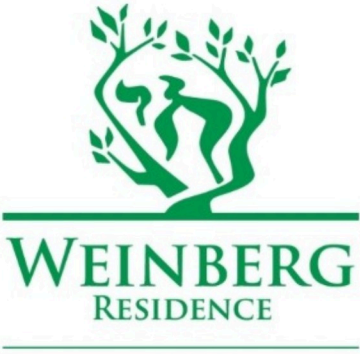


OCTOBER 2026 ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Activity Room (AR) Amenity Room (2nd Floor) (AM2) Dining Room (DR) Louis Brier (LB) MLC (MLC) Synagogue (S) Weinberg Library (WL) Weinberg Lounge (WL)			4th Intermediate Day of SUKKOT NATIONAL SENIORS DAY 10:15am Keep Fit with Mark (AR) 10:45am Manuel's Music with NEW Performer: Cherelle Jardine (MLC) 2:15pm IN MEMORY OF JOYCE WAISMAN z"l: National Seniors Day Celebration: Thursday Afternoon Show with Rio Samaya Band (DR) 4:00pm NEW: UBC Medical Students Present: Bowel, Bladder & Pelvic Health (AR) 6:45pm Thursday Night Bingo with Ian Weniger (AR)	Hoshana Rabbah 10:15am Keep Fit Video (AR) 2:00pm RABBI SALLY FINESTONE PRESENTS: "The Symbols of Sukkah" in the Sukkah (LB) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 6:30 p.m.	SHEMINI ATZERET YIZKOR Yom Tov (Holy Day) Yom Tov Guidelines in Effect All Day SHABBAT SHALOM 9:30am Morning Services (S) 11:00am Yizkor (S) 12:30pm Kiddush (S) Light Candles after 7:24 p.m.
SIMCHAT TORAH Yom Tov (Holy Day) Yom Tov Guidelines in Effect All Day 9:30am Morning Services (S) 12:30pm Kiddush (S) Yom Tov ends at 7:22 p.m.	VANCOUVER CITY ELECTIONS VOTING DAY 10:15am Move & Groove with Mark (AR) 10:15am Havdalah (S) 11:00am Jeopardy! Games (AR) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 1:30pm 2026 Vancouver Election (WL) 6:35pm New Netflix Series: The Bombing of Pan Am 103 Ep. 5 (AR)	FLU SHOT CLINIC TODAY 10:00am Flu Shot Clinic (AM2) 10:15am Move & Groove with Mark (AR) 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the morning with Steve Jensen (MLC) 1:00pm Food Meeting with WestCana (WL) 2:00pm Bingo (AR) 3:30pm Resident Council Meeting (AR) 6:35pm Movie Night: Runner (AR)	10:15am Keep Fit with Mark (AR) 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: Teenage Wasteland (AR)	10:15am Keep Fit with Mark (AR) 10:45am Manuel's Music with NEW Performer: Mike Dunbar (MLC) 2:15pm Thursday Afternoon Show with NEW Performer: Janelle Nadeau (DR) 4:00pm NEW: UBC Medical Students Present: Mobility & Falls Prevention (AR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 2:00pm Tea with Rabbi Stein (DR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 6:16 p.m.	SHABBAT SHALOM This Week's Parsha is Bereisheet 9:30am Morning Services (S) Shabbat ends at 7:10 p.m.
Rosh Chodesh 10:15am Keep Fit with Mark (AR) 1:00pm The Book Exchange Club (AR) 2:15pm IN MEMORY OF BASIL KALLNER z"l: A Gift of Music: Jen Lewin in Performance (DR) 3:30pm Program Meeting with Mark 6:35pm New Netflix Series: The Bombing of Pan Am 103 Ep. 6 (AR)	Rosh Chodesh STATUTORY HOLIDAY THANKSGIVING 10:15am Keep Fit Video (AR) 11:00am A little Aloud with Marsha Simmons (AR) 6:35pm New Netflix Series: My Brilliant Career Ep. 1 (AR)	10:15am Move & Groove with Mark (AR) 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with Mark Hoepfner (MLC) 1:00pm OUTING: VanDusen Garden Cart Tour 1:00pm Food Meeting with WestCana (WL) 6:35pm Movie Night: Mickey 17 (AR)	ROUND THE WORLD: FRANCE 10:15am Keep Fit with Mark (AR) 11:00am GORDON CHERRY PRESENTS: Tchaikovsky: The Russian Romantic (AR) 12:00pm French Lunch (DR) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm French- Themed Happy Hour (WL) 6:35pm Documentary Night: Chef's Table France: Alain Passard (AR)	10:15am Keep Fit with Mark (AR) 10:45am Manuel's Music with Roberto Risman (MLC) 2:15pm Thursday Afternoon Show with Saul Berson (DR) 4:00pm NEW: UBC Medical Students Present: Cardiology- Heart & Stroke (AR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 6:02 p.m.	SHABBAT SHALOM This Week's Parsha is Noach 9:30am Morning Services (S) Shabbat ends at 6:56 p.m.
