



JULY 2026 ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Synagogue (S) Weinberg Lounge (WL) patio (Patio) Activity Room (AR) Amenity Room (2nd Floor) (AM2) Dining Room (DR) MLC (MLC)		CANADA DAY! 1 Canada Day Quiz (See Reception) STATUTORY HOLIDAY 10:15am Keep Fit Video (AR) 11:00am A little Aloud with Marsha Simmons (AR) 2:30pm Canada Day Afternoon Movie: One Week (AR) 6:35pm Documentary Night: Canada Untold (AR)	CANADA DAY BBQ TODAY WEAR RED FOR CANADA DAY 2 10:15am Keep Fit with Mark (AR) 10:45am In Memory of Joyce Waisman z"l: Manuel's Music with Greg Alcock (MLC) 12:00pm Canada Day BBQ Lunch (DR) 2:15pm Canada Day Celebration with Luke Sandford (AR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 3 11:00am David Darling Presents: "The Canadian Identity: How We See Ourselves and How Others See Us" (AR) 2:00pm Rabbi Sally Finestone Presents: "Biblical Fan Fiction: A Look at Midrash." (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 9:02 p.m.	SHABBAT SHALOM 4 9:00am This Week's Parsha is Pinchas 9:30am Morning Services (S) Shabbat ends at 10:12 p.m.
10:15am Keep Fit with Mark (AR) 5 1:00pm Afternoon Stroll with Mark (WL) 2:15pm A Gift of Music: Bob Collins in Performance (DR) 6:35pm New Netflix Series: I Will Find You Ep. 1 (AR)	10:15am Move & Groove with Mark (AR) 6 10:15am Havdalah (S) 11:00am Jeopardy! Games (AR) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 2:30pm "Wisdom & Wonder- Exploring Jewish Texts" with Rabbi Nina King- Madlem (AR) 6:35pm New Netflix Series: I Will Find You Ep. 2 (AR)	10:15am Move & Groove with Mark (AR) 7 1:00pm Food Meeting with WestCana (WL) 2:00pm Bingo (AR) 3:15pm Program Meeting with Mark (DR) 6:35pm Movie Night: Voicemails for Isabelle (AR)	10:15am Keep Fit with Mark (AR) 8 11:00am Current Events with Pat Johnson (AR) 2:00pm Seemah Levi z"l Bingo Hour (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Happy Hour (WL) 6:35pm Documentary Night: The King of Color (AR)	10:15am Keep Fit with Mark (AR) 9 10:45am Manuel's Music with Anna de Pansacola (MLC) 2:15pm Thursday Afternoon Show with Roberto Risman (DR) 3:30pm Bone Health 101 Presentation by Osteoporosis Canada: Meghan Dunn (AR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 10 2:00pm Ice Cream Floats on the Patio (Patio) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 8:59 p.m.	SHABBAT SHALOM 11 9:00am This Week's Parsha is Matot- Massei 9:30am Morning Services (S) Shabbat ends at 10:06 p.m.
10:15am Keep Fit with Mark (AR) 12 1:00pm Artful Moments (AR) 2:15pm A Gift of Music: Barry Wilson in Performance (DR) 6:35pm New Netflix Series: I Will Find You Ep. 3 and Ep. 4 (AR)	10:00am Hearing Clinic: Ears To You (AM2) 13 10:15am Keep Fit Video (AR) 10:15am Havdalah (S) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 6:45pm NEW: Summer Music on the Patio with Saul Berson (Patio)	10:15am Move & Groove with Mark (AR) 14 12:00pm SUMMER OUTING: Fish and Chips in Steveston (WL) 2:30pm Bingo (AR) 6:35pm Movie Night: Color Book (AR)	MEDITERRANEAN BBQ TODAY 15 10:15am Keep Fit with Mark (AR) 11:00am Gordon Cherry Presents: Sibelius: The Musical Patriot of Finland (AR) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Mediterranean- Themed Happy Hour (WL) 5:30pm Mediterranean BBQ Dinner (DR) 6:35pm Documentary Night: Hidden Malta (AR)	10:15am Keep Fit with Mark (AR) 16 10:45am Manuel's Music with Dale Nichols (MLC) 2:15pm Thursday Afternoon Show with Steve Jensen (DR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 17 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 8:53 p.m.	SHABBAT SHALOM 18 9:00am This Week's Parsha is Devarim 9:30am Morning Services (S) Shabbat ends at 9:58 p.m.
10:15am Keep Fit Video (AR) 19 1:00pm Afternoon Stroll with Mark (WL) 2:15pm A Gift of Music: Koan Music in Performance (DR) 6:35pm New Netflix Series: I Will Find You Ep. 5 (AR)	10:15am Move & Groove with Mark (AR) 20 10:15am Havdalah (S) 11:00am Jeopardy! Games (AR) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 2:30pm "Wisdom & Wonder- Exploring Jewish Texts" with Rabbi Nina King- Madlem (AR) 6:35pm New Netflix Series: I Will Find You Ep. 6 (AR)	NATIONAL ICE CREAM DAY 21 10:15am Move & Groove with Mark (AR) 1:00pm Food Meeting with WestCana (WL) 2:00pm Ice Cream Sundaes on Patio (Patio) 3:00pm Bingo (AR) 6:35pm Movie Night: Christy (AR)	10:15am Keep Fit with Mark (AR) 22 11:00am Current Events with Pat Johnson (AR) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Happy Hour (WL) 6:35pm Documentary Night: Man On The Run (AR)	10:15am Keep Fit with Mark (AR) 23 10:45am Manuel's Music with Jen Lewin (MLC) 2:15pm Thursday Afternoon Show with Darryl Klassen (DR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 24 2:00pm Tea with Rabbi Stein (DR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 8:45 p.m.	SHABBAT SHALOM 25 9:00am This Week's Parsha is Va'etchanan 9:30am Morning Services (S) Shabbat ends at 9:49 p.m.
10:15am Keep Fit with Mark (AR) 26 1:00pm Artful Moments (AR) 2:15pm A Gift of Music: Robert Sproviero (DR) 6:35pm New Netflix Series: I Will Find You Ep. 7 and Ep. 8 (AR)	10:15am Keep Fit Video (AR) 27 10:15am Havdalah (S) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 3:30pm Tech Support: Just Ask Hubert! 6:45pm NEW: Summer Music on the Patio with Music Variations (Patio)	10:00am Outing: VanDusen Garden Cart Tour (WL) 28 1:00pm Food Meeting with WestCana (WL) 2:00pm Bingo (AR) 3:15pm Resident Council Meeting & 2026 Election (DR) 6:35pm Movie Night: King of California (AR)	HAWAIIAN BBQ TODAY 29 10:15am Keep Fit with Mark (AR) 2:15pm Polynesian Dance Performance (DR) 3:30pm Sing Along with Trish (WL) 4:00pm Hawaiian- Themed Happy Hour (WL) 5:30pm Hawaiian BBQ Dinner (DR) 6:35pm Documentary Night: Street Food USA: Oahu, Hawaii (AR)	10:15am Keep Fit with Mark (AR) 30 10:45am Manuel's Music with Mark Hoepfner (MLC) 2:15pm Monthly Birthday Party with Blue Lasso Band (DR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 31 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 8:35 p.m.	