November 2026 Recreation Activity Schedule

Hillel Lodge

3 WEST & 3 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 What's in the Box? on 3W (3WLR) 7:00 Monday Evening Volunteer BINGO (3)	**3** 10:30 Craft: Pinecone Owls on 3W (3WDR) 11:00 Program Planning Meeting on 3E (3EDR) 2:30 What's in the Box? on 3E (3EDR)	**4** 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Animal Trivia on 3W (3WDR) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:30 Craft: Pinecone Owls on 3E (3EDR) 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 Armchair Travel to England on 2W (2WDR) 10:30 Let's Go Fishing! on 3E (3EDR) 11:15 Program Planning Meeting on 3W (3WDR) 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) 2:15 Monday Movie Matinee: Saving Mr. Banks (2013) (Cafe) 2:30 Remembrance Day Art - Making Poppy (3WDR) 7:00 Monday Evening Volunteer BINGO (3)	**10** 10:30 Zumba Gold Chair with Debbie on 2W (2WDR) 10:30 Pet Visits with Sharon and Nabi (RR) 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 Armchair Travel to Costa Rica on 3E (3EDR) 2:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 3:30 True or False - 3W (3WDR) 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) 11:00 Tai Chi with Ruth on 3W (3) 11:00 Christian Service with Father Adolphus (2ELR) 2:30 Arm Chair Travel to Tanzania - 3W (3WDR) 2:30 Animal Trivia on 3E (3EDR)	**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) 10:30 Songs and Their Stories on 3W (3WDR) 2:30 Music with Noel (Cafe) 7:00 Monday Evening Volunteer BINGO (3)	**17** 10:15 Outing to The Science and Technology Museum (ON) 2:30 Water Painting on 3W (3WDR) 2:30 Therapeutic Chair Yoga with Eric on 2W (2WDR) 2:30 Giant Tic-Tac-Toe on 3E (3EDR) 6:45 Documentary: “Cute Baby Animals” (DR)	**18** 9:45 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 10:30 Sensory Stories on 3W (3WDR) 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 Friendly Visits on 3E (RR) 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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Hillel Lodge

Recreation Activity Schedule
3 WEST & 3 EAST

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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) 7:00 Monday Evening Volunteer BINGO (3)	**24** 10:30 Pet Visits with Sharon and Nabi (RR) 11:00 Resident Council (S) 2:30 Baking "Pumpkin Chocolate Chip Cookies" on 3E (3EDR) 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 One Woman's Holocaust Story (3) 11:00 Exploring Art Group with Art Therapists Mindy and Andrea (3L) 2:15 Book Chat with Marcia and Arlene on 3rd Floor (3WDR) 2:30 Friendly Visits on 3W (RR) 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 Let's Go Fishing! on 2E (2EDR) 2:30 Birthday Party with Evelyn Greenberg (Cafe) 2:30 Sensory Stories on 3E (3EDR) 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 Off to the Races! on 3E (3EDR) 2:30 Music with Arlene Quinn (Cafe) 7:00 Monday Evening Volunteer BINGO (3)					

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