November 2026 Recreation Activity Schedule

Hillel Lodge

2 WEST & 2 EAST

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) 10:30 Water Painting on 2W (2WDR) 2:30 Craft: Leaf Rubbings (2EDR)	**3** 10:30 Puzzles and Board games on 2W (2WDR) 2:30 Baking "Pumpkin Chocolate Chip Cookies" on 2nd Floor (2WDR)	**4** 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Balloon Badminton on 2W (2WDR) 10:30 Giant Kerplunk on 2E (2EDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Word Game: Guess the Word by Emoji (2EDR) 2:30 Java Music Club on 2W (2WLR) 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 Java Time on 2E (2ELR) 2:30 Music with Luke Harris on 3rd Floor (3) 2:30 Nifty Nails on 2W (RR) 2:30 Axe Throwing on 2E (2EDR)	**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 Mindfulness Colouring on 2E for Remembrance Day (2EDR) 10:30 Mindfulness Colouring for Remembrance Day on 2W (2WDR) 2:15 Monday Movie Matinee: Saving Mr. Banks (2013) (Cafe)	**10** 10:30 Zumba Gold Chair with Debbie on 2W (2WDR) 10:30 Pet Visits with Sharon and Nabi (RR) 2:00 Program Planning Meeting on 2W (2WDR) 2:30 Program Planning Meeting on 2E (2EDR) 3:00 Individual Jokes Reading on 2W (RR) 3:00 Walk & Talk for Wellness on 2E (ON) 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) 2:00 Pet Visits with Alon, David and Golda (RR) 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 Word Games on 2W (2WDR) 11:00 Tai Chi with Ruth on 3W (3) 11:00 Christian Service with Father Adolphus (2ELR) 2:30 Reading Short Stories on 2W (2WLR) 2:30 Sensory Stories: Train Journey (2EDR)	**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 10:30 Giant Kerplunk on 2W (2WDR) 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) 10:30 Reading Short Stories on 2E (2ELR) 2:30 Music with Noel (Cafe)	**17** 10:15 Outing to The Science and Technology Museum (ON) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR) 2:30 What's in the Box? on 2E (2EDR) 6:45 Documentary: “Cute Baby Animals” (DR)	**18** 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Armchair Travel to Romania on 2E (2EDR) 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) 2:30 Matching Card Game (2EDR) 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) 10:30 Short Movie & Discussion on 2W (2WDR) 10:30 Let's Go Fishing! on 2E (2EDR) 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

November 2026
Hillel Lodge

Recreation Activity Schedule
2 WEST & 2 EAST

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Aman, Fiona, Tyson, Naghma
Jess, Marilyn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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's that Sound? on 2E (2EDR) 2:30 Giant Snakes and Ladders on 2W (2WDR) 2:30 Music and Movement on 2E (2EDR)	**24** 10:30 Pet Visits with Sharon and Nabi (RR) 11:00 Resident Council (S) 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) 2:30 Off to the Races! on 2W (2WDR) 2:30 How Does It Feel? on 2E (2EDR) 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 Off to the Races! on 2E (2EDR) 10:30 Yarn Craft Group on 2W (2WDR) 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) 10:30 Balloon Volleyball: 2E VS 2W (2) 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"

Wednesday, November 25th
10:30 AM
3rd Floor Dining Room



Locations Legend

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