



# PROGRAM CALENDAR

## 5784 | 2023-2024



Smile On Seniors is a division of Beth Chabad C.S.L.  
6501 Kildare Road, CSL, H4W 0A1 | (514) 485-7221 #114  
[sos@chabadcsl.com](mailto:sos@chabadcsl.com) | [www.SmileOnSeniorsMTL.com](http://www.SmileOnSeniorsMTL.com)

## Message from the Directors

Dear Seniors,

We are excited to present to you this calendar with the upcoming programs and events specifically tailored for you. Your presence and wisdom are invaluable and we look forward to sharing meaningful experiences together.

As Rosh Hashanah approaches, we would like to extend our heartfelt wishes to you. In this season of reflection and new beginnings, may your hearts be filled with joy, your spirits be renewed and your days be touched by the warmth of family and friends.

As the shofar sounds, let it herald a year of blessings, good health and happiness for each of you. L'shanah tovah to our cherished seniors - may this New Year be a tapestry of love, laughter and beautiful moments.

With utmost respect and warmest wishes,

Rabbi Levi and Chaya Naparstek  
Co-Directors

Aviva Fuchs  
Assistant Director



## Smile On Seniors Staff

### Directors

Rabbi Levi and Chaya Naparstek

### Assistant Director

Aviva Fuchs

### Committee

Charlotte Benzwy  
Jackie-Nurit Cohen

Joy Farkas

Sharon Gates

Lou Kirschner

Nancy Kirschner

Estie Kleinfeld

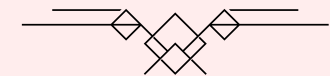
Bernie Lash

Jeannine Lumbroso

Doreen Rosenblum

Ann Singer

Rosie Wasserman-Avissar



Smile On Seniors is a division of  
Beth Chabad CSL, directed by:

Rabbi Mendel and Sarah Raskin

## Weekly Schedule at Smile On Seniors

For exact dates of each program, refer to the calendar.

### Monday Program

- **The Wisdom Circle** 11:00am - 12:15pm
- **Lunch** 12:15pm - 12:45pm
- **Trivia with Aviva or Workshop** 1:00pm - 2:30pm

### Wednesday Program

- **Caffeine for the Soul with Chaya** 12:00pm - 1:00pm
- **Exercise Fusion** 1:00pm - 2:00pm
- **Evening program** 7:00pm - 8:30 pm

### Thursday Program

- **S.O.S. Clubs** 10:45am - 12:30pm  
(see info about clubs on the next pages)
- **Lunch** 12:30pm - 1:00pm (for those participating in both clubs)
- **S.O.S. Clubs** 1:00pm - 2:45pm

**Participants are required to register for all programs.**

## Wednesday Dinner Distribution

Smile On Seniors distributes freshly cooked dinners to the homes of seniors in the CSL area every Wednesday evening.

- **Dinner prep** 10:00am - 12:00pm
- **Dinner packaging** 2:00pm - 3:00pm
- **Dinner deliveries** 3:45pm - 5:45pm

## S.O.S. Program Descriptions

### THE WISDOM CIRCLE

Weekly interactive Jewish studies, with discussions and debates, creating a meaningful connection between the Torah and modern-day living. Followed by lunch (sponsorships available).

### S.O.S. CLUBS

A variety of clubs, including art, exercise, cooking, health, education, and so much more. Each Club runs between 5-6 sessions. Refer to the next pages for details about each club.

**BTY** - Bridging The Years and Boosting The Youth. Twice this year, seniors will meet up with the youth to mentor, connect and share with them life experiences through games and activities.

### WEDNESDAY EVENING PROGRAM

Weekly get together, to socialize and enjoy either a workshop, lecture, activity, discussion or entertainment.

### HOLIDAY EVENTS

Events that mark and celebrate the Jewish holidays and festivals: Rosh Hashanah, Sukkot, Chanukah, Purim, Passover, Lag Baomer, Shavuot and more.

