



3 WEST & 3 EAST



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Resident's Room (RR) 3West Dining Room (3WDR) Café (Cafe) 3East Dining Room (3EDR) 3rd Floor Dining Room (3) Garden (G) 3rd Floor Lounge (3L) Synagogue (S) 2East Living Room (2ELR) Outside Neighborhood (ON) Individual Dining Rooms (DR) 2West Living Room (2WLR) 1 West Living Room (1WLR) 2West Dining Room (2WDR) Resident Rooms (RR)		Calendar Legend All Day Outings Special Events Music Therapy Art Therapy Horticulture Exercise Spiritual Dance Therapy	August Outing Monday, August 24th at 10:00 am Please see Recreation Team for more details! 	 Friendly Reminder! Outdoor activities in the Garden are weather - permitting. All programs are subject to change. Please refer to the INFOTV on each neighbourhood for the most up-to-date daily information!		Shabbat Shalom Parshat: EIKEV 9:30 Shabbat Services (S) 3:30 Bean Bag Toss on 3rd Floor (3WDR) Shabbat ends at 9:16 pm
2 	CIVIC HOLIDAY 3 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Reading Short Stories on 3W (3WDR) 2:30 Parachute Games on 3E (3EDR) 2:30 Friendly Visits with Tyson (RR) 7:00 Monday Evening Volunteer BINGO (3)	9:30 Individual Art Therapy with Sarah (RR) 4 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Musical Entertainment with Nate (Cafe) 2:30 Therapeutic Chair Yoga with Eric in the Garden (G) 2:30 Hand Bells on 3W (3WDR)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 5 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Board Games on 3E (3EDR) 2:30 Mindfulness Colouring on 3W (3WDR)	9:30 Individual Art Therapy with Sarah (RR) 6 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR) 11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3EDR) 2:30 Mental Aerobics: Roll the Question on 3W (3WDR)	10:00 Green Thumb Individual Visits with Celia (RR) 7 10:30 Oneg Shabbat with The SJCC Camp (Cafe) 11:15 Chair Exercise with Tyson (Cafe) 2:30 Bingo (Cafe) 3:30 Kabbalat Shabbat with Sue (Cafe) Light Candles at 8:04 pm	Shabbat Shalom Parshat: RE'EH 9:30 Shabbat Services (S) 2:30 Friendly Visits (RR) Shabbat ends at 9:07 pm
11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 9	9:30 Individual Art Therapy with Sarah (RR) 10 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Zumba Gold Chair with Debbie in the Garden (G) 10:30 Bowling on 3W (3WDR) 2:15 Program Planning Meeting on 3E (3EDR) 2:50 Program Planning Meeting on 3W (3WDR) 7:00 Monday Evening Volunteer BINGO (3)	9:30 Individual Art Therapy with Sarah (RR) 11 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 The Usuals Jazz Band (Cafe) 2:30 Baking Program on 3rd Floor (3)	9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 12 10:30 Pet visits with Brian and Thor on 1W and 3rd Floor (RR) 10:30 Ring Toss on 3W (3WDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Resident Council (S) 2:30 High-Low Card Game on 3E (3EDR)	10:00 Green Thumb Club with Celia (G) 13 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Giant Connect 4 on 3W (3WDR) 11:00 Tai Chi with Ruth in the Garden (G) 11:00 Christian Service with Father Adolphus (2ELR) 3:00 Happy Hour with Off The Record Jazz Band (3)	10:00 Green Thumb Individual Visits with Celia (RR) 14 10:15 Oneg Shabbat with Joel Yan and Friends (Cafe) 11:15 Chair Exercise with Tyson (Cafe) 2:30 Bingo (Cafe) 3:30 Kabbalat Shabbat with Sue (Cafe) Light Candles at 7:53 pm	Shabbat Shalom Parshat: SHOFTIM 9:30 Shabbat Services (S) 2:30 Giant Snakes and Ladders on 3rd floor (3WDR) Shabbat ends at 8:56 pm



Recreation Activities Schedule

3 WEST & 3 EAST



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

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