

OCTOBER 2026 MULTI-LEVEL CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Activity Room (AR) Dining Room (DR) Louis Brier (LB) MLC (MLC) MLC Gym (MLC G) Synagogue (S) Weinberg Library (WL) Weinberg Lounge (WL)			4th Intermediate Day of SUKKOT NATIONAL SENIORS DAY 10:15am One on One Fitness (MLC G) 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)	Hoshana Rabbah 10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 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) 2:30pm Afternoon Movie (MLC) Yom Tov ends at 7:22 p.m.	VANCOUVER CITY ELECTIONS VOTING DAY 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) 1:30pm 2026 Vancouver Election (WL) 3:30pm Music Exploration (MLC)	10:00am One on One Fitness (MLC G) 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the morning with Steve Jensen (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) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 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)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 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 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) 2:30pm Afternoon Movie (MLC) 3:30pm Program Meeting with Mark	Rosh Chodesh STATUTORY HOLIDAY THANKSGIVING 11:00am A little Aloud with Marsha Simmons (AR)	10:00am One on One Fitness (MLC G) 10:45am IN MEMORY OF BASIL KALLNER z"l: Music in the Morning with Mark Hoeppner (MLC) 1:00pm OUTING: VanDusen Garden Cart Tour 3:00pm Food Meeting with WestCana (MLC) 3:30pm Afternoon Music with Trish (MLC)	ROUND THE WORLD: FRANCE 10:30am One on One Fitness (MLC G) 11:00am Musical Trivia (MLC) 12:00pm French Lunch (DR) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 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)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 3:30pm Shabbat Melodies and Candle Lighting (MLC) Light candles at 6:02 p.m.	SHABBAT SHALOM This Week's Parsha is Noach 9:30am Morning Services (S) Shabbat ends at 6:56 p.m.
1:00pm Artful Moments (AR) 2:15pm IN MEMORY OF BASIL KALLNER z"l: A Gift of Music: Music Variations in Performance (DR) 2:30pm Afternoon Movie (MLC) 3:30pm New: Illustrated Cultural History Lecture by Sarah Holma: Brazilian Modernism: Architecture, Art & Design (AR)	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)	10:00am One on One Fitness (MLC G) 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) 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) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 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)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 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.
1:00pm Fascinating Stories (AR) 2:15pm IN MEMORY OF BASIL KALLNER z"l: A Gift of Music: Robert Sproviero in Performance 2:30pm Afternoon Movie (MLC)	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)	10:00am One on One Fitness (MLC G) 10:45am IN MEMORY OF BASIL KALLNER z"l: 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) 11:00am Musical Trivia (MLC) 2:00pm Bingo (AR) 3:30pm Sing Along with Trish (WL)	10:15am One on One Fitness (MLC G) 10:45am Manuel's Music with Koan Music (MLC) 4:00pm NEW: UBC Medical Students Present: Cancer Awareness & Screening (AR)	10:00am One on One Fitness (MLC G) 11:00am Shabbat Music (MLC) 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.