### EDUCATIONAL COURSES

Three educational courses from the Rohr Jewish Learning Institute. Refer to the next page to see more details.

### SPECIAL EVENTS

Meet and Greet. Friday Night Experience. New York Trip. End of Year Celebration.

**For exact dates and program topics, refer to the calendar.**

SMILE ON SENIORS

# MEMBERSHIP

\$45 MEMBERSHIP FEE

## BENEFITS

Support our  
community

Membership shows that you support, care and feel strongly connected to the Smile On Seniors community

Receive  
discounts

Membership grants you discounted rates between 20% - 50% on all programs and events

Exclusive  
Event

Membership grants you the opportunity to join and enjoy our exclusive members' event

# SPONSORSHIP OPPORTUNITIES

## The Wisdom Circle

\$150 Full sponsor

\$100 Co-sponsor

\$75 Partial sponsor

## Musical Chanukah Celebration

\$18,000 Full sponsor

\$10,000 Co-sponsor

\$5000 Partial sponsor

## Wednesday Dinners

\$1200 Full sponsor

\$600 Co-sponsor

\$300 Partial sponsor

## Purim Party

\$4500 Full sponsor

\$2500 Co-sponsor

\$1500 Partial sponsor

## Friday Night Experience

\$4500 Full sponsor

\$2500 Co-sponsor

\$1500 Partial sponsor

## Lag Baomer Celebration

\$1800 Full sponsor

\$770 Co-sponsor

\$360 Partial sponsor

# S.O.S. Clubs 2023-24

## Club #1 - Write From Your Heart with Joyce



**Write From Your Heart** is a six-week expressive writing workshop, that promotes healing, self-discovery, personal growth and empowerment. **Joyce Cohen, a Certified Life Coach and Therapeutic Arts facilitator** will provide a safe and welcoming space. No writing experience is needed. It's about self-expression, not being a good writer. *This club is for women only.*  
**Member fee: \$70 Non-Member fee: \$90**

**Club #1 Dates:** September 7, 14, 21, 28 & October 12, 19

## Clubs #2 & 3 - Cooking & Baking with Laura



**Cooking or Baking** are six-week sessions. These sessions will be offered multiple times throughout the year. Whether you are an experienced baker or cook, you are sure to be in for a treat! **Laura Darmond** embarked on her culinary journey by preparing meals for family and friends several years ago. An opportunity presented itself, her passion developed into a full-fledged profession, catering to nearly 500 students daily from various schools in Montreal, catering for a diverse range of occasions, Shabbat meals, hennas and bar mitzvahs.

**Member fee: \$75 Non-Member fee: \$95**

## Club #4 - Art with Sarena



**Art with Sarena** are six-week sessions. These sessions will be offered multiple times throughout the year. Whether you are a talented artist or a beginner, you will find yourself creating beautiful pieces of art and laughing along. Sarena is returning for her second year as our SOS art teacher. She has been teaching art to people of all ages and abilities for over 2 decades. She delights in sharing her passion for art and helping her students enjoy the many physical and psychological benefits of creativity. Sarena was awarded first prize for her role as Art Director at the renown Mel Hoppenheim school of Cinema.

**Member fee: \$60 Non-Member fee: \$80** [Supplies are not included in the price. Upon registration, supply list will be provided]

**Clubs #2, 3 & 4 Dates:** Session #1: September 7, 14, 21, 28 & October 12, 19 | Session #2 November 2, 9, 16, 23 & December 21, 28  
Session #3 January 11, 18, 25 & February 8, 15, 22 | Session #4 February 29 & March 7, 14, 21, 28 | Session #5 May 2, 9, 23, 30 & June 6, 20

## Club #5 - Exercise Fusion with Gracia



**Exercise Fusion** will be divided by 3 semesters throughout the year. This club is a combination of yoga, pilates, strength training, balance, flexibility and more. **Gracia Klaiman** is a personal trainer. She enjoys guiding participants into fitness and a healthy lifestyle. *This club is for women only.* **Semester #1 Member fee: \$95 Non-Member fee: \$115**

