



JULY 2026 MULTI-LEVEL CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION MLC (MLC) MLC Gym (MLC G) Synagogue (S) Weinberg Lounge (WL) patio (Patio) Activity Room (AR) Dining Room (DR)		CANADA DAY! 1 Canada Day Quiz (See Reception) STATUTORY HOLIDAY 2:30pm Canada Day Afternoon Movie: One Week (MLC)	CANADA DAY BBQ TODAY 2 WEAR RED FOR CANADA DAY 10:15am One on One Fitness (MLC G) 10:45am In Memory of Joyce Waisman z"l: Manuel's Music with Greg Alcock (MLC) 12:00pm Canada Day BBQ Lunch (MLC) 2:15pm Canada Day Celebration with Luke Sandford (AR)	10:00am One on One Fitness (MLC G) 3 11:00am David Darling Presents: "The Canadian Identity: How We See Ourselves and How Others See Us" (AR) 11:00am Shabbat Music (MLC) 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 This Week's Parsha is Pinchas 9:30am Morning Services (S) Shabbat ends at 10:12 p.m.
1:00pm Afternoon Stroll with Mark (WL) 5 2:15pm A Gift of Music: Bob Collins in Performance (DR) 2:30pm Sunny Days Cinema: Night at the Museum (MLC)	10:15am Havdalah (S) 6 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 2:30pm "Wisdom & Wonder- Exploring Jewish Texts" with Rabbi Nina King-Madlem (AR) 3:30pm Music Exploration (MLC)	10:00am One on One Fitness (MLC G) 7 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) 8 11:00am Musical Trivia (MLC) 2:00pm Seemah Levi z"l Bingo Hour (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 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)	10:00am One on One Fitness (MLC G) 10 11:00am Shabbat Music (MLC) 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 This Week's Parsha is Matot- Massei 9:30am Morning Services (S) Shabbat ends at 10:06 p.m.
1:00pm Artful Moments (AR) 12 2:15pm A Gift of Music: Barry Wilson in Performance (DR) 2:30pm Sunny Days Cinema: In Her Shoes (MLC)	10:15am Havdalah (S) 13 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) 6:45pm NEW: Summer Music on the Patio with Saul Berson (Patio)	10:00am One on One Fitness (MLC G) 14 12:00pm SUMMER OUTING: Fish and Chips in Steveston (WL) 2:30pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	MEDITERRANEAN BBQ TODAY 15 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 5:00pm Mediterranean BBQ Dinner (MLC)	10:15am One on One Fitness (MLC G) 16 10:45am Manuel's Music with Dale Nichols (MLC) 2:15pm Thursday Afternoon Show with Steve Jensen (DR)	10:00am One on One Fitness (MLC G) 17 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 8:53 p.m.	SHABBAT SHALOM 18 This Week's Parsha is Devarim 9:30am Morning Services (S) Shabbat ends at 9:58 p.m.
1:00pm Afternoon Stroll with Mark (WL) 19 2:15pm A Gift of Music: Koan Music in Performance (DR) 2:30pm Sunny Days Cinema: A Cinderella Story (MLC)	10:15am Havdalah (S) 20 10:30am One on One Fitness (MLC G) 11:15am Movement to Music (MLC G) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 2:30pm "Wisdom & Wonder- Exploring Jewish Texts" with Rabbi Nina King-Madlem (AR) 3:30pm Music Exploration (MLC)	NATIONAL ICE CREAM DAY 21 10:00am One on One Fitness (MLC G) 2:00pm Ice Cream Sundaes on Patio (Patio) 3:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC)	10:30am One on One Fitness (MLC G) 22 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 23 10:45am Manuel's Music with Jen Lewin (MLC) 2:15pm Thursday Afternoon Show with Darryl Klassen (DR)	10:00am One on One Fitness (MLC G) 24 11:00am Shabbat Music (MLC) 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 This Week's Parsha is Va'etchanan 9:30am Morning Services (S) Shabbat ends at 9:49 p.m.
1:00pm Artful Moments (AR) 26 2:15pm A Gift of Music: Robert Sproviero (DR) 2:30pm Sunny Days Cinema: Back to the Future (MLC)	10:15am Havdalah (S) 27 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) 6:45pm NEW: Summer Music on the Patio with Music Variations (Patio)	10:00am One on One Fitness (MLC G) 28 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	HAWAIIAN BBQ TODAY 29 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 2:15pm Polynesian Dance Performance (DR) 3:30pm Sing Along with Trish (WL) 5:00pm Hawaiian BBQ Dinner (MLC)	10:15am One on One Fitness (MLC G) 30 10:45am Manuel's Music with Mark Hoepfner (MLC) 2:15pm Monthly Birthday Party with Blue Lasso Band (DR)	10:00am One on One Fitness (MLC G) 31 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 8:35 p.m.	