

MARCH 2019 WEINBERG RESIDENCE ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION MLC G (MG) Activity Room (AR) MLC (MLC) Amenity Room (AR) Louis Brier Homeside Lounge (LBHL) Synagogue (S) MLC (M) MLC Gym (MLC G) Dining Room (DR) MLC (MLC G) LB (LB) Weinberg Lounge (L) Lounge (L)	LOCATION Louis Brier Lounge (LB) Louis Brier (LB) Louis Brier Synagogue (LB S)			9:30am On-Call Strengthening (MG) ¹ 9:30am One to One Fitness (MG) 10:00am DRU Yoga (AR) 11:00am Shabbos Music (MLC) 1:30pm The Purim Mask Project with Calla Power (AR) 2:00pm Challah Baking (AR) 2:00pm Tone Chimes Choir (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 4:40pm Light Candles at 4:37pm	Shabbat Shalom ² This weeks Parsha is Vayakhel 6:35pm Shabbat ends at 6:35pm
10:15am Keep Fit (AR) ³ 11:00am Discussion; "Important Photos Captured Throughout History" (AR) 2:15pm Netflix Movie: Hello! My Name Is Doris: Starring Sally Field (AR) 4:00pm Manicures with Monica (AR) 7:00pm BINGO (AR)	9:30am On-Call Strengthening (MG) ⁴ 10:00am Baking with Rachel (M) 10:00am DRU Yoga (AR) 10:15am One to One Fitness 11:00am Program Update Meeting (AR) 2:30pm Purim Decorations (AR)	9:30am On-Call Strengthening (MG) ⁵ 9:30am One to One Fitness (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Keepfit (AR) 10:00am The Traveling Storyteller with Helen Pinsky (AR) 10:45am Shuttle To Oakridge 1:30pm Afternoon Video; Nature (M) 2:30pm Hosting JSA Empowerment Series: Exploring Volunteerism Among Jewish Seniors (DR) 2:30pm Netflix Series: Shtisel (AR) 6:30pm	9:30am On-Call Strengthening (MG) ⁶ 10:15am One to One Fitness (MLC G) 10:15am Tai Chi with Kelly (AR) 11:00am Movement to Music (MLC) 11:00am Video and Discussion: "Food Waste" (AR) 2:00pm BINGO (AR) 2:30pm Temple Sholom Tea (LB) 3:00pm Old Time Sing Along (L) 4:30pm Happy Hour (L) 6:30pm Weinberg Great Debate (AR)	9:30am On-Call Strengthening (MG) ⁷ 9:30am One to One Fitness (MLC G) 10:00am Qigong with John Weiss (AR) 11:00am Current Affairs with Pat Johnson (AR) 2:15pm The Thursday Show Presents: Patricia Coletta (DR) 6:30pm After Dinner Lemonade and Chat (L) 6:35pm BINGO (AR)	9:30am On-Call Strengthening (MG) ⁸ 9:30am One to One Fitness (MG) 10:00am DRU Yoga (AR) 11:00am Blood Pressure Clinic/ Wellness Chat with Diana: How To Achieve Healthy Skin (AR) 11:00am Shabbos Music (MLC) 11:15am Circle Dance (M) 2:00pm Tone Chimes Choir (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 5:45pm Light Candles at 5:48pm	Shabbat Shalom ⁹ This weeks Parsha is Pekudei 9:30am Services (S) 6:45pm Shabbat ends at 6:46pm
Daylight Savings: Spring Forward One Hour! ¹⁰ 10:15am Keep Fit (AR) 11:00am Discussion (AR) 2:15pm Short Stories Reading (AR) 4:00pm Scrabble! (AR) 7:00pm BINGO (AR)	9:30am On-Call Strengthening (MG) ¹¹ 10:00am Baking with Rachel (M) 10:00am DRU Yoga (AR) 10:15am One to One Fitness 10:45am 'History Over Lunch' Special Outing to the JCC: 'Building a Time Capsule: Preserving Community History.' 1:30pm The Kneset Connects To The Diaspora: A Special Presentation (LB) 2:30pm VSO Brass Trio Concert (DR) 6:30pm Evening Meditation (AR)	9:30am On-Call Strengthening (MG) ¹² 9:30am One to One Fitness (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Keepfit (AR) 11:00am Music Appreciation with Gordon Cherry Presents: "Barbara Streisand" (AR) Weinberg Outing 1:30pm Afternoon Video; Nature (M) 2:30pm Netflix Series: Shtisel (AR) 6:30pm	9:30am On-Call Strengthening (MG) ¹³ 10:00am Keepfit (AR) 10:15am One to One Fitness (MLC G) 10:45am Brain Teasers with Rachel (AR) 11:00am Movement to Music (MLC) 2:00pm BINGO (AR) 4:00pm Old Time Sing Along (L) 4:30pm Happy Hour (L) 6:30pm Arts and Crafts with Monica (AR)	9:30am On-Call Strengthening (MG) ¹⁴ 9:30am One to One Fitness (MLC G) 10:00am Keep Fit (AR) 11:00am Discover Dance Outing: Bhangra - South Asian Dance 2:15pm The Thursday Show presents; Anthea Hii (DR) 6:35pm BINGO (AR)	9:30am On-Call Strengthening (MG) ¹⁵ 9:30am One to One Fitness (MG) 10:00am DRU Yoga (AR) 11:00am Classical Piano Music with Stan (AR) 11:00am Shabbos Music (MLC) 2:00pm Challah Baking (AR) 2:00pm Tone Chimes Choir (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 6:55pm Light Candles at 6:59pm	Shabbat Shalom ¹⁶ This weeks Parsha is Vayikra 9:30am Services (S) 7:55pm Shabbat ends at 7:57pm