**Club #5 Dates:** Semester #1: September 13, 20, 27, October 11, 18, 25, November 1, 8, 15, 22, 29, December 6 and 20.

# Educational Courses 2023-24

## Course #1 - The World of Kabbalah

*REVEALING HOW ITS MYSTICAL SECRETS RELATE TO YOU.*

Discover the core mystical and spiritual teachings of Kabbalah and their relevance to everyday life. You'll learn to think like a Jewish mystic and gain powerful insights to fuel deeper self-understanding and personal growth. Curious why there's so much buzz around Kabbalah? Discover it for yourself by attending The World of Kabbalah.

**Course Dates:** November 1, 8, 15, 22, 29 & December 6

**Member fee:** \$39 **Non-Member fee:** \$79

## Course #2 - Advice for Life

*THE REBBE'S GUIDANCE FOR LEADING A MORE PURPOSEFUL LIFE.*

A novel course that mines his teachings and guidance for wisdom and counsel, as applied to six key areas of life. Advice for Life permits the Rebbe's perspectives to spring to life organically via first-hand stories and original footage of individuals recalling their dilemmas and the clarity and insights they received, as well as of the Rebbe's private and public interactions. The Rebbe hardly slept and never took a vacation, because he had endless lives to inspire—including yours.

**Course Dates:** February 7, 14, 21, 28 & March 6, 13

**Member fee:** \$39 **Non-Member fee:** \$79

## Course #3 - Decisions of Fate

*GUIDING JEWISH VALUES FOR MAKING LIFE-AND-DEATH DECISIONS.*

This four-part course, plumbs the strata of Jewish law in search of clarity. It analyzes ancient Torah principles and paradigms and applies them to the quandaries of today, providing sensitive guidance through the modern maze of medical decision-making. Its interactive lessons examine common dilemmas in the light of genuine Jewish perspectives, and effectively demonstrate that the wisdom of our ancient tradition can provide immeasurable assistance in reaching difficult decisions with confidence and moral clarity. The course is eye-opening, allowing participants to discover the value of a fresh and broader perspective that considers simultaneously the welfare of body and soul.

**Course Dates:** May 15, 22, 29, & June 5

**Member fee:** \$39 **Non-Member fee:** \$79

HAPPY NEW YEAR!  
BONNE ANNÉE !



**ANTHONY HOUSEFATHER**  
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**Steve Besner M.B.A.**  
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\* We are compensated by the Residences

# YOU CAN SEED THE FUTURE



**LEAVE AN ETERNAL LEGACY TO THE JEWISH COMMUNITY.**  
Remember Beth Chabad C.S.L. in your will.



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SHABBAT

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR MONTREAL SEPTEMBER 2023



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Information: [info@equinoxe.ca](mailto:info@equinoxe.ca) [www.equinoxelifecare.com](http://www.equinoxelifecare.com)

**1** 15 Elul  
Light candles at 7:14 p.m.

**2** 16 Elul  
**Ki Tavo**  
Shabbat ends at 8:17 p.m.

**3** 17 Elul

**4** 18 Elul  
**The Wisdom Circle**  
11:00am - 12:15pm  
Followed by lunch

**5** 19 Elul

**6** 20 Elul  
**Pre R"H Cantorial Songs**  
with Cantors Shur & Edery  
7:00 - 8:30 pm

**7** 21 Elul  
**Clubs**  
10:45 am - 12:30 pm  
1:00 - 2:45 pm  
**Chabad CSL Women's Challah Bake**  
with Charlene Aminoff  
7:30 pm

