

# SEPTEMBER 2023 MULTI-LEVEL CARE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
 <p>THE WEINBERG RESIDENCE</p>	<p><b>LOCATION</b>                      Activity Room (AR)                      Dining Room (DR)                      MLC Gym (MLC G)                      MLC Lounge (MLC)                      Synagogue (S)                      Weinberg Lounge (WL)</p>				<p>9:30am One on One Fitness (MLC G) <sup>1</sup>                      11:00am <b>Shabbat Music (MLC)</b>                      3:30pm Services (S)                      3:30pm <b>Shabbat Melodies and Candle Lighting (MLC)</b>                      7:35pm <b>Light Candles at 7:37pm</b></p>	<p><b>SHABBAT SHALOM</b> <sup>2</sup>  <b>This Week's Parsha is Ki Tavo</b>                      9:00am Services (S)                      8:30pm <b>Shabbat Ends at 8:33pm</b></p>
<p>11:15am <b>Meet &amp; Greet with Annie Yip (MLC)</b> <sup>3</sup>                      2:15pm <b>A Gift of Music: Michelle Carlisle in Performance (DR)</b>                      2:30pm Afternoon Movie (AR)                      3:30pm Group Walk (WL)</p>	<p><b>LABOUR DAY - Statutory Holiday</b> <sup>4</sup>                      11:00am <b>Brain Teasers (See Reception) (WL)</b>                      1:45pm Afternoon Movie (MLC)</p>	<p>9:30am One on One Fitness (MLC G) <sup>5</sup>                      11:00am <b>Music in the Morning with Roberto Risman (MLC)</b>                      2:00pm Bingo (AR)                      2:00pm <b>Food Meeting with WestCana (MLC)</b>                      2:30pm Afternoon Video (MLC)</p>	<p><b>END OF SUMMER BBQ TODAY</b> <sup>6</sup>                      10:30am One on One Fitness (MLC G)                      11:15am <b>Movement to Music (MLC)</b>                      12:00pm <b>BBQ (DR)</b>                      2:00pm Bingo (AR)                      4:00pm Happy Hour (WL)</p>	<p>9:30am One on One Fitness (MLC G) <sup>7</sup>                      11:00am <b>Manuel's Music: "Music Variations" in Performance (MLC)</b>                      2:15pm <b>Thursday Afternoon Show with Lester Soo (DR)</b></p>	<p>9:30am One on One Fitness (MLC G) <sup>8</sup>                      11:00am <b>Shabbat Music (MLC)</b>                      2:15pm <b>Tea with Rabbi Stein (DR)</b>                      3:30pm Services (S)                      3:30pm <b>Shabbat Melodies and Candle Lighting (MLC)</b>                      7:20pm <b>Light Candles at 7:23pm</b></p>	<p><b>SHABBAT SHALOM</b> <sup>9</sup>  <b>This Week's Parsha is Nitzavim-Vayelech</b>                      9:00am Services (S)                      8:15pm <b>Shabbat Ends at 8:17pm</b></p>
<p><b>BANANA DAY</b> <sup>10</sup>                      11:15am Trivia (MLC)                      2:15pm <b>A Gift of Music: Bob Collins in Performance (Special Treat: Banana Bread) (DR)</b>                      2:30pm Afternoon Movie (AR)                      3:30pm Group Walk (WL)</p>	<p><b>GRANDPARENTS DAY</b> <sup>11</sup>                      10:30am One on One Fitness (MLC G)                      11:00am <b>Spiritual Music with Chaplain Rob (DR)</b>                      1:30pm <b>OUTING (WL)</b>                      1:45pm Afternoon Movie (MLC)</p>	<p>9:30am One on One Fitness (MLC G) <sup>12</sup>                      11:00am <b>Music in the Morning with Brian Flanagan (MLC)</b>                      2:00pm Bingo (AR)                      2:00pm <b>Food Meeting with WestCana (MLC)</b>                      2:30pm Afternoon Video (MLC)</p>	<p>10:30am One on One Fitness (MLC G) <sup>13</sup>                      11:15am <b>Movement to Music (MLC)</b>                      2:00pm Bingo (AR)                      4:00pm Happy Hour (WL)</p>	<p>9:30am One on One Fitness (MLC G) <sup>14</sup>                      11:00am <b>NEW: Manuel's Music: Helen de Val in Performance (MLC)</b>                      2:15pm <b>Thursday Afternoon Show: Steve Levin in Performance (DR)</b></p>	<p><b>EREV ROSH HASHANAH</b> <sup>15</sup>  <b>Erev Yom Tov - Erev Holy Day - Guidelines begin at 7:08pm</b>                      9:30am One on One Fitness (MLC G)                      11:00am <b>Shabbat Music (MLC)</b>                      2:30pm <b>Rosh Hashanah Tea with Vanessa (DR)</b>                      3:30pm Services (S)                      3:30pm <b>Shabbat Melodies and Candle Lighting (MLC)</b>                      7:05pm <b>Light Candles at 7:08pm</b></p>	<p><b>FIRST DAY OF ROSH HASHANAH</b> <sup>16</sup>  <b>SHABBAT SHALOM</b>  <b>Yom Tov - Holy Day</b>  <b>Yom Tov Guidelines in Place All Day</b>                      9:00am Services (S)                      8:00pm <b>Light Candles After 8:02pm</b></p>
