November 2026 Recreation Activity Schedule

Hillel Lodge

1 WEST

Your Recreation Team:
Aman, Fiona, Tyson, Naghma
Jess, Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **DAYLIGHT SAVINGS: Fall Back 1 Hour** 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	**2** 10:00 Green Thumb Individual Visits with Celia (RR) 10:00 Pet Visits with Sharon and Nabi (RR)	**3** 10:30 Walk & Talk for Wellness on 1W (ON)	**4** 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 4:00 Lessons from the Parsha with Rabbi T. (3)	**5** 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace (RR) 10:30 Program Planning Meeting on 1W (1WDR) 2:30 Music with Luke Harris on 3rd Floor (3)	**6** 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat (3) 11:15 Chair Exercise with Robin (Cafe) 2:30 Bingo (Cafe) Light candles at 4:26 pm	**7** **Shabbat Shalom** **Parshat: CHAYEI SARAH** 9:30 Shabbat Services (S) 2:30 Friendly Visits (RR) Shabbat ends at 5:28 pm
8 10:30 Bowling with the Ottawa Modern Jewish School (3) 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 2:30 Friendly Visits (RR)	**9** 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Dance Exercise on 1W (1WLR) 2:15 Monday Movie Matinee: Saving Mr. Banks (2013) (Cafe)	**10** 10:30 Making Challah Dough on 1West (1WLR) 10:30 Zumba Gold Chair with Debbie on 2W (2WDR) 10:30 Pet Visits with Sharon and Nabi (RR) 2:30 Braiding and Baking Challah Bread (1WLR) 6:45 Cinematic Night In: 'Career Girl' (1944) (DR)	**11** **REMEMBRANCE DAY** 10:30 Remembrance Day Ceremony (3) 1:30 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Remembrance Day Discussion on 1W (1WDR) 2:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 4:00 Lessons from the Parsha with Rabbi T. (3)	**12** 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace (RR) 10:30 Card Games on 1W (1WDR) 11:00 Tai Chi with Ruth on 3W (3) 11:00 Christian Service with Father Adolphus (2ELR)	**13** 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with OJCS Grade 6 Class (Cafe) 11:15 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) 3:30 Kabbalat Shabbat with Sue (Cafe) Light candles at 4:17 pm	**14** **Shabbat Shalom** **Parshat: TOLDOT** 9:30 Shabbat Services (S) 2:30 Friendly Visits (RR) Shabbat ends at 5:21 pm
15 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR) 2:30 Walk & Talk for Wellness (ON)	**16** 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Pet Visits with Sharon and Nabi (RR) 2:30 Music with Noel (Cafe)	**17** 10:15 Outing to The Science and Technology Museum (ON) 10:30 Mental Aerobics: Roll the Question on 1W (1WLR) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR) 6:45 Documentary: “Cute Baby Animals” (DR)	**18** 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Axe Throwing on 1W (1W) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Let's Dance! with Dance Therapist Lorraine on 3rd Floor (3) 4:00 Lessons from the Parsha with Rabbi T. (3)	**19** 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace (RR) 11:00 Youtube's Greatest Jewish Hits with Andre and Shelley (3) 3:30 Happy Hour with Eric Luca (Cafe)	**20** 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with The Ganon Preschool & Zaidie Joel (Cafe) 11:15 Chair Exercise with Robin (Cafe) 2:30 Bingo (Cafe) Light candles at 4:11 pm	**21** **Shabbat Shalom** **Parshat: VAYEITZEI** 9:30 Shabbat Services (S) 2:30 Friendly Visits (RR) Shabbat ends at 5:16 pm

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22 10:00 Friendly Visits with Christine (RR) 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	**23** 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 What am I Smelling? (1WLR)	**24** 10:30 Pet Visits with Sharon and Nabi (RR) 11:00 Resident Council (S) 2:30 Story Movies and Discussion 1W (1WDR) 3:00 Keep on Singing with Howard, Alison and Debbie on 2nd Floor (2EDR)	**25** 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Pet visits with Brian and Thor on 1W and 2E (RR) 10:30 One Woman's Holocaust Story (3) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 4:00 Memorial Gathering with Rabbi T. (2WDR)	**26** 10:00 Green Thumb Club with Celia (G) 10:00 Pet Visits with Christine & Tinkerbell Grace (RR) 10:30 Word Games on 1W (1WDR) 2:30 Birthday Party with Evelyn Greenberg (Cafe) 6:30 Cinematic Night In: Something in the Wind (Deanna Durbin, 1947) (DR)	**27** 10:00 Green Thumb Individual Visits with Celia (RR) 10:30 Oneg Shabbat with Joel Yan and Friends (Cafe) 11:15 Chair Exercise with Gloria (Cafe) 2:30 Bingo (Cafe) 3:30 Kabbalat Shabbat with Sue (Cafe) Light candles at 4:06 pm	**28** **Shabbat Shalom** **Parshat: VAYISHLACH** 9:30 Shabbat Services (S) 2:30 Friendly Visits (RR) Shabbat ends at 5:12 pm
29 11:00 Christian Community Gathering (2ELR) 1:00 One-to-One Individual Sessions with Music Therapist Rachel (RR) 2:15 Choir Practice (3WDR)	**30** 10:00 Green Thumb Individual Visits with Celia (RR) 2:30 Music with Arlene Quinn (Cafe)					

NOVEMBER OUTING

Science and Tech Museum
Tuesday, Nov. 17
10:15 AM

Please contact a Recreation Team Member for more information!



Calendar Legend

All Day
Outings
Special Events
Music Therapy
Art Therapy
Horticulture
Exercise
Spiritual

Holocaust Education Month

"One Woman's Holocaust Story"

November 25
10:30 AM

3rd Floor Dining Room



Locations Legend

Resident's Room (RR)
Café (Cafe)
3rd Floor Dining Room (3)
3rd Floor Lounge (3L)
2East Living Room (2ELR)
3West Dining Room (3WDR)
Resident Rooms (RR)
1 West Dining Room (1WDR)
Synagogue (S)
1 West Living Room (1WLR)
Garden (G)
Outside Neighborhood (ON)
2West Dining Room (2WDR)
Individual Dining Rooms (DR)
1West (1W)
2East Dining Room (2EDR)