

July 2026

Hillel Lodge



Recreation Activities Schedule

3 WEST & 3 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>1:30 Canada Day Popsicle Cart on 3rd 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 Giant Kerplunk for 3rd Floor (3WDR)</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>2:00 Pet Visits with Sharon and Nabi (RR)</p> <p>2:15 Craft: Pine Cone Gnomes (3WDR)</p> <p>2:30 Hand Bells on 3E (3EDR)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</p>	<p>9:30 Individual Art Therapy with Sarah (RR) 7</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>3:30 Giant Connect 4 on 3rd floor (3WDR)</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>10:30 Parachute Games on 3W (3WDR)</p> <p>2:30 Java Music Club on 3E (3EDR)</p> <p>7:00 Monday Evening Volunteer BINGO (3)</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>9:45 Exploring Art Group with Art Therapists Mindy and Andrea (G) 15</p> <p>10:30 Friendly Visits on 3W (RR)</p> <p>10:30 Craft: Pine Cone Gnomes (3WDR)</p> <p>11:00 Exploring Art Group with Art Therapists Mindy and Andrea (G)</p> <p>2:30 Mindfulness Colouring Group on 3E (3EDR)</p> <p>4:00 Lessons from the Parsha with Rabbi T. (3)</p> <p>5:00 BBQ for 3W (G)</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>10:30 You Be The Judge on 3W (3WDR)</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>



Recreation Activities Schedule

3 WEST & 3 EAST



Your Recreation Team:
Aman, Fiona,
Ella, Lena, Tyson
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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) 2:00 Pet Visits with Sharon and Nabi (RR) 2:30 An Hour with Guest Speaker Professor Gerry Cammy (3EDR) 7:00 Monday Evening Volunteer BINGO (3)	21 9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Reading Short Stories on 3W (3WDR) 2:30 Therapeutic Chair Yoga with Eric in the Garden (G) 2:30 Jewellery Making on 3E (3EDR)	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) 2:15 Book Chat with Marcia, Arlene & Mimi on 3rd Floor (3WDR) 2:30 Garden Visits (G) 4:00 Memorial Gathering with Rabbi T. (3WDR) 5:00 BBQ for 3E (G)	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 Bowling on 3W (3WDR) 2:30 Good News Discussion (3EDR)	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) 2:15 Giant Snakes and Ladders on 3rd floor (3WDR) 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) 10:30 Giant Crossword Puzzle on 3E (3EDR) 2:30 Decorating Cookies for Tu B'av with The SJCC Day Camp (3) 7:00 Monday Evening Volunteer BINGO (3)	28 9:30 Individual Art Therapy with Sarah (RR) 10:00 Green Thumb Club with Celia (G)	29 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Java Music Club on 3W (3WDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Tea Time with The Auxiliary (Cafe)	30 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace on 1W and 2W (RR) 10:30 Armchair Travel to Israel on 3W (3WDR) 2:30 Balloon Badminton on 3E (3EDR)	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)	Synagogue (S)
3West Dining Room (3WDR)	2East Living Room (2ELR)
3rd Floor Dining Room (3)	3rd Floor Lounge (3L)
Garden (G)	Resident Rooms (RR)
Café (Cafe)	Outside Neighborhood (ON)
3East Dining Room (3EDR)	2West Dining Room (2WDR)