

July 2026

Hillel Lodge



Recreation Activities Schedule

2 WEST & 2 EAST



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>2:15 Canada Day Popsicle Cart on 2nd Floor (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>2:30 Word Games on 2W (G)</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 Craft: Paper Caterpillar on 2E (RR)</p> <p>11:00 Tai Chi with Ruth on 2W (2WDR)</p> <p>2:00 Pet Visits with Sharon and Nabi (RR)</p> <p>2:30 Reading Short Stories on 2W (2WDR)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 7</p> <p>10:30 Pet visits with Brian and Thor on 2nd Floor (RR)</p> <p>10:30 Sing Along on 2E (2EDR)</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>10:30 Friendly Visits on 2E (RR)</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>5:00 BBQ for 2E (G)</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>2:15 Giant Connect 4 on 2nd Floor (2WDR)</p> <p>Shabbat ends at 9:47 pm</p>
<p>11:00 Christian Community Gathering (2ELR) 12</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>2:00 Pet Visits with Sharon and Nabi (RR)</p> <p>2:30 Giant Kerplunk on 2W (2WDR)</p> <p>2:30 Walk & Talk for Wellness on 2E (ON)</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 Hand Bells on 2E (2EDR)</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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2 WEST & 2 EAST



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>19</p>	<p>9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Armchair Travel to Hawaii on 2nd Floor (2WDR)</p> <p>2:00 Pet Visits with Sharon and Nabi (RR)</p> <p>2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR)</p> <p>2:30 Java Time on 2E (2ELR)</p> <p>20</p>	<p>9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Colouring on 2E (2ELR)</p> <p>10:30 Noodle Ball on 2W (2WDR)</p> <p>2:30 Therapeutic Chair Yoga with Eric in the Garden (G)</p> <p>2:30 Baking Program on 2W (2L)</p> <p>21</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (G)</p> <p>10:30 Reading Short Stories on 2E (2ELR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (G)</p> <p>2:30 Garden Visits (G)</p> <p>4:00 Memorial Gathering with Rabbi T. (3WDR)</p> <p>22</p>	<p>TISHA B'AV 23</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 3rd Floor (RR)</p> <p>10:30 Balloon Toss on 2E (2EDR)</p> <p>2:30 Knitting on 2W (2WLR)</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR)</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 2W</p> <p>Light Candles at 8:22 pm</p> <p>24</p>	<p>Shabbat Shalom 25</p> <p>Parshat: VA'ETCHANAN</p> <p>9:30 Shabbat Services (S)</p> <p>3:30 Friendly Visits on 2nd Floor (RR)</p> <p>Shabbat ends at 9:32 pm</p>
<p>10:00 Resonance and Rhythm: Blanche's Saxophone Concert (2WDR)</p> <p>11:00 Christian Community Gathering (2ELR)</p> <p>11:00 Friendly Visits (RR)</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 Beading Bracelets on 2W (2WDR)</p> <p>26</p>	<p>9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Music with The Dukes of Uke with Brian & Bobby on 2W (2WDR)</p> <p>11:00 Music with The Dukes of Uke with Brian & Bobby on 2E (2EN)</p> <p>2:00 Pet Visits with Steven and Molly on 2nd Floor (RR)</p> <p>27</p>	<p>9:30 Individual Art Therapy with Sarah (RR)</p> <p>10:00 Green Thumb Club with Celia (G)</p> <p>10:30 Giant Snakes and Ladders on 2W (2WDR)</p> <p>10:30 Balloon Volleyball on 2E (2EDR)</p> <p>3:15 Birthday Party with Rick Crepin (Cafe)</p> <p>28</p>	<p>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L)</p> <p>2:30 Tea Time with The Auxiliary (Cafe)</p> <p>29</p>	<p>10:00 Green Thumb Club with Celia (G)</p> <p>10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR)</p> <p>10:30 Giant Snakes and Ladders (2WDR)</p> <p>10:30 Music and Movement on 2E (2EDR)</p> <p>2:30 Java Music Club on 2W (2WDR)</p> <p>30</p>	<p>10:00 Green Thumb Individual Visits with Celia (RR)</p> <p>10:30 Oneg Shabbat with Camp Gan Israel (Cafe)</p> <p>11:15 Chair Exercise with Robin (Cafe)</p> <p>2:30 Bingo (Cafe)</p> <p>Light Candles at 8:14 pm</p> <p>31</p>	<p>Tu B'av</p> <p>Sundown on July 28th - Nightfall on July 29th</p> <p>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.</p>

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)

2West Dining Room (2WDR)

3rd Floor Dining Room (3)

2East Living Room (2ELR)

3West Dining Room (3WDR)

Synagogue (S)

2East Dining Room (2EDR)

3rd Floor Lounge (3L)

Resident Rooms (RR)

Outside Neighborhood (ON)

3East Dining Room (3EDR)

2nd Floor Lounge (2L)

2West Living Room (2WLR)

2East Nook (2EN)