


# JULY 2024 ASSISTED LIVING

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	<b>CANADA DAY</b> <sup>1</sup> <b>Canada Day Quiz (See Reception)</b> <b>Sandy Off Today</b> <b>Statutory Holiday</b> 10:30am <b>Keep Fit Video (AR)</b> 2:15pm <b>Canada Day Concert with Steve Levin (DR)</b> 6:35pm <b>Canadian Documentary: Being Canadian (AR)</b>	<b>Rachel Worth in today</b> <sup>2</sup> 10:15am <b>Keep Fit (AR)</b> 11:00am <b>Music in the Morning with Luke Sandford (MLC)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Drawing Class (AR)</b> 6:35pm <b>Movie Night: Manhattan (AR)</b>	<b>Rachel Worth in today</b> <sup>3</sup> 10:15am <b>Keep Fit (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Sing Along with Trish (WL)</b> 4:00pm <b>Happy Hour (WL)</b> 6:35pm <b>Documentary Night: I Am: Celine Dion (AR)</b>	<b>Rachel Worth in today</b> <sup>4</sup> 10:15am <b>Keep Fit (AR)</b> 11:00am <b>Manuel's Music with Barry Wilson (MLC)</b> <b>Thursday Afternoon Show with Koan Music (DR)</b> 2:15pm <b>Discussion Group: Current Topics (AR)</b> 4:00pm <b>Netflix Series: New Amsterdam Season 1 Episode 3 (AR)</b>	10:15am <b>Qigong with John Weiss (AR)</b> <sup>5</sup> 2:00pm <b>Travel with Rick Steves: The Best of Sicily (AR)</b> 3:30pm <b>Services (S)</b> 9:00pm <b>Light Candles at 9:01pm</b>	<b>SHABBAT SHALOM</b> <sup>6</sup> <b>This Week's Parsha is Korach</b> 9:30am <b>Morning Services (S)</b> 10:10pm <b>Shabbat Ends at 10:10pm</b>
<b>WORLD CHOCOLATE DAY</b> <sup>7</sup> 10:15am <b>Keep Fit (AR)</b> 11:00am <b>Chocolate Trivia (WL)</b> 11:30am <b>Program Planning Meeting (AR)</b> 2:15pm <b>A Gift of Music with Music Variations (DR)</b> 3:30pm <b>Wii Games (AR)</b> 4:00pm <b>NEW: Group Walks (WL)</b> 6:45pm <b>Movie: Charlie and the Chocolate Factory (AR)</b>	10:15am <b>Keep Fit (AR)</b> <sup>8</sup> 11:00am <b>Invitation to Judaism with Chaplain Rob (AR)</b> 1:30pm <b>Outing: Bloedel Conservatory (WL)</b> 6:35pm <b>Movie Night: The Boys In The Boat (AR)</b>	10:15am <b>Keep Fit (AR)</b> <sup>9</sup> 11:00am <b>Music in the Morning with Nick Apivor (MLC)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:15pm <b>Resident Council Meeting &amp; 2024 Election (DR)</b> 6:35pm <b>Movie Night: A Shot in the Dark (AR)</b>	10:15am <b>Keep Fit (AR)</b> <sup>10</sup> 11:00am <b>Current Events with Pat Johnson (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Sing Along with Trish (WL)</b> 4:00pm <b>Happy Hour (WL)</b>	10:15am <b>Keep Fit (AR)</b> <sup>11</sup> 11:00am <b>Manuel's Music with Allison Berry (MLC)</b> <b>Thursday Afternoon Show with Gustavo Herrera (DR)</b> 2:15pm <b>Discussion Group: Current Topics (AR)</b> 4:00pm <b>Netflix Series: New Amsterdam Season 1 Episode 4 (AR)</b>	<b>ICE CREAM FLOATS DAY</b> <sup>12</sup> 10:15am <b>Qigong with John Weiss (AR)</b> 2:00pm <b>Ice Cream Floats with Vanessa (Patio)</b> 2:00pm <b>Travel with Rick Steves: Edinburgh (AR)</b> 3:30pm <b>Services (S)</b> 9:00pm <b>Light Candles at 8:57pm</b>	<b>SHABBAT SHALOM</b> <sup>13</sup> <b>This Week's Parsha is Chukat</b> 9:30am <b>Morning Services (S)</b> 10:05pm <b>Shabbat Ends at 10:04pm</b>
10:15am <b>Keep Fit (AR)</b> <sup>14</sup> 11:00am <b>Meditation (AR)</b> 2:00pm <b>A Gift of Music with Melody Chan and Students (DR)</b> 3:30pm <b>Wii Games (AR)</b> 4:00pm <b>NEW: Group Walks (WL)</b> 6:45pm <b>Netflix Series: One Day Season 1 Episode 1 (AR)</b>	10:15am <b>Keep Fit Video (AR)</b> <sup>15</sup> 11:00am <b>Spiritual Music with Chaplain Rob (DR)</b> 1:30pm <b>David Darling presents: "Canadian Identity: How we see ourselves and how others see us" (AR)</b> 6:45pm <b>NEW: Cocktails and Summer Music on the Patio with Saul Berson (Patio)</b>	10:15am <b>Keep Fit (AR)</b> <sup>16</sup> 11:00am <b>A Little Aloud with Marsha Simmons (AR)</b> 11:00am <b>Music in the Morning with Lou Marocco (MLC)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Drawing