**8** 22 Elul  
Light candles at 7:01 p.m.

**9** 23 Elul  
**Nitzavim - Vayelech**  
Shabbat Selichot  
Hashem blesses the New Month  
Shabbat ends at 8:03 p.m.

**10** 24 Elul  
**Montreal Community Wide Hakhel event**  
5:00 pm

**11** 25 Elul  
**The Wisdom Circle**  
11:00am - 12:15pm  
Followed by lunch

**12** 26 Elul

**13** 27 Elul  
**Caffeine for the Soul**  
with Chaya  
12:00am - 1:00pm

**14** 28 Elul  
**Clubs**  
10:45 am - 12:30 pm  
1:00 - 2:45 pm

**15** 29 Elul  
**Rosh Hashanah Dinner**  
8:00 pm  
**Eve of Rosh Hashanah**  
Light candles at 6:47 p.m.  
New Moon: 5:49 a.m.

**16** 1 Tishrei  
**First day of ROSH HASHANAH**  
Light candles after 7:49 p.m.

**17** 2 Tishrei  
Tashlich  
**Second day of ROSH HASHANAH**  
Yom Tov ends at 7:47 p.m.

**18** 3 Tishrei  
**FAST OF GEDALIAH**  
Fast begins at 5:19 a.m.  
Fast ends at 7:30 p.m.

**19** 4 Tishrei

**20** 5 Tishrei  
**Connecting with Our Adult Children & Grandchildren in the 20th century**  
with Sterna Suissa  
7:00 - 8:30 pm

