

July 2026

Hillel Lodge




Recreation Activities Schedule

1 WEST



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Calendar Legend</u></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>The Three Weeks July 2 - July 23</p> <p>The "Three Weeks" and Tisha B'av are designated as a time of mourning over the destruction of the Holy Temple and over the exile.</p>	<p>HAPPY CANADA DAY! JULY 1</p> <p>JOIN US FOR MUSICAL ENTERTAINMENT IN THE CAFE AT 10:30 AM</p> 	<p>CANADA DAY 1</p> <p>10:30 Canada Day Musical Celebration with Nate (Cafe)</p> <p>3:00 Canada Day Popsicle Cart on 1W (RR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>FAST OF 17th TAMMUZ 2</p> <p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p>	<p>10:30 Oneg Shabbat (3) 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 2W Light Candles at 8:36 pm</p>	<p>Shabbat Shalom 4 Parshat: PINCHAS</p> <p>9:30 Shabbat Services (S)</p> <p>Shabbat ends at 9:51 pm</p>
<p>11:00 Christian Community Gathering (2ELR) 5</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) 6</p> <p>10:30 Jewish Singalong on 1W (1WLR)</p> <p>2:00 Pet Visits with Sharon and Nabi (RR)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 7</p> <p>10:30 Balloon Badminton (1WLR)</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 (3WDR)</p>	<p>9:00 Annual Flea Market Sale (ON) 8</p> <p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (G)</p> <p>11:00 Resident Council (S)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (G)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 9</p> <p>10:00 Visiting Farm Animals with Sugar Hill Farm (ON)</p>	<p>10:30 Oneg Shabbat with Camp Gan Israel (3) 10</p> <p>11:15 Chair Exercise (3)</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 8:33 pm</p>	<p>Shabbat Shalom 11 Parshat: MATOT-MAS'EI</p> <p>9:30 Shabbat Services (S)</p> <p>Shabbat ends at 9:47 pm</p>
<p>10:30 Balloon Toss (1W) (1WLR) 12</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 Friendly Visits (RR)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 13</p> <p>2:00 Pet Visits with Steven and Molly on 1W and 2E (RR)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 14</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 Mindfulness Colouring Group (1WDR)</p> <p>2:00 Pet Visits with Sharon and Nabi (RR)</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (G) 15</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (G)</p> <p>2:30 Sit and Be Fit on 1W (1WLR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p>	<p>10:00 Green Thumb Club with Celia (G) 16</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 2nd Floor (RR)</p> <p>11:00 Christian Service with Father Adolphus (2ELR)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR) 17</p> <p>10:30 Oneg Shabbat with Camp Gan Israel (3)</p> <p>11:15 Chair Exercise with Robin (3)</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 8:29 pm</p>	<p>Shabbat Shalom 18 Parshat: DEVARIM</p> <p>9:30 Shabbat Services (S)</p> <p>Shabbat ends at 9:40 pm</p>



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1 WEST



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	20 9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Mental Aerobics: Roll the Question on 1W (1W) 2:00 Pet Visits with Sharon and Nabi (RR) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)	21 9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Individual Visits with Celia (RR) 2:30 Therapeutic Chair Yoga with Eric in the Garden (G)	22 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (G) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (G) 2:30 Garden Visits (G) 4:00 Memorial Gathering with Rabbi T. (3WDR)	23 TISHA B'AV 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR) 10:30 Chair Exercise on 1W (1WLR)	24 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Camp Gan Israel (3) 11:15 Chair Exercise with Robin (3) 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 8:22 pm	25 Shabbat Shalom Parshat: VA'ETCHANAN 9:30 Shabbat Services (S) Shabbat ends at 9:32 pm
26 11:00 Christian Community Gathering (2ELR) 11:00 Friendly Visits (RR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	27 9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Individual Visits with Celia (RR)	28 9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Club with Celia (G) 10:30 Axe Throwing on 1W (1W)	29 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Tea Time with The Auxiliary (Cafe) 5:00 BBQ for 1W (G)	30 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)	31 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Camp Gan Israel (Cafe) 11:15 Chair Exercise with Robin (Cafe) 2:30 Bingo (Cafe) Light Candles at 8:14 pm	Tu B'av Sundown on July 28th - Nightfall on July 29th Historically, this festival was the day when engagements were made between single men and women in historical Israel. To this day, it is a minor festival.

Neighbourhood BBQs are returning this summer in the Garden!

Please check your Recreation Calendar for details!

FIRE UP THE GRILL!

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)
 Garden (G)
 Café (Cafe)
 3rd Floor Dining Room (3)
 3West Dining Room (3WDR)
 Synagogue (S)
 2East Living Room (2ELR)
 1 West Living Room (1WLR)

3rd Floor Lounge (3L)
 Resident Rooms (RR)
 Outside Neighborhood (ON)
 1West (1W)
 2West Dining Room (2WDR)
 1 West Dining Room (1WDR)
 3East Dining Room (3EDR)