00 Christian Community Gathering (2ELR)<br>1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR)<br>2:15 Choir Practice (3WDR)<br><b>30</b> | 10:00 Green Thumb Individual Visits with Celia (RR)<br><b>31</b>                                                                                                                                                                      | August Outing<br>Monday, August 24th at 10:00 am<br><br>Please see Recreation Team for more details!<br>            | Annual Pup-Parade!<br>Our furry friends can't wait to see you!<br>Tuesday, August 25, 2026 10:30 am in the Cafe<br>                                                         | Calendar Legend<br>All Day<br>Outings<br>Special Events<br>Music Therapy<br>Art Therapy<br>Horticulture<br>Exercise<br>Spiritual<br>Dance Therapy                              | Locations Legend<br>Resident's Room (RR)<br>Café (Cafe)<br>Garden (G)<br>3rd Floor Lounge (3L)<br>Synagogue (S)<br>2East Living Room (2ELR)<br>3West Dining Room (3WDR)<br>1 West Living Room (1WLR)<br>3rd Floor Dining Room (3)<br>3East Dining Room (3EDR)<br>1 West Dining Room (1WDR)<br>Outside Neighborhood (ON)<br>Individual Dining Rooms (DR)<br>1West (1W)<br>2West Dining Room (2WDR)<br>Resident Rooms (RR) |                                                                                                                                              |