**21** 6 Tishrei  
**Clubs**  
10:45 am - 12:30 pm  
1:00 - 2:45 pm

**22** 7 Tishrei  
Light candles at 6:34 p.m.

**23** 8 Tishrei  
**Ha'azinu**  
Shabbat Shuva  
Shabbat ends at 7:35 p.m.

**24** 9 Tishrei  
**Eve of Yom Kippur**  
Light candles at 6:30 p.m.

**25** 10 Tishrei  
**YOM KIPPUR**  
Yizkor  
Yom Kippur ends at 7:31 p.m.

**26** 11 Tishrei

**27** 12 Tishrei  
**Caffeine for the Soul**  
with Chaya  
12:00am - 1:00pm

**28** 13 Tishrei  
**Clubs**  
10:45 am - 12:30 pm  
1:00 - 2:45 pm

**29** 14 Tishrei  
**Eve of Sukkot**  
Light candles at 6:20 p.m.

**30** 15 Tishrei  
**First day of SUKKOT**  
Light candles after 7:21 p.m.



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Côte Saint-Luc

**MONTREAL | 514 344-8554**  
5847 Côte des Neiges  
Montréal

# OCTOBER 2023 TISHREI - CHESHVAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT	
<b>1</b> 16 Tishrei  <b>Second day of SUKKOT</b> Yom Tov ends at 7:19 p.m.	<b>2</b> 17 Tishrei 1st Intermediate Day of SUKKOT	<b>3</b> 18 Tishrei 2nd Intermediate Day of SUKKOT	<b>4</b> 19 Tishrei <b>Chabad CSL Simchat Bet Hashoevah</b> Concert at 7:00 pm 3rd Intermediate Day of SUKKOT	<b>5</b> 20 Tishrei <b>Sukkot Dinner</b> 6:00 - 8:00 pm 4th Intermediate Day of SUKKOT	<b>6</b> 21 Tishrei  <b>Hoshana Rabbah</b> Light candles at 6:07 p.m.	<b>7</b> 22 Tishrei  <b>SHEMINI ATZERET</b> Yizkor Light candles after 7:08 p.m.	
<b>8</b> 23 Tishrei  <b>SIMCHAT TORAH</b> Yom Tov ends at 7:06 p.m.	<b>9</b> 24 Tishrei Isru Chag	<b>10</b> 25 Tishrei	<b>11</b> 26 Tishrei <b>The Magical World of Polymer Clay</b> with Gaby Orbach 7:00 - 8:30 pm	<b>12</b> 27 Tishrei <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	<b>13</b> 28 Tishrei  Light candles at 5:54 p.m.	<b>14</b> 29 Tishrei <b>Bereishit</b> Blessing of the New Month Shabbat ends at 6:56 p.m. New Moon: 6:33 1/18 p.m.	
<b>15</b> 30 Tishrei Rosh Chodesh Cheshvan	<b>16</b> 1 Cheshvan <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch Rosh Chodesh Cheshvan	<b>17</b> 2 Cheshvan	<b>18</b> 3 Cheshvan <b>Caffeine for the Soul</b> with Chaya 12:00am - 1:00pm <b>Transforming Darkness into Light:</b> A Mental Health Journey with Bashie Naparstek 7:00 - 8:30 pm	<b>19</b> 4 Cheshvan <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	<b>20</b> 5 Cheshvan  Light candles at 5:42 p.m.	<b>21</b> 6 Cheshvan <b>Noach</b> Shabbat ends at 6:44 p.m.	
<b>22</b> 7 Cheshvan	<b>23</b> 8 Cheshvan <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch	<b>24</b> 9 Cheshvan	<b>25</b> 10 Cheshvan <b>Caffeine for the Soul</b> with Chaya 12:00am - 1:00pm <b>Rising Above Hate:</b> A Holocaust Survivor's Story with Tibor Bolgar 7:00 - 8:30 pm	<b>26</b> 11 Cheshvan	<b>27</b> 12 Cheshvan  <b>Friday Night Experience</b> 5:00 pm Light candles at 5:31 p.m.	<b>28</b> 13 Cheshvan <b>Lech-Lecha</b> Shabbat ends at 6:33 p.m.	
<b>29</b> 14 Cheshvan	<b>30</b> 15 Cheshvan <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch	<b>31</b> 16 Cheshvan	 <p><b>equinoxe</b> LIFE. CARE. SOINS. VIE.</p> <p>A vos côtés, jour et nuit</p> <p>Appelez ou textez le <b>514-935-2600</b> pour une évaluation gratuite</p>			TIMES SHOWN ARE DAYLIGHT SAVINGS TIME FOR MONTREAL <b>OCTOBER</b> <b>2023</b>	



The Paperman  
family wishes the  
community

שנה טובה  

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Shana Tova

# NOVEMBER 2023 CHESHVAN - KISLEV


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
 <p><b>equinoxe</b> LIFE. CARE. SOINS. VIE. A vos côtés, jour et nuit Appelez ou textez le <b>514-935-2600</b> pour une évaluation gratuite</p>			<b>1</b> 17 Cheshvan <b>The World of Kabbalah S1</b> The Evolution of Ego 12:30 - 2:00pm  <b>KoSA Drum Circle</b> with Aldo Mazza 7:00 - 8:30 pm	<b>2</b> 18 Cheshvan <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	<b>3</b> 19 Cheshvan  Light candles at 5:20 p.m.	<b>4</b> 20 Cheshvan   <b>Vayeira</b> Shabbat ends at 6:24 p.m.
<b>5</b> 21 Cheshvan   Standard Time Begins	<b>6</b> 22 Cheshvan <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch  <b>There is no place like home...or is there?</b> with Steve Besner 1:00 - 2:00 pm	<b>7</b> 23 Cheshvan	<b>8</b> 24 Cheshvan <b>The World of Kabbalah S2</b> The Dawn of Limitation 12:30 - 2:00pm	<b>9</b> 25 Cheshvan	<b>10</b> 26 Cheshvan  Light candles at 4:11 p.m.	<b>11</b> 27 Cheshvan   <b>Chayei Sarah</b> Blessing of the New Month Shabbat ends at 5:16 p.m.
<b>12</b> 28 Cheshvan   Live stream of International Conference of Chabad Rabbis 4:30 pm	<b>13</b> 29 Cheshvan <b>Trivia &amp; Brain Games</b> with Aviva 1:00 - 2:30 pm  New Moon: 7:17 2/18 a.m.	<b>14</b> 1 Kislev   <b>Rosh Chodesh Kislev</b>	<b>15</b> 2 Kislev <b>The World of Kabbalah S3</b> The Infinite Light 12:30 - 2:00pm  <b>Understanding the challenges of Infectious Diseases</b> with Dr. Karl Weiss, 7:00 - 8:30 pm	<b>16</b> 3 Kislev <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	<b>17</b> 4 Kislev  Light candles at 4:04 p.m.	<b>18</b> 5 Kislev   <b>Toldot</b> Shabbat ends at 5:09 p.m.
<b>19</b> 6 Kislev	<b>20</b> 7 Kislev <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch	<b>21</b> 8 Kislev	<b>22</b> 9 Kislev <b>The World of Kabbalah S4</b> The World of Chaos 12:30 - 2:00pm  <b>Ikebana: Japanese Floral Art</b> with Leslie Dolin 7:00 - 8:30 pm	<b>23</b> 10 Kislev <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	<b>24</b> 11 Kislev  Light candles at 3:58 p.m.	<b>25</b> 12 Kislev   <b>Vayeitzei</b> Shabbat ends at 5:05 p.m.
<b>26</b> 13 Kislev	<b>27</b> 14 Kislev <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch  <b>BTY with CTEEN Latke Making</b> 7:00 - 8:30 pm	<b>28</b> 15 Kislev	<b>29</b> 16 Kislev <b>The World of Kabbalah S5</b> The Great Concealment 12:30 - 2:00pm	<b>30</b> 17 Kislev <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	TIMES SHOWN ARE FOR MONTREAL NOVEMBER 2023	

