

MARCH 2026 MULTI-LEVEL CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:15pm A Gift of Music: Blue Lasso Band in Performance (DR) 2:30pm Afternoon Movie (MLC)	FAST OF ESTHER 2 10:15am Havdalah (S) 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 3:30pm Music Exploration (MLC)	PURIM 3 9:30am Services (S) 10:00am Megillah Reading (S) 10:00am One on One Fitness (MLC G) 10:45am Music in the Morning with Gustavo Herrera (MLC) 2:00pm Purim Party with The Tzimmes Duo (DR) 3:00pm Food Meeting with WestCana (MLC)	HONOURING INTERNATIONAL WOMEN'S DAY TODAY Wear Purple Today 4 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 2:00pm NEW: Seemah Levi z"l Bingo Hour (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Afternoon Movie (MLC)	10:15am One on One Fitness (MLC G) 5 10:45am Manuel's Music with Luke Sandford (MLC) 2:15pm Thursday Afternoon Show with Mike Kinal (DR)	10:00am One on One Fitness (MLC G) 6 11:00am Shabbat Music (MLC) 2:00pm Rabbi Sally Finestone Presents: "The Real Story of Purim" (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 5:46 p.m.	SHABBAT SHALOM 7 This Weeks Parsha is Ki Tisa 9:30am Morning Services (S) Shabbat ends at 6:43 p.m.
DAYLIGHT SAVING TIME BEGINS INTERNATIONAL WOMEN'S DAY 8 2:15pm A Gift of Music: Jen Lewin in Performance (DR) 2:30pm Afternoon Movie (MLC)	10:15am Havdalah (S) 9 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 3:30pm Music Exploration (MLC)	10:00am One on One Fitness (MLC G) 10 10:45am Music in the Morning with Roberto Risman (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	10:30am One on One Fitness (MLC G) 11 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 4:00pm Afternoon Movie (MLC)	10:15am One on One Fitness (MLC G) 12 10:45am Manuel's Music with Ronald Sat (MLC) 2:15pm Thursday Afternoon Show with Pancho & Sal (DR)	10:00am One on One Fitness (MLC G) 13 11:00am Shabbat Music (MLC) 2:00pm Tea with Rabbi Stein (DR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 6:57 p.m.	BLESSING OF THE NEW MONTH SHABBAT SHALOM 14 This Weeks Parsha is Vayakhel-Pekudei 9:30am Morning Services (S) Shabbat ends at 7:54 p.m.
2:15pm A Gift of Music: Music Variations in Performance (DR) 2:30pm Afternoon Movie (MLC)	10:15am Havdalah (S) 16 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 1:00pm Outing to Vancouver Art Gallery: Fun Exploring Art with Sidi Schaffer (AR) 3:30pm Music Exploration (MLC)	10:00am One on One Fitness (MLC G) 17 10:45am Music in the Morning with Greg Alcock (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	READY, SET, BLOOM! HELLO SPRING! 18 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 12:00pm Spring Luncheon (DR) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Afternoon Movie (MLC)	10:15am One on One Fitness (MLC G) 19 10:45am Manuel's Music with Steve Jensen (MLC) 2:15pm Thursday Afternoon Show with Wendy Gross Stuart & Maisie Meneer: "Music Makes the World Go 'Round" (DR)	SPRING BEGINS 20 10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 7:08 p.m.	SHABBAT SHALOM 21 This Weeks Parsha is Vayikra 9:30am Morning Services (S) Shabbat ends at 8:05 p.m.
2:15pm A Gift of Music: Lester Soo in Performance (DR) 2:30pm Afternoon Movie (MLC)	10:15am Havdalah (S) 23 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 3:30pm Music Exploration (MLC)	10:00am One on One Fitness (MLC G) 24 10:45am Music in the Morning with Barry Wilson (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	10:30am One on One Fitness (MLC G) 25 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Afternoon Movie (MLC)	10:15am One on One Fitness (MLC G) 26 10:45am Manuel's Music with Dale Nichols (MLC) 2:15pm Monthly Birthday Party with Roberto Risman (DR)	10:00am One on One Fitness (MLC G) 27 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 7:18 p.m.	SHABBAT SHALOM 28 This Weeks Parsha is Tzav 9:30am Morning Services (S) Shabbat ends at 8:16 p.m.
2:15pm A Gift of Music: The "Suzir'ya" String Quartet in Performance (DR) 2:30pm Afternoon Movie (MLC)	10:15am Havdalah (S) 30 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 3:30pm Music Exploration (MLC)	10:00am One on One Fitness (MLC G) 31 10:45am Music in the Morning with Peter Tam (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	LOCATION Activity Room (AR) Dining Room (DR) MLC (MLC) MLC Gym (MLC G) Synagogue (S) Weinberg Lounge (WL)			