


NOVEMBER 2018 WEINBERG RESIDENCE ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION MLC Gym (MLC G) Activity Room (AR) Dining Room (DR) MLC (MLC) Louis Brier Homeside Lounge (LBHL) Synagogue (S) Lounge (WL) Multi Level Care (MLC) Lounge (L)			9:30am One to One Fitness (MLC G) 1 9:30am On-Call Strengthening (MLC G) 10:15am Exercise with Jessica (AR) 1:30pm Flower Arranging (Bring a vase to fill with flowers!) (AR) 2:15pm The Thursday Show presents: 'Jesse Arens' (DR) 6:35pm BINGO (AR)	9:30am One to One Fitness (MLC G) 2 9:30am On-Call Strengthening (MLC G) 10:00am DRU Yoga (AR) 11:00am Circle Dance (MLC) 11:00am Rhythm Explorations (AR) 11:00am Shabbos Music (MLC) 1:00pm Chat with Pat: The General Assembly of the Jewish Federations of North America (AR) 3:00pm Friday Forum (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 5:30pm Light candles at 5:30 PM	Blessing of New Month With Cantor Orzech and choir Shabbat Shalom Shabbat Shalom This Week's Parsha is Chayei Sara 9:30am Services (S) 6:35pm Shabbat ends at 6:36 PM
10:00am Daylight Savings Return to Standard Time 4 11:00am Keep Fit (AR) 11:00am Discussion group with Jessica (AR) 2:15pm Sunday Afternoon Concert Pancho & Sal' In the Homeside Lounge (LBHL) 4:00pm Program update meeting (AR) 6:30pm BINGO (AR)	9:30am One to One Fitness (MLC G) 5 9:30am On-Call Strengthening (MLC G) 10:00am DRU Yoga (AR) 11:15am Discussion Group with Jessica (AR) 3:30pm Beth Israel Social Tea (DR) 6:30pm After Dinner Games Night (AR)	9:30am One to One Fitness (MLC G) 6 9:30am On-Call Strengthening (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Keep Fit (AR) 10:45am The Travelling Storyteller with Helen Pinsky (AR) 1:30pm Shuttle to Oakridge 2:00pm Movie Matinee (AR) 6:30pm Netflix Series: "Anne" (AR)	Vancouver Jewish Film Festival Begins Today! Novmeber 7th to 18th 7 9:30am One to One Fitness (MLC G) 9:30am On-Call Strengthening (MLC G) 10:15am Keepfit with Jessica (AR) 11:00am Movement to Music (MLC) 11:00am New: Theater Project! Meet and Greet with Hila (AR) 2:00pm BINGO (AR) 4:00pm Old Time Sing Along (WL) 4:30pm Happy Hour (WL) 6:30pm Movie Night: Netflix Picks (AR)	9:30am One to One Fitness (MLC G) 8 9:30am On-Call Strengthening (MLC G) 10:15am Exercise with Jessica (AR) 2:15pm The Thursday Show with Roberto Risman (DR) 3:30pm New: The Writer's Club (AR) 6:35pm BINGO (AR)	9:30am One to One Fitness (MLC G) 9 9:30am On-Call Strengthening (MLC G) 10:00am DRU Yoga (AR) 11:00am Rhythm Explorations (AR) 11:00am Shabbos Music (MLC) 3:00pm Friday Forum (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 4:15pm Light candles at 4:19PM	Shabbat Shalom 10 Shabbat Shalom This Week's Parsha is Toldot Services (S) 9:30am Services (S) 4:00pm Shabbat Melodies (MLC) 5:25pm Shabbat ends 5:26 PM
REMEMBRANCE DAY 11 10:00am Keep Fit (AR) 11:00am Discussion group with Jessica (AR) 2:15pm Sunday Afternoon Concert 'Steve Levin' (LBHL) 6:30pm BINGO (AR)	REMEMBRANCE DAY OBSERVED TODAY STAT HOLIDAY 12 10:00am DRU Yoga (AR) 2:15pm Remembrance Day concert at the Louis Brier with special guests WWII Veterans (LBHL)	9:30am One to One Fitness (MLC G) 13 9:30am On-Call Strengthening (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Keep Fit (AR) 10:45am The Travelling Storyteller with Helen Pinsky (AR) 1:30pm Outing to The Vancouver Art Gallery feature exhibit "Couture and Beyond" 1:30pm Weinberg Outing 2:00pm Movie Matinee (AR) 4:00pm The Weinberg Great Debate Team Meeting #1 (AR) 6:30pm Netflix Series: "Anne" (AR)	9:30am One to One Fitness (MLC G) 14 9:30am On-Call Strengthening (MLC G) 10:15am Keepfit with Jessica (AR) 10:40am Puppy Party with Dexter, Chico and Hulk! (MLC) 11:00am Movement to Music (MLC) 11:30am Outing to the Vancouver Jewish Film Festival!Movie: 'Humour Me' 2:00pm BINGO (AR) 4:00pm Old Time Sing Along (WL) 4:30pm Happy Hour (WL) 6:40pm Music Through the Ages Concert (DR)	9:30am One to One Fitness (MLC G) 15 9:30am On-Call Strengthening (MLC G) 10:00am The Resident Memorial Service Reception to follow (LBHL) 2:15pm The Thursday Show Presents: 'Gustavo Herrera' (DR) 3:30pm Jewish Museum and Archives: Oakridge the growth of a community (AR) 6:35pm BINGO (AR)	9:30am One to One Fitness (MLC G) 16 9:30am On-Call Strengthening (MLC G) 10:00am DRU Yoga (AR) 11:00am Rhythm Explorations (AR) 11:00am Shabbos Music (MLC) 1:00pm Art History Lecture and Expressive Arts with Calla (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 4:10pm Light candles 4:10 PM	Shabbat Shalom 17 This Week's Parsha is Vayetzei 9:00am Services (S) 9:30am Services (S) 5:15pm Shabbat ends 5:17 PM