Happy Hanukkah!  
Joyeuse Hanoukka !




**ANTHONY HOUSEFATHER**  
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Député - Mont-Royal

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# Musical Chanukah Celebration

A stylized graphic of a menorah with nine lit candles, positioned to the right of the title.

Wednesday, December 13, 5:30 PM  
Registration required!

LET THEIR LIGHT  
BE YOUR LEGACY

*Leave an eternal legacy to the Jewish community.  
Remember Beth Chabad C.S.L. in your will.*



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SHABBAT

TIMES SHOWN ARE STANDARD TIME FOR MONTREAL DECEMBER 2023

equinoxe LIFE. CARE. SOINS. VIE. At your side, day and night Call us or text us today at 514-935-2600 to schedule a free assessment Information: info@equinoxe.ca www.equinoxelifecare.com

1 18 Kislev Light candles at 3:54 p.m.

2 19 Kislev Vayishlach Shabbat ends at 5:02 p.m.

3 20 Kislev

4 21 Kislev The Wisdom Circle 11:00am - 12:15pm Followed by lunch

5 22 Kislev

6 23 Kislev The World of Kabbalah S6 The Essence of Everything 12:30 - 2:00pm

7 24 Kislev Eve of Chanukah After nightfall, Blessings 1, 2 & 3

8 25 Kislev 1st Day of Chanukah Before Shabbat candles, Blessings 1 & 2 Light candles at 3:52 p.m.

9 26 Kislev 2nd Day of Chanukah After Shabbat ends, Blessings 1 & 2 Vayeishev Blessing of the New Month Shabbat ends at 5:01 p.m.

10 27 Kislev 3rd Day of Chanukah After Nightfall, Blessings 1 & 2

11 28 Kislev 4th Day of Chanukah Public Menorah Lighting & Menorah Parade 5:30pm After Nightfall, Blessings 1 & 2

12 29 Kislev 5th Day of Chanukah After Nightfall, Blessings 1 & 2 New Moon: 8:01 3/18 p.m.

13 1 Tevet 6th Day of Chanukah Musical Chanukah Celebration 5:30pm Rosh Chodesh Tevet After Nightfall, Blessings 1 & 2

14 2 Tevet 7th Day of Chanukah After nightfall, Blessings 1 & 2

15 3 Tevet 8th Day of Chanukah Light candles at 3:53 p.m.

