

OCTOBER 2025 MULTI-LEVEL CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Activity Room (AR) Dining Room (DR) Louis Brier (LB) MLC (MLC) MLC Gym (MLC G) Synagogue (S) Weinberg Lounge (WL)		EREV YOM KIPPUR 1 Erev Yom Tov - Erev Holy Day KOL NIDRE NATIONAL SENIORS DAY 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 6:45pm Kol Nidre Services (S) 6:47pm Fast begins at 6:46 p.m. Light Candles at 6:32 p.m.	YIZKOR 2 YOM KIPPUR Yom Tov - Holy Day Yom Tov guidelines in place all day 9:00am Synagogue Services (S) 11:00am Yizkor (S) 1:30pm Mincha (S) Yom Kippur ends at 7:26 p.m.	10:00am One on One Fitness (MLC G) 3 11:00am Shabbat Music (MLC) 1:00pm NEW: Artful Moments (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) Light Candles at 6:28 p.m.	SHABBAT SHALOM 4 This Week's Parsha is Ha'azinu 9:30am Morning Services (S) Shabbat ends at 7:22 p.m.
2:15pm A Gift of Music: National Seniors Day Celebration with Music Variations (DR) 5 2:30pm Afternoon Movie (MLC)	EREV SUKKOT 6 Erev Yom Tov - Holy Day 10:15am Havdalah (S) 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) Light Candles at 6:22 p.m.	FIRST DAY OF SUKKOT 7 Yom Tov - Holy Day Yom Tov guidelines in place all day 9:30am Synagogue Services (S) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC) Light Candles after 7:15 p.m.	SECOND DAY OF SUKKOT 8 Yom Tov - Holy Day Yom Tov guidelines in place all day 9:30am Synagogue Services (S) Yom Tov ends at 7:13 p.m.	1st Intermediate Day of SUKKOT 9 10:15am One on One Fitness (MLC G) 10:15am Keep Fit with Zakia 10:45am Manuel's Music with Dale Nichols (MLC) 2:15pm Thursday Afternoon Show with Koan Music (DR)	2nd Intermediate Day of SUKKOT 10 10:00am One on One Fitness (MLC G) 11:00am NEW: Rabbi Sally Finestone Presents - "Jewish Magic and Superstition" (AR) 11:00am Shabbat Music (MLC) 1:00pm NEW: Artful Moments (AR) 2:15pm Tea with Rabbi Stein & Vanessa in the Sukkah (LB) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) Light Candles at 6:13 p.m.	3rd Intermediate Day of SUKKOT 11 SHABBAT SHALOM 9:30am Morning Services (S) Shabbat ends at 7:07 p.m.
4th Intermediate Day of SUKKOT 12 2:15pm A Gift of Music: Nick Apivor (DR) 2:30pm Afternoon Movie (MLC)	STATUTORY HOLIDAY THANKSGIVING 13 Hoshana Rabbah 4:00pm NEW Netflix Documentary: Island of the Sea Wolves Ep. 1 (MLC) Light Candles at 6:07 p.m.	SHEMINI ATZERET 14 YIZKOR Yom Tov - Holy Day Yom Tov guidelines in place all day 9:30am Synagogue Services (S) 11:00am Yizkor (S) Light Candles after 7:01 p.m.	SIMCHAT TORAH 15 Yom Tov - Holy Day Yom Tov guidelines in place all day 9:30am Synagogue Services (S) Yom Tov ends at 6:59pm	10:15am One on One Fitness (MLC G) 16 10:45am Manuel's Music with Barry Wilson (MLC) 2:15pm Thursday Afternoon Show with Peter Tam (DR) 2:30pm Chaplain Rob Retirement Celebration (S)	10:00am One on One Fitness (MLC G) 17 11:00am Shabbat Music (MLC) 1:00pm NEW: Artful Moments (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) Light Candles at 5:59 p.m.	SHABBAT SHALOM 18 This Week's Parsha is Bereishit 9:30am Morning Services (S) Shabbat ends at 6:54 p.m.
2:15pm A Gift of Music: Jen Lewin in Performance (DR) 19 2:30pm Afternoon Movie (MLC)	10:15am Havdalah (S) 20 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 4:00pm NEW Netflix Documentary: Island of the Sea Wolves Ep. 2 (MLC)	10:00am One on One Fitness (MLC G) 21 10:45am Music in the Morning with Luke Sandford (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	Rosh Chodesh 22 10:30am One on One Fitness (MLC G) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	Rosh Chodesh 23 10:15am One on One Fitness (MLC G) 10:45am Manuel's Music with Roberto Risman (MLC) 2:15pm Thursday Afternoon Show with Steve Jensen (DR)	10:00am One on One Fitness (MLC G) 24 11:00am Shabbat Music (MLC) 2:00pm UBC School of Music in Performance (DR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) Light Candles at 5:46 p.m.	SHABBAT SHALOM 25 This Week's Parsha is Noach 9:30am Morning Services (S) Shabbat ends at 6:41 p.m.
2:15pm A Gift of Music: Brian Flanagan in Performance (DR) 26 2:30pm Afternoon Movie (MLC)	10:15am Havdalah (S) 27 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 4:00pm NEW Netflix Documentary: Island of the Sea Wolves Ep. 3 (MLC)	10:00am One on One Fitness (MLC G) 28 10:45am Music in the Morning with Patrizia Coletta (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC)	10:30am One on One Fitness (MLC G) 29 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 30 10:45am Manuel's Music with Gustavo Herrera (MLC) 2:15pm Monthly Birthday Party with Sincerely Yours (DR)	10:00am One on One Fitness (MLC G) 31 11:00am Shabbat Music (MLC) 1:00pm NEW: Artful Moments (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) Light Candles at 5:34 p.m.	