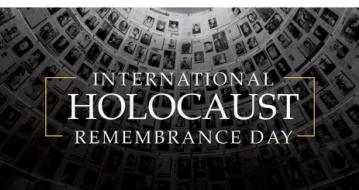


JANUARY 2026 MULTI-LEVEL CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 WEINBERG RESIDENCE	LOCATION Activity Room (AR) Dining Room (DR) Louis Brier Homeside Lounge (LBHH) MLC (MLC) MLC Gym (MLC G) Synagogue (S) Weinberg Lounge (WL)			NEW YEAR'S DAY STATUTORY HOLIDAY	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 2:15pm New Year's Tea with Zakia (DR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) 4:09pm Light candles at 4:08 p.m.	SHABBAT SHALOM This Weeks Parsha is Vayechi 9:30am Morning Services (S) 5:12pm Shabbat ends at 5:11 p.m.
2:15pm A Gift of Music: Gustavo Herrera in Performance (DR) 2:30pm Afternoon Movie (MLC)	4 10:15am Havdalah (S) 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 3:30pm Music Exploration (MLC)	5 10:00am One on One Fitness (MLC G) 10:45am Music in the Morning with Luke Sandford (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm NEW: Sidi Schaffer Presents the Book - "But I Live" (AR) 3:30pm Afternoon Music with Trish (MLC)	6 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 4:00pm Netflix Documentary: Our Universe - Chasing Starlight (MLC)	7 10:15am One on One Fitness (MLC G) 10:45am Manuel's Music with Barry Wilson (MLC) 2:15pm Thursday Afternoon Show with Roberto Rismann (DR)	8 10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 2:00pm Rabbi Sally Finestone Presents: "How Jews Keep Going When the Going Gets Tough" (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) 4:17pm Light candles at 4:16 p.m.	SHABBAT SHALOM This Weeks Parsha is Shemot 9:30am Morning Services (S) 5:20pm Shabbat ends at 5:19 p.m.
2:15pm A Gift of Music: Peter Tam in Performance (DR) 2:30pm Afternoon Movie (MLC)	11 10:15am Havdalah (S) 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 2:15pm Beth Israel Tea with Rabbi Infeld and Debby Fenson (DR) 3:30pm Music Exploration (MLC)	12 10:00am One on One Fitness (MLC G) 10:45am Music in the Morning with Robert Sproviero (MLC) 1:30pm OUTING: SCENIC DRIVE (WL) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	13 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 4:00pm Netflix Documentary: Our Universe - The Cosmic Clock (MLC)	14 10:15am One on One Fitness (MLC G) 10:45am Manuel's Music with Brian Flanagan (MLC) 2:15pm Thursday Afternoon Show with Ronald Sat (DR)	15 10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) 4:27pm Light candles at 4:26 p.m.	SHABBAT SHALOM This Weeks Parsha is Va'eira 9:30am Morning Services (S) 5:29pm Shabbat ends at 5:28 p.m.
2:15pm A Gift of Music: Mark Hoeppner in Performance (DR) 2:30pm Afternoon Movie (MLC)	18 10:15am Havdalah (S) 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 3:30pm Music Exploration (MLC)	19 10:00am One on One Fitness (MLC G) 10:45am Music in the Morning with Dale Nichols (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	ROUND THE WORLD: JAPAN 20 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 12:00pm Japanese Lunch (DR) 2:00pm Bingo (AR) 4:00pm Documentary Night: The Entire History of Japan (MLC)	21 10:00am Petting Zoo with The Farm Friends (LBHH) 10:15am One on One Fitness (MLC G) 10:45am Manuel's Music with Mike Kinal (MLC) 2:15pm Thursday Afternoon Show with Music Variations (DR)	22 10:00am One on One Fitness (MLC G) 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) 4:38pm Light candles at 4:37 p.m.	SHABBAT SHALOM This Weeks Parsha is Bo 9:30am Morning Services (S) 5:39pm Shabbat ends at 5:38 p.m.
2:15pm A Gift of Music: Lester Soo in performance (DR) 2:30pm Afternoon Movie (MLC)	25 10:15am Havdalah (S) 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 3:30pm Music Exploration (MLC)	26 INTERNATIONAL HOLOCAUST REMEMBRANCE DAY 10:00am One on One Fitness (MLC G) 10:15am International Holocaust Remembrance Day Service (S) 10:45am Music in the Morning with Jen Lewin (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	27 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 4:00pm Netflix Documentary: Our Universe - Turning Seasons (MLC)	28 10:15am One on One Fitness (MLC G) 10:45am Manuel's Music with Nick Apivor (MLC) 2:15pm Monthly Birthday Party with Goldie Oldie Trios (DR)	29 10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) 3:30pm Services (S) 4:50pm Light candles at 4:48 p.m.	SHABBAT SHALOM This Weeks Parsha is B'shalach 9:30am Morning Services (S) 5:50pm Shabbat ends at 5:49 p.m.