Class (AR)</b> 6:35pm <b>Movie Night: The Queen (AR)</b>	<b>BY THE SEA BBQ TODAY</b> <sup>17</sup> 10:15am <b>Keep Fit (AR)</b> 11:00am <b>Gordon Cherry Presents: Fritz Kreisler - Emperor of the Violin (AR)</b> <b>BBQ (DR)</b> 12:00pm <b>Bingo (AR)</b> 2:00pm <b>Sing Along with Trish (WL)</b> 3:30pm <b>Documentary Night: Desert Seas (AR)</b>	10:15am <b>Keep Fit (AR)</b> <sup>18</sup> 11:00am <b>Manuel's Music with John Gilliat (MLC)</b> <b>Thursday Afternoon Show with Rob Sproviero (DR)</b> 2:15pm <b>Discussion Group: Current Topics (AR)</b> 4:00pm <b>Netflix Series: New Amsterdam Season 1 Episode 5 (AR)</b>	10:15am <b>Qigong with John Weiss (AR)</b> <sup>19</sup> 2:15pm <b>Tea with Rabbi Stein (DR)</b> 3:30pm <b>Services (S)</b> 8:50pm <b>Light Candles at 8:50pm</b>	<b>SHABBAT SHALOM</b> <sup>20</sup> <b>This Week's Parsha is Balak</b> 9:30am <b>Morning Services (S)</b> 9:55pm <b>Shabbat Ends at 9:55pm</b>
10:15am <b>Keep Fit (AR)</b> <sup>21</sup> 11:00am <b>Meditation (AR)</b> 2:15pm <b>A Gift of Music with Brian Flanagan (DR)</b> 3:30pm <b>Wii Games (AR)</b> 4:00pm <b>NEW: Group Walks (WL)</b> 6:45pm <b>Netflix Series: One Day Season 1 Episode 2 (AR)</b>	<b>NATIONAL ICE CREAM DAY</b> <sup>22</sup> 10:15am <b>Keep Fit (AR)</b> 11:00am <b>Invitation to Judaism with Chaplain Rob (AR)</b> 1:30pm <b>Outing: La Casa Gelato (WL)</b> 6:35pm <b>Movie Night: Charade (AR)</b>	10:15am <b>Keep Fit (AR)</b> <sup>23</sup> 11:00am <b>Music in the Morning with Michelle Carlisle (MLC)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Paint and Sip (AR)</b> 6:35pm <b>Movie Night: The Courtship (AR)</b>	10:15am <b>Keep Fit (AR)</b> <sup>24</sup> 11:00am <b>Current Events with Pat Johnson (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Sing Along with Trish (WL)</b> 4:00pm <b>Happy Hour (WL)</b> 6:35pm <b>Documentary Night: Remembering Gene Wilder (AR)</b>	10:15am <b>Keep Fit (AR)</b> <sup>25</sup> 11:00am <b>Thank You Rootman Family Concert with Lou Moracco (MLC)</b> <b>Monthly Birthday Party with Itamar Erez (DR)</b> 2:15pm <b>Discussion Group: Current Topics (AR)</b> 4:00pm <b>Netflix Series: New Amsterdam Season 1 Episode 6 (AR)</b>	<b>PARIS 2024 - OLYMPIC GAMES BEGIN</b> <sup>26</sup> 10:15am <b>Qigong with John Weiss (AR)</b> 10:30am <b>PARIS 2024 OLYMPICS - Opening Ceremony (AR)</b> <b>Travel with Rick Steves: Belgium: Bruges and Brussels (AR)</b> 2:00pm <b>Services (S)</b> 3:30pm <b>Light Candles at 8:42pm</b>	<b>SHABBAT SHALOM</b> <sup>27</sup> <b>This Week's Parsha is Pinchas</b> 9:30am <b>Morning Services (S)</b> 9:45pm <b>Shabbat Ends at 9:45pm</b>
10:15am <b>Keep Fit (AR)</b> <sup>28</sup> 11:00am <b>Olympic Trivia (WL)</b> 2:15pm <b>A Gift of Music Patrizia Coletta (DR)</b> 3:30pm <b>Wii Games (AR)</b> 4:00pm <b>NEW: Group Walks (WL)</b> 6:45pm <b>Netflix Series: One Day Season 1 Episode 3 (AR)</b>	10:15am <b>Keep Fit Video (AR)</b> <sup>29</sup> 11:00am <b>Spiritual Music with Chaplain Rob (DR)</b> 1:30pm <b>NEW: Easy Allied Health Kinesiologist Diana Allaire presents: "Best Footwear for Hip and Knee Health" (AR)</b> 3:00pm <b>Mental Gymnastics(Charades) (WL)</b> 6:45pm <b>NEW: Summer Music on the Patio with Nick Apivor (Patio)</b>	10:15am <b>Keep Fit (AR)</b> <sup>30</sup> 11:00am <b>Music in the Morning with Mark Hoepfner (MLC)</b> 1:00pm <b>Food Meeting with WestCana (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Drawing Class (AR)</b> 6:35pm <b>Movie Night: The Meddler (AR)</b>	<b>WILD WEST BBQ TODAY</b> <sup>31</sup> 10:15am <b>Keep Fit (AR)</b> 2:00pm <b>Bingo (AR)</b> 3:30pm <b>Sing Along with Trish (WL)</b> 4:00pm <b>Happy Hour (WL)</b> 5:30pm <b>BBQ (DR)</b> 6:45pm <b>Documentary Night: Breaking Boundaries: Chasing Coral (AR)</b>	<b>LOCATION</b> <b>Activity Room (AR)</b> <b>Dining Room (DR)</b> <b>MLC (MLC)</b> <b>Synagogue (S)</b> <b>Weinberg Lounge (WL)</b> <b>Weinberg Patio (Patio)</b>	