

SEPTEMBER 2026 MULTI-LEVEL CARE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION MLC Gym (MLC G) Synagogue (S) Weinberg Lounge (WL) Activity Room (AR) Dining Room (DR) Louis Brier (LB) MLC (MLC)	10:00am One on One Fitness (MLC G) 1 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with Nick Apivor (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC)	LABOUR DAY BBQ TODAY 2 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 12:00pm Labour Day BBQ Lunch (DR) 2:00pm Bingo (AR)	10:15am One on One Fitness (MLC G) 3 10:45am Manuel's Music with Darryl Klassen (MLC) 2:15pm IN MEMORY OF JOYCE WAISMAN z"l: Thursday Afternoon Show with Bobby Bacchus (DR)	10:00am One on One Fitness (MLC G) 4 11:00am Shabbat Music (MLC) 2:00pm Tea with Rabbi Stein (DR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 7:30 p.m.	SHABBAT SHALOM 5 This Week's Parsha is Nitzavim- Vayelech 9:30am Morning Services (S) Shabbat ends at 8:25 p.m.
MARK AWAY TODAY 6 2:15pm IN MEMORY OF BASIL KALLNER z"l: A Gift of Music: Patrizia Coletta in Performance (DR) 2:30pm Afternoon Movie (MLC)	LABOUR DAY STATUTORY HOLIDAY 7 11:00am A Little Aloud with Marsha Simmons (AR)	10:00am One on One Fitness (MLC G) 8 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with Anna de Pansacola (MLC) 1:30pm OUTING: Shopping at the New Safeway Oakridge Park (WL) 3:00pm Food Meeting with WestCana (MLC)	10:30am One on One Fitness (MLC G) 9 11:00am Musical Trivia (MLC) 2:00pm Indigenous Women Rise Society Drumming Performance (LB) 2:00pm Bingo (AR)	10:15am One on One Fitness (MLC G) 10 10:45am Manuel's Music with Mike Kinal (MLC) 2:15pm Thursday Afternoon Show with NEW Performer: Mark and Doe Bender (DR) 4:00pm NEW: UBC Medical Students Present: Ear, Nose & Throat – Hearing Loss (AR)	EREV ROSH HASHANAH 11 Erev Yom Tov (Holy Day) 10:00am One on One Fitness (MLC G) 2:30pm Rosh Hashanah Tea with Vanessa (DR) Light candles at 7:16 p.m.	Yom Tov (Holy Day) 12 Yom Tov Guidelines in Effect All Day FIRST DAY OF ROSH HASHANAH 9:30am Morning Services (S) 12:30pm Kiddush (S) Light candles after 8:10 p.m.
SECOND DAY OF ROSH HASHANAH 13 Yom Tov (Holy Day) Yom Tov Guidelines in Effect All Day 9:30am Morning Services (S) 10:30am Shofar Blowing (S) 12:30pm Kiddush (S) 2:00pm Taslich (LB) Yom Tov ends at 8:08 p.m.	FAST OF GEDALIAH 14 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) 3:00pm "Wisdom & Wonder- Exploring Jewish Texts" with Rabbi Nina King- Madlem (AR) 3:30pm Music Exploration (MLC) Fast ends at 8:01 p.m.	10:00am One on One Fitness (MLC G) 15 10:45am IN MEMORY OF BASIL KALLNER z"l: 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)	HELLO FALL BBQ TODAY 16 10:30am Resident Memorial Service (S) 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 Hello Fall BBQ Dinner (MLC)	10:15am One on One Fitness (MLC G) 17 10:45am Manuel's Music with Koan Music (MLC) 2:15pm NATIONAL GRANDPARENTS DAY CELEBRATION: Thursday Afternoon Show with NEW Performer: Kurt von Hahn (DR) 4:00pm NEW: UBC Medical Students Present: Endocrinology & Diabetes (AR)	10:00am One on One Fitness (MLC G) 18 11:00am Shabbat Music (MLC) 2:00pm RABBI SALLY FINESTONE PRESENTS: " The Power of the Days of Awe" (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 7:00 p.m.	SHABBAT SHALOM 19 This Week's Parsha is Ha'azinu 9:30am Morning Services (S) Shabbat ends at 7:54 p.m.
EREV YOM KIPPUR 20 Erev Yom Tov (Holy Day) KOL NIDRE 1:00pm Artful Moments (AR) 2:15pm IN MEMORY OF BASIL KALLNER z"l: A Gift of Music: Celestial Group in Performance (DR) 2:30pm Afternoon Movie (MLC) 6:45pm Kol Nidre (S) 9:00pm Light candles at 6:56 p.m. Fast begins at 7:10 p.m.	YIZKOR YOM KIPPUR 21 Yom Tov (Holy Day) Yom Tov Guidelines in Effect All Day 9:30am Morning Services (S) 11:00am Yizkor (S) 1:30pm Mincha (S) Yom Kippur ends at 7:50 p.m.	10:00am One on One Fitness (MLC G) 22 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with Dale Nichols (MLC) 1:30pm OUTING: Bloedel Conservatory (WL) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	10:30am One on One Fitness (MLC G) 23 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 24 10:45am Manuel's Music with NEW Performer: John Parsons (MLC) 2:15pm Monthly Birthday Party with NEW Performer: Joey Keys (DR) 4:00pm NEW: UBC Medical Students Present: Dermatology – Skin Health (AR)	EREV SUKKOT 25 Erev Yom Tov (Holy Day) 10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 6:45 p.m.	FIRST DAY OF SUKKOT 26 Yom Tov (Holy Day) Yom Tov Guidelines in Effect All Day SHABBAT SHALOM 9:30am Morning Services (S) 12:30pm Kiddush (S) Light candles after 7:39 p.m.
SECOND DAY OF SUKKOT 27 Yom Tov (Holy Day) Yom Tov Guidelines in Effect All Day 9:30am Morning Services (S) 12:30pm Kiddush (S) 2:30pm Afternoon Movie (MLC) Yom Tov ends at 7:37 p.m.	1st Intermediate Day of SUKKOT 28 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) 3:00pm "Wisdom & Wonder- Exploring Jewish Texts" with Rabbi Nina King- Madlem (AR) 3:30pm Music Exploration (MLC)	2nd Intermediate Day of SUKKOT 29 10:00am One on One Fitness (MLC G) 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with NEW Performer: Amanda Andrishak (MLC) 2:00pm Bingo (AR) 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	3rd Intermediate Day of SUKKOT 30 NATIONAL DAY FOR TRUTH AND RECONCILIATION STATUTORY HOLIDAY 11:00am NEW: A little Aloud with Jenny Glickman- Rynd (AR)			