



FEBRUARY 2024 MULTI-LEVEL CARE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	LOCATION Activity Room (AR) Dining Room (DR) MLC Gym (MLC G) MLC Lounge (MLC) Synagogue (S) Weinberg Lounge (WL)			10:00am One on One Fitness (MLC G) 11:00am Manuel's Music with Brian Flanagan (MLC) 2:15pm Thursday Afternoon Show with Patrizia Coletta (DR)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Services (S) 4:00pm Shabbat Melodies and Candle Lighting (MLC) 4:55pm Light Candles at 4:52pm	SHABBAT SHALOM This Week's Parsha is Yitro 9:30am Morning Services (S) 6:00pm Shabbat Ends at 5:52pm
11:30am NEW: Games with Sandy (MLC) 2:15pm A Gift of Music with Lester Soo (DR) 2:30pm Afternoon Movie (MLC)	10:30am One on One Fitness (MLC G) 11:00am Invitation to Judaism with Chaplain Rob (AR) 1:45pm Afternoon Movie (MLC)	10:00am One on One Fitness (MLC G) 11:00am Music in the Morning with Music Variations (MLC) 2:00pm Bingo (AR) 2:30pm Afternoon Video (MLC) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	Round the World: China 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Unleash the Dragon Happy Hour - Wear Red (WL) 4:30pm Chinese New Year Dinner (MLC)	10:00am One on One Fitness (MLC G) 11:00am Manuel's Music with Roberto Risman (MLC) 2:15pm Thursday Afternoon Show with Bob Collins (DR)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 1:30pm NEW: Musical Concert with Cantor Shani Cohen and Wendy Bross Stuart (DR) 3:30pm Services (S) 4:00pm Shabbat Melodies and Candle Lighting (MLC) 5:05pm Light Candles at 5:04pm	SHABBAT SHALOM This Week's Parsha is Mishpatim 9:30am Morning Services (S) 6:05pm Shabbat Ends at 6:03pm
11:30am NEW: Games with Sandy (MLC) 2:15pm A Gift of Music with Brian Flanagan (DR) 2:30pm Afternoon Movie (MLC)	10:30am One on One Fitness (MLC G) 11:00am Spiritual Music with Chaplain Rob (DR) 1:45pm Afternoon Movie (MLC)	10:00am One on One Fitness (MLC G) 11:00am Music in the Morning with Saul Berson (MLC) 2:00pm Bingo (AR) 2:30pm Afternoon Video (MLC) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Happy Hour (WL)	10:00am One on One Fitness (MLC G) 11:00am Manuel's Music with John Gilliat (MLC) 2:15pm Thursday Afternoon Show with Lester Soo (DR)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Services (S) 4:00pm Shabbat Melodies and Candle Lighting (MLC) 5:15pm Light Candles at 5:16pm	SHABBAT SHALOM This Week's Parsha is Terumah 9:30am Morning Services (S) 6:15pm Shabbat Ends at 6:14pm
11:30am NEW: Games with Sandy (MLC) 2:15pm A Gift of Music with Saul Berson (DR) 2:30pm Afternoon Movie (MLC)	HAPPY FAMILY DAY Sandy Off Today Statutory Holiday 1:45pm Afternoon Movie (MLC)	10:00am One on One Fitness (MLC G) 11:00am Music in the Morning with Michelle Carlisle (MLC) 2:00pm Bingo (AR) 2:30pm Afternoon Video (MLC) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Spread Some Kindness Happy Hour (WL)	10:00am One on One Fitness (MLC G) 11:00am Manuel's Music with Gustavo Herrera (MLC) 2:15pm Thursday Afternoon Show with Dale Nichols (DR)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Services (S) 4:00pm Shabbat Melodies and Candle Lighting (MLC) 5:30pm Light Candles at 5:27pm	SHABBAT SHALOM This Week's Parsha is Tetzaveh 9:30am Morning Services (S) 6:30pm Shabbat Ends at 6:25pm
11:30am NEW: Games with Sandy (MLC) 2:15pm A Gift of Music with Michelle Carlisle (DR) 2:30pm Afternoon Movie (MLC)	10:30am One on One Fitness (MLC G) 11:00am Spiritual Music with Chaplain Rob (DR) 1:45pm Afternoon Movie (MLC)	10:00am One on One Fitness (MLC G) 11:00am Music in the Morning with Rob Sproviero (MLC) 2:00pm Bingo (AR) 2:30pm Afternoon Video (MLC) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	ANTI-BULLYING DAY (PINK SHIRT DAY) 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Lets Get PINKED - Happy Hour (WL)	HAPPY LEAP DAY 10:00am One on One Fitness (MLC G) 11:00am Manuel's Music with Patrizia Colleta (MLC) 2:15pm Monthly Birthday Party with The Beauty Shop Dolls (DR)		