10:15am Keep Fit (AR) ¹⁷ 11:00am Discussion (AR) 1:45pm The Sunday Afternoon Concert Series presents: Gustavo Herrara; The Mexican Tenor (LB) 4:00pm Group Crossword Puzzle (AR) 7:00pm BINGO (AR)	9:30am On-Call Strengthening (MG) ¹⁸ 10:00am Baking with Rachel (M) 10:00am DRU Yoga (AR) 10:15am One to One Fitness 1:00pm Spa Hour (M) 2:00pm B.I. Social Tea with Rabbi Stein (AR) 6:30pm After Dinner Stretching (AR)	9:30am On-Call Strengthening (MG) ¹⁹ 9:30am One to One Fitness (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Keepfit (AR) 10:45am The Traveling Storyteller with Helen Pinsky (AR) 1:30pm Shuttle To Oakridge 2:30pm Afternoon Video; Nature (M) 3:30pm Afternoon Discussion (AR) 6:30pm Netflix Series: Shtisel (AR)	Erev Purim ²⁰ First Day Of Spring! 9:30am On-Call Strengthening (MG) 10:15am One to One Fitness (MLC G) 10:15am Tai Chi with Kelly (AR) 11:00am Movement to Music (MLC) 2:00pm Hamantashen Baking with Rachel (AR) 2:45pm Bingo (AR) 4:00pm Old Time Sing Along (L) 4:30pm Happy Hour (L) 6:30pm Trivia Night! (AR)	Purim! ²¹ 9:30am On-Call Strengthening (MG) 9:30am One to One Fitness (MLC G) 9:30am Synagogue Services (LB S) 10:00am Keep Fit (AR) 10:00am Megilla Reading (LB S) 11:00am Table Games with Rachel! (M) 2:15pm Purim Party with Alan Matheson and Ila Zbarsky (DR) 6:30pm After Dinner Lemonade and Chat (L) 6:35pm BINGO (AR)	Shushan Purim ²² 9:30am On-Call Strengthening (MG) 9:30am One to One Fitness (MG) 10:00am DRU Yoga (AR) 11:00am Classical Piano Music with Stan (AR) 11:00am Shabbos Music (MLC) 2:00pm Tone Chimes Choir (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 7:10pm Light Candles at 7:10pm	Shabbat Shalom ²³ This weeks Parsha is Tzav 9:30am Services (S) 8:05pm Shabbat ends at 8:08pm
10:15am Keep Fit (AR) ²⁴ 11:00am Discussion (AR) 1:45pm The Sunday Afternoon Concert Series presents: 'The Sax of Us' (LB) 3:30pm Netflix Movie: 'The Guernsey Literary and Potato Peel Pie Society' (AR) 7:00pm BINGO (AR)	9:30am On-Call Strengthening (MG) ²⁵ 10:00am Baking with Rachel (M) 10:00am DRU Yoga (AR) 10:15am One to One Fitness 1:15pm A little Aloud with Marsha Simmons (AR) (AR) 6:30pm Evening Meditation (AR)	9:30am On-Call Strengthening (MG) ²⁶ 9:30am One to One Fitness (MLC G) 10:00am A Little Jewish Music (MLC) 10:00am Keepfit (AR) 10:45am The Traveling Storyteller with Helen Pinsky (AR) 11:30am Lunch Outing to Langara Golf Course 2:30pm Afternoon Video; Nature (M) 3:30pm Sudoku 6:30pm Netflix Series: Shtisel (AR)	9:30am On-Call Strengthening (MG) ²⁷ 10:00am Keepfit (AR) 10:15am One to One Fitness (MLC G) 11:00am Disussion: "Important People In History" (AR) Movement to Music (MLC) 11:00am BINGO (AR) 2:00pm Old Time Sing Along (L) 4:00pm Happy Hour (L) 4:30pm Mr. Rogers Netflix Documentary: "Won't You Be My Neighbour?" (AR) 6:30pm	9:30am On-Call Strengthening (MG) ²⁸ 9:30am One to One Fitness (MLC G) 10:00am Qigong with John Weiss (AR) 11:05am Chat with the CEO- David Keselman (L) 1:00pm Current Affairs with Pat Johnson (AR) 2:15pm The Monthly Birthday Celebration presents; Jonathan Wiltse (DR) 6:30pm After Dinner Lemonade and Chat (L) 6:30pm Short Stories Reading (AR) 6:35pm BINGO (AR)	9:30am On-Call Strengthening (MG) ²⁹ 9:30am One to One Fitness (MG) 10:00am DRU Yoga (AR) 10:30am The Elgar Strings - violin concert (LB) 11:00am Shabbos Music (MLC) 11:15am Circle Dance (M) 1:30pm B.I. Social Tea at Louis Brier 2:00pm Challah Baking (AR) 2:00pm Tone Chimes Choir (AR) 3:00pm Oneg Shabbat (LBHL) 4:00pm Shabbat Melodies (MLC) 4:00pm Shabbat Services (S) 7:20pm Light Candles at 7:21pm	Shabbat Shalom ³⁰ This weeks Parsha is Shemini 9:30am Services (S) 8:20pm Shabbat ends at 8:19pm
10:15am Keep Fit (AR) ³¹ 11:00am Manicures with Monica (AR) 1:45pm The Sunday Afternoon Concert Series presents: Musical Guest to be announced (LB) 3:30pm Jeopardy! (AR) 7:00pm BINGO (AR)						