


SEPTEMBER 2020

2nd floor Programs & Events - LBHH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Wake Up to Music B 10:15 Sensory Stimulation DR 1:30 Storytelling DR 1:30 Google Club FL 2:30 Helping Hands DR	2 10:00 Cup of Conversation B 10:00 Car Facts FL 10:30 Interfaith Service DR 1:30 Creative Exploration B 2:15 Piano Hour DR	3 8:00 Israeli Breakfast B 10:00 Story Telling B 1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B 3:45 Montessori Mixer H	4 10:00 Challah & Poetry B 1:30 Ice Cream Social B 3:00 Resident Support Group DR 4:00 Garden Visits- Shalom Garden Light candles at 7:30 PM	5 Shabbat Shalom This Week's Parsha is Ki Tavo Shabbat ends at 8:24 PM
6 9:30 Coffee & Conversation B 10:00 Trivia B	7 LABOUR DAY STATUTORY HOLIDAY	8 10:00 Wake Up to Music B 10:15 Sensory Stimulation DR 1:30 Trivia B 1:30 Storytelling DR 1:30 Google Club FL 2:30 Helping Hands DR	9 10:00 Cup of Conversation B 10:00 Car Facts FL 10:30 Interfaith Service DR 1:30 Creative Exploration B 2:15 Piano Hour DR	10 10:00 Story Telling B 10:00 Musical Jeopardy DR 1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B 3:45 Montessori Mixer H	11 10:00 Challah & Poetry B 1:30 Ice Cream Social B 3:00 Resident Support Group DR 4:00 Garden Visits- Shalom Garden Light candles at 7:15 PM	12 Shabbat Shalom This Week's Parsha is Nitzavim-Vayelech Shabbat ends at 8:09 PM
13 9:30 Coffee & Conversation B 10:00 Trivia B	14 10:00 Coffee & Trivia B 1:30 Jewish Baking B 1:45 Chinese Painting FL 2:30 Trivia B 2:30 Fun with Crafts DR	15 10:15 Sensory Stimulation DR 1:30 Trivia B 1:30 Google Club FL	16 10:00 Cup of Conversation B 10:00 Car Facts FL 10:30 Interfaith Service DR 1:30 Creative Exploration B 2:15 Piano Hour DR	17 10:00 Musical Jeopardy DR 1:30 Trivia B 2:00 Fun with Crafts FL 3:00 BINGO B 3:45 Montessori Mixer H	18 Erev Rosh Hashanah 10:00 Challah & Poetry B 1:30 Ice Cream Social B 3:00 Resident Support Group DR 4:00 Garden Visits- Shalom Garden Light candles at 6:59 PM	19 1st Day of Rosh Hashanah 9:45 Synagogue Service 10:30 Shofar Blowing (approx. time) Light candles after 7:53 PM
20 2nd Day of Rosh Hashanah Yom Tov – Holy Day Yom Tov Guidelines in effect all day 9:45 Synagogue Service 10:30 Shofar Blowing *approximate time)	21 Fast of Gedaliah 10:00 Coffee & Trivia B 1:45 Chinese Painting FL 2:30 Fun with Crafts DR	22 First Day of Fall 10:00 Wake Up to Music B 1:30 Trivia B 1:30 Storytelling DR 1:30 Google Club FL 2:30 Helping Hands DR	23 10:00 Cup of Conversation B 10:00 Car Facts FL 10:30 Interfaith Service DR 1:30 Creative Exploration B 2:15 Piano Hour DR	24 ROSH CHODESH 8:00 Israeli Breakfast B 10:00 Story Telling B 10:00 Musical Jeopardy DR 2:00 Ethics DR 2:00 Fun with Crafts FL 3:00 BINGO B 3:45 Montessori Mixer H	25 ROSH CHODESH 10:00 Challah & Poetry B 1:30 Ice Cream Social B 3:00 Resident Support Group DR 4:00 Garden Visits- Shalom Garden Light candles at 6:44 PM	26 Shabbat Shalom This week's Parsha is Ha'Azinu Shabbat ends at 7:38 PM
Erev Yom Kippur 27 Erev Yom Tov – Holy Day Yom Tov Guidelines begin at 6:40 PM 6:30 Kol Nidre Services Light candles at 6:40 PM	28 YOM KIPPUR Yom Tov – Holy Day Yom Tov Guidelines in effect all day 10:00 Yom Kippur Services 11:15 Yizkor *approximate time 5:00 Mincha and Neila Holiday ends at 7:34 PM	29 10:00 Wake Up to Music B 10:15 Sensory Stimulation DR 1:30 Trivia B 1:30 Storytelling DR 1:30 Google Club FL 2:30 Helping Hands DR	30 10:00 Cup of Conversation B 10:00 Car Facts FL 10:30 Interfaith Service DR 1:30 Creative Exploration B 2:00 The Monthly Birthday Celebration – live streamed Musical performance FL	<div style="border: 1px solid black; padding: 5px;"> <p align="center">PLEASE NOTE:</p> <p>To support physical distancing in programs during COVID-19, group size / participant numbers will now be limited.</p> <p>*Room size will determine the number of allowable participants and signage will be posted to indicate this information.</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p align="center">2ND FLOOR PROGRAM LOCATIONS:</p> <p>B - Bistro DR—Dining Room FL—Fireplace Lounge H—Hallways S—Synagogue</p> </div>		

SEPTEMBER 2020 Rehab Programs at the LBHH

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		<p>1</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program - 1st floor H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl</p>	<p>2</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p>3</p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl B 11:30-12:30 Restorative Dining For 1st floor RG 1:30-3:00 Strength & Balance H 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor CL 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program</p>	<p>4</p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>LABOUR DAY STATUTORY HOLIDAY</p> <p>Rehab is Closed</p>	<p>8</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program - 1st floor H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining B</p>	<p>9</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p>10</p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl B 11:30-12:30 Restorative Dining For 1st floor RG 1:30-3:00 Strength & Balance H 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor CL 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program 2nd fl B</p>	<p>11</p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p>12</p>
<p>13</p>	<p>14</p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining (B) 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining</p>	<p>15</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining B</p>	<p>16</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p>17</p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl B 11:30-12:30 Restorative Dining For 1st floor RG 1:30-3:00 Strength & Balance H 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor CL 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program 2nd fl B</p>	<p>18</p> <p>Erev Rosh Hashanah Rosh Hashanah begins tonight 9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p>19</p> <p>1st Day of Rosh Hashanah</p>
<p>20</p> <p>2nd Day of Rosh Hashanah Yom Tov - Holy Day</p> <p>Yom Tov Guidelines in place All Day</p>	<p>21</p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining (B) 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining</p>	<p>22</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program 1st fl H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B</p>	<p>23</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p>24</p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl B 11:30-12:30 Restorative Dining For 1st floor RG 1:30-3:00 Strength & Balance H 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor CL 2:30-3:30 Russian Group CL 4:30-5:30 Restorative Dining Program 2nd fl B</p>	<p>25</p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining B 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining (B) Program - B</p>	<p>29</p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength & Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program - 1st floor H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B</p>	<p>30</p> <p>9:00-11:00 Get Up & Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>			