16 4 Tevet Mikeitz Shabbat ends at 5:02 p.m.

17 5 Tevet

18 6 Tevet

19 7 Tevet

20 8 Tevet Caffeine for the Soul with Chaya 12:00am - 1:00pm Growing up Jewish in Rouyn-Noranda with Bernadine Harrar 7:00 - 8:30 pm

21 9 Tevet Clubs 10:45 am - 12:30 pm 1:00 - 2:45 pm

22 10 Tevet FAST OF 10 TEVET Fast begins at 6:07 a.m. Fast ends at 4:49 p.m. Light candles at 3:56 p.m.

23 11 Tevet Vayigash Shabbat ends at 5:05 p.m.

24 12 Tevet

25 13 Tevet The Wisdom Circle 11:00am - 12:15pm Followed by lunch

26 14 Tevet

27 15 Tevet Movie Night 7:00 - 8:30 pm

28 16 Tevet Clubs 10:45 am - 12:30 pm 1:00 - 2:45 pm

29 17 Tevet Light candles at 4:00 p.m.

30 18 Tevet Vayeichi Shabbat ends at 5:10 p.m.

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# JANUARY 2024 TEVET - SHEVAT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT	
<p><b>TIMES SHOWN ARE STANDARD TIME FOR MONTREAL JANUARY 2024</b></p>	<p><b>1</b> 20 Tevet <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p><b>2</b> 21 Tevet</p>	<p><b>3</b> 22 Tevet <b>Caffeine for the Soul with Chaya</b> 12:00am - 1:00pm</p>	<p><b>4</b> 23 Tevet <b>Hair Cutting Ceremony of Avraham Aharon</b> 5:00 pm</p>	<p><b>5</b> 24 Tevet</p>	<p><b>6</b> 25 Tevet  <b>Shemot</b> Blessing of the New Month Shabbat ends at 5:16 p.m.</p>	
	<p><b>7</b> 26 Tevet</p>	<p><b>8</b> 27 Tevet <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p><b>9</b> 28 Tevet</p>	<p><b>10</b> 29 Tevet</p>	<p><b>11</b> 1 Shevat <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p><b>12</b> 2 Shevat</p>	<p><b>13</b> 3 Shevat</p>
				<p><b>Ely Bonder Sing-along</b> 7:00 - 8:30pm</p>	<p><b>Rosh Chodesh Shevat</b> <i>New Moon: 8:45 4/18 a.m.</i></p>	<p>Light candles at 4:07 p.m.</p>	<p><b>Va'eira</b> Shabbat ends at 5:24 p.m.</p>
	<p><b>14</b> 4 Shevat</p>	<p><b>15</b> 5 Shevat <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p><b>16</b> 6 Shevat</p>	<p><b>17</b> 7 Shevat <b>Caffeine for the Soul with Chaya</b> 12:00am - 1:00pm</p>	<p><b>18</b> 8 Shevat <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p><b>19</b> 9 Shevat</p>	<p><b>20</b> 10 Shevat</p>
				<p><b>Challah Bake</b> 7:00 - 8:30pm</p>		<p>Light candles at 4:15 p.m.</p>	<p><b>Bo</b> Shabbat ends at 5:32 p.m.</p>
	<p><b>21</b> 11 Shevat</p>	<p><b>22</b> 12 Shevat <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p><b>23</b> 13 Shevat</p>	<p><b>24</b> 14 Shevat</p>	<p><b>25</b> 15 Shevat <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p><b>26</b> 16 Shevat</p>	<p><b>27</b> 17 Shevat</p>
				<p><b>Tu Bishvat Event</b> 7:00 - 8:30pm</p>	<p><b>New Year for Trees</b></p>	<p>Light candles at 4:24 p.m.</p>	<p><b>Beshalach</b> Shabbat Shirah Shabbat ends at 5:41 p.m.</p>
<p><b>28</b> 18 Shevat <b>Fundraising Campaign</b> 10:00am - 8:00pm</p>	<p><b>29</b> 19 Shevat <b>Fundraising Campaign</b> 10:00am - 8:00pm <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p><b>30</b> 20 Shevat <b>Fundraising Campaign</b> 10:00am - 8:00pm</p>	<p><b>31</b> 21 Shevat <b>Caffeine for the Soul with Chaya</b> 12:00am - 1:00pm  <b>Movie Night</b> 7:00 - 8:30pm</p>				



