



MARCH 2023 MULTI-LEVEL CARE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	LOCATION Activity Room (AR) Dining Room (DR) Louis Brier (LB) MLC Gym (MLC G) MLC Lounge (MLC) Synagogue (S) Weinberg Lounge (WL)		10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC) 2:00pm Bingo (AR) 4:00pm Happy Hour (WL)	9:30am One on One Fitness (MLC G) 11:00am Invitation to Judaism with Chaplain Rob - CANCELLED (AR) 2:15pm NEW: Thursday Afternoon Show with The Trilogy Brass Trio (DR)	CAREGIVER APPRECIATION DAY 9:30am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 12:00pm Fifth Avenue Jewellery Display with Collection Stylist Shelley Leonhardt (WL) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 4:00pm Services (S) 5:40pm Light Candles at 5:41pm	This Week's Parsha is Tetzaveh 9:30am Services (S) 6:35pm Shabbat ends at 6:38pm
11:00am Purim Concert with Tzivos Hashem School Students (MLC) 2:00pm NEW: Temple Sholom Sisterhood Choir in Performance (DR) 2:30pm Afternoon Movie (AR)	FAST OF ESTHER 10:30am One on One Fitness (MLC G) 11:00am Word Game: Scattergories (MLC) 1:45pm Afternoon Movie (MLC) 2:15pm Tea and Chat with Francisco (DR)	PURIM 9:30am One on One Fitness (MLC G) 9:30am Services (S) 10:30am Megillah Reading (S) 11:00am Purim Party with the Tzimmes Celebration Duo (MLC) 2:00pm Purim Parade & Costume/Dance Contest at Louis Brier (LB)	INTERNATIONAL WOMEN'S DAY Wear Purple Today 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC) 2:00pm Bingo (AR) 4:00pm Purple-Themed Happy Hour (WL)	VANCOUVER FILM FESTIVAL BEGINS 9:30am One on One Fitness (MLC G) 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:00pm Bingo (AR)	9:30am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 2:30pm Tea with Rabbi Stein (DR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 4:00pm Services (S) 5:50pm Light Candles at 5:52pm	This Week's Parsha is Ki Tisa 9:30am Services (S) 6:45pm Shabbat ends at 6:49pm
DAYLIGHT SAVING TIME BEGINS 11:15am Trivia (MLC) 2:15pm A Gift of Music: Greg Alcock in Performance (DR) 2:30pm Afternoon Movie (AR)	10:30am One on One Fitness (MLC G) 11:00am Spiritual Music with Chaplain Rob (DR) 12:15pm JEWISH FILM FESTIVAL OUTING: iMordecai at Fifth Avenue Cinemas (WL) 1:45pm Afternoon Movie (MLC)	9:30am One on One Fitness (MLC G) 11:00am Music in the Morning with Brian Flanagan (MLC) 2:00pm Bingo (AR) 2:30pm Afternoon Video (MLC)	ROUND THE WORLD: JAPAN 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC) 12:00pm Japanese Lunch (DR) 2:00pm Bingo (AR)	9:30am One on One Fitness (MLC G) 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:15pm Thursday Afternoon Show with Robert Sproviero (DR)	9:30am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 4:00pm Services (S) 7:00pm Light Candles at 7:03pm	This Week's Parsha is Vayakhel-Pekudei 9:30am Services (S) 8:00pm Shabbat ends at 8:00pm
11:15am Trivia (MLC) 2:15pm A Gift of Music: Patrizia Coletta in Performance (DR) 2:30pm Afternoon Movie (AR)	FIRST DAY OF SPRING Wear a Flower-Pattern Shirt Today 10:30am One on One Fitness (MLC G) 11:00am A Little Aloud with Marsha Simmons (AR) 1:45pm Afternoon Movie (MLC) 2:30pm Painting Class with Artist Claire Cohen (MLC)	WORLD POETRY DAY 9:30am One on One Fitness (MLC G) 11:00am Music in the Morning with Roberto Risman (MLC) 2:00pm Bingo (AR) 2:30pm Afternoon Video (MLC)	10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC) 2:00pm Bingo (AR) 4:00pm Happy Hour (WL)	9:30am One on One Fitness (MLC G) 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:15pm Thursday Afternoon Show with The Sax of Us (DR)	9:30am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 4:00pm Services (S) 7:10pm Light Candles at 7:12pm	This Week's Parsha is Vayikra 9:30am Services (S) 8:10pm Shabbat ends at 8:10pm
INTERNATIONAL WAFFLE DAY 11:15am Trivia (MLC) 2:15pm A Gift of Music: Gustavo Herrera's Choir in Performance (DR) 2:30pm Afternoon Movie (AR)	10:30am One on One Fitness (MLC G) 11:00am Spiritual Music with Chaplain Rob (DR) 1:45pm Afternoon Movie (MLC) 2:00pm Bingo (AR)	9:30am One on One Fitness (MLC G) 11:00am Music in the Morning with Patrizia Coletta (MLC) 1:30pm OUTING: Scenic Drive (WL) 2:00pm Temple Shalom Tea with Cantor Shani Cohen at Louis Brier (LB) 2:30pm Afternoon Video (MLC)	10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC) 2:00pm Bingo (AR) 4:00pm Happy Hour (WL)	9:30am One on One Fitness (MLC G) 11:00am Invitation to Judaism with Chaplain Rob (AR) 2:15pm Monthly Birthday Party with John Gilliat (DR)	9:30am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 4:00pm Services (S) 7:20pm Light Candles at 7:24pm	