



# MARCH 2023 ASSISTED LIVING

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	<b>LOCATION</b> Activity Room (AR) Dining Room (DR) Louis Brier (LB) MLC Lounge (MLC) Synagogue (S) Weinberg Lounge (WL)		10:15am Keep Fit (AR) <sup>1</sup> 11:00am <b>Card Game: Life Stories (WL)</b> 1:30pm <b>Program Update Meeting (AR)</b> 2:00pm Bingo (AR) 4:00pm Happy Hour (WL) 6:35pm <b>Movie Night: Whisky Galore (AR)</b>	10:15am Keep Fit (AR) <sup>2</sup> 11:00am <b>Invitation to Judaism with Chaplain Rob - CANCELLED (AR)</b> 2:15pm <b>NEW: Thursday Afternoon Show with The Trilogy Brass Trio (DR)</b> 6:35pm <b>Netflix Series: Harry &amp; Meghan - Episode 4 (AR)</b>	<b>CAREGIVER APPRECIATION DAY</b> <sup>3</sup> 10:15am <b>Keep Fit with Antonya Raymond (AR)</b> 12:00pm <b>Fifth Avenue Jewellery Display with Collection Stylist Shelley Leonhardt (WL)</b> 4:00pm Services (S) 5:40pm <b>Light Candles at 5:41pm</b>	<b>SHABBAT SHALOM</b> <sup>4</sup> This Week's Parsha is Tetzaveh 9:30am Services (S) 6:35pm <b>Shabbat ends at 6:38pm</b>
10:15am Keep Fit (AR) <sup>5</sup> 11:00am <b>Purim Concert with Tzivos Hashem School Students (MLC)</b> 2:00pm <b>NEW: Temple Sholom Sisterhood Choir in Performance (DR)</b> 3:30pm Group Walk (WL) 6:35pm <b>Movie Night: You People (AR)</b>	<b>FAST OF ESTHER</b> <sup>6</sup> 10:15am Keep Fit (AR) 11:00am <b>Word Game: Scattergories (MLC)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:15pm <b>Tea and Chat with Francisco (DR)</b> 3:15pm <b>Resident Council Meeting (DR)</b> 6:35pm <b>Movie Night: True Spirit (AR)</b>	<b>PURIM SERVICES (S)</b> <sup>7</sup> 9:30am 10:15am Keep Fit (AR) 10:30am <b>Megillah Reading (S)</b> 11:00am <b>Purim Party with the Tzimmes Celebration Duo (MLC)</b> 2:00pm <b>Purim Parade &amp; Costume/Dance Contest at Louis Brier (LB)</b> 6:35pm <b>NEW Netflix Series: Madoff: The Monster of Wall Street - Episode 3 (AR)</b>	<b>INTERNATIONAL WOMEN'S DAY</b> <sup>8</sup> Wear Purple Today 10:15am Keep Fit (AR) 11:00am <b>Current Events with Pat Johnson (AR)</b> 2:00pm Bingo (AR) 4:00pm <b>Purple-Themed Happy Hour (WL)</b> 6:35pm <b>Movie Night: Barbra: The Music...The Mem'ries...The Magic! (AR)</b>	<b>VANCOUVER FILM FESTIVAL BEGINS</b> <sup>9</sup> 10:15am Keep Fit (AR) 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:00pm <b>Bingo (AR)</b> 6:35pm <b>Netflix Series: Harry &amp; Meghan - Episode 5 (AR)</b>	10:15am <b>Qigong with John Weiss (AR)</b> <sup>10</sup> 2:30pm <b>Tea with Rabbi Stein (DR)</b> 4:00pm Services (S) 5:50pm <b>Light Candles at 5:52pm</b>	<b>SHABBAT SHALOM</b> <sup>11</sup> This Week's Parsha is Ki Tisa 9:30am Services (S) 6:45pm <b>Shabbat ends at 6:49pm</b>
<b>DAYLIGHT SAVING TIME BEGINS</b> <sup>12</sup> 10:15am Keep Fit (AR) 11:15am Trivia (MLC) 2:15pm <b>A Gift of Music: Greg Alcock in Performance (DR)</b> 3:30pm Group Walk (WL) 6:35pm <b>Movie Night: John Q. (AR)</b>	10:15am Keep Fit (AR) <sup>13</sup> 11:00am <b>Spiritual Music with Chaplain Rob (DR)</b> 12:15pm <b>JEWISH FILM FESTIVAL OUTING: iMordecai at Fifth Avenue Cinemas (WL)</b> 6:35pm <b>Movie Night: Crazy Stupid Love (AR)</b>	10:15am Keep Fit (AR) <sup>14</sup> 11:00am <b>Wellness Talk with Vlad Navarro: Nutrition &amp; Healthy Diet for Seniors (AR)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:00pm Bingo (AR) 6:35pm <b>NEW Netflix Series: Madoff: The Monster of Wall Street - Episode 4 (AR)</b>	<b>ROUND THE WORLD: JAPAN</b> <sup>15</sup> 10:15am Keep Fit (AR) 11:00am <b>Famous Jewish Entertainers by Gordon Cherry: Yehudi Menuhin (AR)</b> 12:00pm <b>Japanese Lunch (DR)</b> 2:00pm Bingo (AR) 4:00pm <b>Japanese-Themed Happy Hour (WL)</b> 6:35pm <b>Travel Documentary Night: The Best Bits: Japan (AR)</b>	10:15am Keep Fit (AR) <sup>16</sup> 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:15pm <b>Thursday Afternoon Show with Robert Sproviero (DR)</b> 6:35pm <b>NEW Netflix Series: The Beauty Queen of Jerusalem - Episode 1 (AR)</b>	10:15am <b>Keep Fit with Antonya Raymond (AR)</b> <sup>17</sup> 4:00pm Services (S) 7:00pm <b>Light Candles at 7:03pm</b>	<b>SHABBAT SHALOM</b> <sup>18</sup> This Week's Parsha is Vayakhel-Pekudei 9:30am Services (S) 8:00pm <b>Shabbat ends at 8:00pm</b>
10:15am Keep Fit (AR) <sup>19</sup> 11:15am Trivia (MLC) 2:15pm <b>A Gift of Music: Patrizia Coletta in Performance (DR)</b> 3:30pm Group Walk (WL) 6:35pm <b>Movie Night: Your Place or Mine (AR)</b>	<b>FIRST DAY OF SPRING</b> <sup>20</sup> Wear a Flower-Pattern Shirt Today 10:15am Keep Fit (AR) 11:00am <b>A Little Aloud with Marsha Simmons (AR)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:30pm <b>Painting Class with Artist Claire Cohen (MLC)</b> 6:35pm <b>Movie Night: Vacation (AR)</b>	<b>WORLD POETRY DAY</b> <sup>21</sup> 10:15am Keep Fit (AR) 11:00am <b>Poetry Reading (AR)</b> 2:00pm Bingo (AR) 6:35pm <b>NEW Netflix Series: Madoff: The Monster of Wall Street - Episode 5 (AR)</b>	10:15am Keep Fit (AR) <sup>22</sup> 11:00am <b>Current Events with Pat Johnson (AR)</b> 2:00pm Bingo (AR) 4:00pm Happy Hour (WL) 6:35pm <b>Movie Night: The Lost Daughter (AR)</b>	10:15am Keep Fit (AR) <sup>23</sup> 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:15pm <b>Thursday Afternoon Show with The Sax of Us (DR)</b> 6:35pm <b>NEW Netflix Series: The Beauty Queen of Jerusalem - Episode 2 (AR)</b>	10:15am <b>Qigong with John Weiss (AR)</b> <sup>24</sup> 4:00pm Services (S) 7:10pm <b>Light Candles at 7:12pm</b>	<b>SHABBAT SHALOM</b> <sup>25</sup> This Week's Parsha is Vayikra 9:30am Services (S) 8:10pm <b>Shabbat ends at 8:10pm</b>
<b>INTERNATIONAL WAFFLE DAY</b> <sup>26</sup> 10:15am Keep Fit (AR) 11:15am Trivia (MLC) 2:15pm <b>A Gift of Music: Gustavo Herrera's Choir in Performance (DR)</b> 3:30pm Group Walk (WL) 6:35pm <b>Movie Night: Never Stop Dreaming: The Life and Legacy of Shimon Peres (AR)</b>	10:15am Keep Fit (AR) <sup>27</sup> 11:00am <b>Spiritual Music with Chaplain Rob (DR)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:00pm <b>Bingo (AR)</b> 6:35pm <b>Movie Night: Evening (AR)</b>	10:15am Keep Fit (AR) <sup>28</sup> 11:00am <b>Fact or Fiction (AR)</b> 1:30pm <b>OUTING: Scenic Drive (WL)</b> 2:00pm <b>Temple Shalom Tea with Cantor Shani Cohen at Louis Brier (LB)</b> 6:35pm <b>Movie Night: Charlie Wilson's War (AR)</b>	10:15am Keep Fit (AR) <sup>29</sup> 11:00am <b>Jenga (AR)</b> 2:00pm Bingo (AR) 4:00pm Happy Hour (WL) 6:35pm <b>Movie Night: Barry (AR)</b>	10:15am Keep Fit (AR) <sup>30</sup> 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:15pm <b>Monthly Birthday Party with John Gilliat (DR)</b> 6:35pm <b>NEW Netflix Series: The Beauty Queen of Jerusalem - Episode 3 (AR)</b>	10:15am <b>Keep Fit with Antonya Raymond (AR)</b> <sup>31</sup> 4:00pm Services (S) 7:20pm <b>Light Candles at 7:24pm</b>	