Vancouver Jewish Film Festival ends today 18 10:00am Keep Fit (AR) 11:00am Greyhaven Exotic Bird Sanctuary visit and chat! (AR) 2:15pm Sunday Afternoon Concert 'The Fito Garcia Band' (LBHL) 3:30pm The Weinberg Great Debate (AR) 6:30pm BINGO (AR)	9:30am One to One Fitness (MLC G) 19 9:30am On-Call Strengthening (MLC G) 10:00am DRU Yoga (AR) 1:00pm A Little Aloud with Marsha Simmons (AR) 2:00pm Apple Cider in the Lounge (L) 6:30pm After Dinner Games Night (AR)	9:30am One to One Fitness (MLC G) 20 9:30am On-Call Strengthening (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Keep Fit (AR) 10:45am The Travelling Storyteller with Helen Pinsky (AR) 12:50pm Positive News and Views with Jessica (MLC) 1:30pm Shuttle to Oakridge 2:00pm Movie Matinee (AR) 6:30pm Netflix Series: "Anne" (AR)	9:30am One to One Fitness (MLC G) 21 9:30am On-Call Strengthening (MLC G) 10:15am Keepfit with Jessica (AR) 10:40am Puppy Party with Dexter, Chico and Hulk! (MLC) 11:00am Movement to Music (MLC) 11:00am New Theatre Program with Hila Graf (AR) 2:00pm BINGO (AR) 4:00pm Old Time Sing Along (WL) 4:30pm Happy Hour (WL) 6:30pm Movie Night: Netflix Picks (AR)	9:30am One to One Fitness (MLC G) 22 9:30am On-Call Strengthening (MLC G) 10:15am Exercise with Jessica (AR) 11:00am Discover Dance outing: 'Dancers of Damelahamid' Northwest Coast 1st Nations 11:05am Chat with the CEO- David Keselman (L) 2:15pm The Thursday Show presents: 'Patrizia Coletta' (DR) 3:30pm New: The Writer's Club (AR) 6:35pm BINGO (AR)	9:30am One to One Fitness (MLC G) 23 9:30am On-Call Strengthening (MLC G) 10:00am Circle Dance (MLC) 10:00am DRU Yoga (AR) 11:00am Rhythm Explorations (AR) 11:00am Shabbos Music (MLC) 1:00pm Current Affairs with Pat Johnson (AR) 3:00pm Friday Forum (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 4:05pm Light candles at 4:03 PM	Shabbat Shalom 24 This Week's Parsha is Vayishlach 9:30am Services (S) 5:10pm Shabbat ends at 5:10 PM
2:15pm Sunday Afternoon Concert Louis Brier 'Roberto Risman' (LBHL) 25 6:30pm BINGO (AR)	9:30am One to One Fitness (MLC G) 26 9:30am On-Call Strengthening (MLC G) 10:00am DRU Yoga (AR) 11:00am Music Appreciation with Gordon Cherry Jan Peerce - The Maestro's Favourite Tenor (AR) 2:00pm Paint Party with Shawna Dillon (AR) 6:30pm Weinberg Movie Night! (AR)	9:30am One to One Fitness (MLC G) 27 9:30am On-Call Strengthening (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Chair Yoga with Annette Wertman (AR) 10:45am The Travelling Storyteller with Helen Pinsky (AR) 2:00pm Movie Matinee (AR) 6:30pm Netflix Series: "Anne" (AR)	9:30am One to One Fitness (MLC G) 28 9:30am On-Call Strengthening (MLC G) 11:00am Movement to Music (MLC) 11:00am New Theatre Program with Hila Graf (AR) 2:00pm BINGO (AR) 3:00pm Tea with Vanessa! (DR) 4:00pm Old Time Sing Along (WL) 4:30pm Happy Hour (WL) 6:30pm Movie Night: Netflix Picks (AR)	9:30am One to One Fitness (MLC G) 29 9:30am On-Call Strengthening (MLC G) 2:15pm The Monthly Birthday Celebration presents: 'The Suede Dogs' (DR) 3:30pm Nutrition for Seniors Chat with Clinical Dietitian Franki Miller 6:35pm BINGO (AR)	9:30am One to One Fitness (MLC G) 30 9:30am On-Call Strengthening (MLC G) 10:00am DRU Yoga (AR) 11:00am Rhythm Explorations (AR) 11:00am Shabbos Music (MLC) 1:00pm Current Affairs with Pat Johnson (AR) 3:00pm Friday Forum (AR) 3:00pm Oneg Shabbat (LBHL) 3:55pm Light candles at 3:58 PM 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S)	