<p><b>SECOND DAY OF ROSH HASHANAH</b> <sup>17</sup>  <b>Yom Tov - Holy Day</b>  <b>Yom Tov Guidelines in Place All Day</b>                      9:00am <b>Services (S)</b>                      11:00am <b>Shofar Blowing (S)</b>                      2:30pm <b>Tea and Chat with Annie (DR)</b>                      7:55pm <b>Yom Tov Ends at 7:59pm</b></p>	<p>10:30am One on One Fitness (MLC G) <sup>18</sup>                      11:00am <b>Invitation to Judaism with Chaplain Rob (AR)</b>                      1:30pm <b>OUTING (WL)</b>                      1:45pm Afternoon Movie (MLC)</p>	<p>9:30am One on One Fitness (MLC G) <sup>19</sup>                      11:00am <b>Music in the Morning with Greg Alcock (MLC)</b>                      2:00pm Bingo (AR)                      2:00pm <b>Food Meeting with WestCana (MLC)</b>                      2:30pm Afternoon Video (MLC)</p>	<p>10:30am One on One Fitness (MLC G) <sup>20</sup>                      11:15am <b>Movement to Music (MLC)</b>                      2:00pm Bingo (AR)                      4:00pm Happy Hour (WL)</p>	<p>9:30am One on One Fitness (MLC G) <sup>21</sup>                      10:50am <b>Manuel's Music: "Music Variations" in Performance (MLC)</b>                      2:15pm <b>Thursday Afternoon Show with Brian Flanagan (DR)</b></p>	<p><b>FALL BEGINS</b> <sup>22</sup>                      9:30am One on One Fitness (MLC G)                      11:00am <b>Shabbat Music (MLC)</b>                      3:30pm Services (S)                      3:30pm <b>Shabbat Melodies and Candle Lighting (MLC)</b>                      6:50pm <b>Light Candles at 6:52pm</b></p>	<p><b>SHABBAT SHALOM</b> <sup>23</sup>  <b>This Week's Parsha is Ha'Azinu</b>                      9:00am Services (S)                      7:45pm <b>Shabbat Ends at 7:46pm</b></p>
<p><b>EREV YOM KIPPUR KOL NIDRE</b> <sup>24</sup>                      11:15am Trivia (MLC)                      2:30pm Afternoon Movie (AR)                      2:30pm <b>Tea and Chat with Annie (DR)</b>                      3:30pm Group Walk (WL)                      6:45pm <b>Light Candles at 6:48pm</b>                      7:00pm <b>Yom Tov Guidelines Begin at 7:02pm</b></p>	<p><b>YOM KIPPUR</b> <sup>25</sup>  <b>Yom Tov - Holy Day</b>  <b>Yom Tov Guidelines in Place All Day</b>                      9:00am <b>Services (S)</b>                      11:00am <b>Yizkor (S)</b>                      2:30pm <b>Group Walk (WL)</b>                      5:45pm <b>Mincha (S)</b>                      6:45pm <b>Neilah (S)</b>                      7:40pm <b>Yom Tov Ends at 7:42pm</b>                      7:45pm <b>Shofar Blowing (S)</b></p>	<p>9:30am One on One Fitness (MLC G) <sup>26</sup>                      11:00am <b>Music in the Morning with Roberto Risman (MLC)</b>                      2:00pm Bingo (AR)                      2:00pm <b>Food Meeting with WestCana (MLC)</b>                      2:30pm Afternoon Video (MLC)</p>	<p><b>SCARF DAY</b> <sup>27</sup>                      10:30am One on One Fitness (MLC G)                      11:15am <b>Movement to Music (MLC)</b>                      2:00pm Bingo (AR)                      4:00pm <b>Happy Hour - Wear a Scarf Today (WL)</b></p>	<p>9:30am One on One Fitness (MLC G) <sup>28</sup>                      11:00am <b>Manuel's Music: Michelle Carlisle in Performance (MLC)</b>                      2:15pm <b>Monthly Birthday Party with Robert Sproviero (DR)</b></p>	<p><b>EREV SUKKOT</b> <sup>29</sup>  <b>Erev Yom Tov - Holy Day</b>                      9:30am One on One Fitness (MLC G)                      10:15am <b>Keep Fit Video (AR)</b>                      11:00am <b>Shabbat Music (MLC)</b>                      3:30pm Services (S)                      3:30pm <b>Shabbat Melodies and Candle Lighting (MLC)</b>                      6:35pm <b>Light Candles at 6:37pm</b></p>	<p><b>FIRST DAY OF SUKKOT</b> <sup>30</sup>  <b>SHABBAT SHALOM</b>  <b>TRUTH AND RECONCILIATION DAY</b>                      9:00am Services (S)                      7:30pm <b>Light Candles After 7:31pm</b></p>