10:15am Keep Fit with Mark (AR) 1:00pm Artful Moments (AR) 2:15pm IN MEMORY OF BASIL KALLNER z"l: A Gift of Music: Music Variations in Performance (DR) 3:30pm New: Illustrated Cultural History Lecture by Sarah Holma: Brazilian Modernism: Architecture, Art & Design (AR) 6:35pm New Netflix Series: My Brilliant Career Ep. 2 (AR)	10:15am Move & Groove with Mark (AR) 10:15am Havdalah (S) 11:00am Jeopardy! Games (AR) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 3:00pm "Wisdom & Wonder- Exploring Jewish Texts" with Rabbi Nina King- Madlem (AR) 6:35pm New Netflix Series: My Brilliant Career Ep. 3 (AR)	10:15am Move & Groove with Mark (AR) 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with Mike Kinal (MLC) 11:00am VANCOUVER FIRE RESCUE SERVICES PRESENTS: NFPA Steps to Safety: Prevent Fire and Falls at Home (AR) 1:00pm Food Meeting with WestCana (WL) 2:00pm Bingo (AR) 6:35pm Movie Night: You're Dating a Narcissist (AR)	10:15am Keep Fit with Mark (AR) 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: Famous Last Words: Gloria Steinem (AR)	10:15am Keep Fit with Mark (AR) 10:45am Manuel's Music with Tom Markham (MLC) 2:15pm Thursday Afternoon Show with NEW Performer: Kai Gronberg (DR) 4:00pm NEW: UBC Medical Students Present: Mental Health & Dementia (AR) 6:45pm Thursday Night Bingo with Rachel Porte (AR)	10:15am Keep Fit Video (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 5:48 p.m.	SHABBAT SHALOM This Week's Parsha is Lech Lecha 9:30am Morning Services (S) Shabbat ends at 6:43 p.m.
10:15am Keep Fit with Mark (AR) 1:00pm Fascinating Stories (AR) 2:15pm IN MEMORY OF BASIL KALLNER z"l: A Gift of Music: Robert Sproviero in Performance 6:35pm New Netflix Series: My Brilliant Career Ep. 4 (AR)	10:15am Move & Groove with Mark (AR) 10:15am Havdalah (S) 11:00am Jeopardy! Games (AR) 1:00pm Fun Exploring Art with Sidi Schaffer (AR) 6:35pm New Netflix Series: My Brilliant Career Ep. 5 (AR)	10:15am Move & Groove with Mark (AR) 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with Barry Wilson (MLC) 1:00pm Food Meeting with WestCana (WL) 2:00pm Bingo (AR) 6:35pm Movie Night: The Naked Gun (AR)	10:15am Keep Fit with Mark (AR) 11:00am A little Aloud with Jenny Glickman- Rynd (AR) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL) 4:00pm Happy Hour (WL) 6:35pm Documentary Night: Bogart (AR)	10:15am Keep Fit with Mark (AR) 10:45am Manuel's Music with Koan Music (MLC) 2:15pm Monthly Birthday Party with Sincerely Yours (DR) 4:00pm NEW: UBC Medical Students Present: Cancer Awareness & Screening (AR)	10:15am Keep Fit Video (AR) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 5:36 p.m.	SHABBAT SHALOM This Week's Parsha is Vayeira 9:30am Morning Services (S) Shabbat ends at 6:32 p.m.