# FEBRUARY 2024 SHEVAT - ADAR I

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
 <p><b>equinox</b> LIFE. CARE. SOINS. VIE.</p> <p>At your side, day and night</p> <p>Call us or text us today at <b>514-935-2600</b> to schedule a free assessment</p> <p>Information: <a href="mailto:info@equinox.ca">info@equinox.ca</a> <a href="http://www.equinoxlifecare.com">www.equinoxlifecare.com</a></p>				1 22 Shevat	2 23 Shevat	3 24 Shevat
4 25 Shevat	5 26 Shevat <b>Trivia &amp; Brain Games</b> with Aviva 1:00 - 2:30 pm	6 27 Shevat	7 28 Shevat	8 29 Shevat <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	9 30 Shevat	10 1 Adar I
<b>Live stream of International Conference of Chabad Rebbetzins</b> 4:30 pm			<b>Advice for Life S1</b> Physical Health & Well-being 7:00 - 8:30pm		 <b>Rosh Chodesh Adar I</b> Light candles at 4:54 p.m. New Moon: 9:29 5/18 p.m.	<b>Mishpatim</b> <b>Rosh Chodesh Adar I</b> Shabbat ends at 6:00 p.m.
11 2 Adar I	12 3 Adar I	13 4 Adar I	14 5 Adar I	15 6 Adar I <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	16 7 Adar I	17 8 Adar I
			<b>Advice for Life S2</b> Money and Career 7:00 - 8:30pm		 Light candles at 5:04 p.m.	<b>Terumah</b> Shabbat ends at 6:09 p.m.
18 9 Adar I	19 10 Adar I <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch  <b>TBA</b> 1:00 - 2:30pm	20 11 Adar I	21 12 Adar I	22 13 Adar I <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	23 14 Adar I	24 15 Adar I
			<b>Advice for Life S3</b> Family and Home 7:00 - 8:30pm		 <b>PURIM KATAN</b> Light candles at 5:14 p.m.	<b>Tetzaveh</b> <b>SHUSHAN PURIM KATAN</b> Shabbat ends at 6:19 p.m.
25 16 Adar I	26 17 Adar I <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch	27 18 Adar I	28 19 Adar I	29 20 Adar I <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm	TIMES SHOWN ARE STANDARD TIME FOR MONTREAL FEBRUARY 2024	
			<b>Advice for Life S4</b> Spirituality & G-d's Relationship 7:00 - 8:30pm			



**PURIM PARTY**  
 Sunday, March 24 2024  
 11:00 AM - 1:00 PM  
**At the CSL ACC**  
 Registration required!



with Comedian Oren Shbiro

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<p>TIMES SHOWN ARE FOR MONTREAL MARCH 2024</p>					<p>1 21 Adar I</p> <p>Light candles at 5:24 p.m.</p>	<p>2 22 Adar I</p> <p><i>Ki Tisa</i> Shabbat ends at 6:28 p.m.</p>
	<p>3 23 Adar I</p>	<p>4 24 Adar I</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p>5 25 Adar I</p>	<p>6 26 Adar I</p> <p><b>Advice for Life S5</b> Challenge and Adversity 7:00 - 8:30pm</p>	<p>7 27 Adar I</p> <p><b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p>8 28 Adar I</p> <p>Light candles at 5:33 p.m.</p>
<p>10 30 Adar I</p> <p>Rosh Chodesh Adar II Daylight Saving Time Begins New Moon: 10:13 6/18 a.m.</p>	<p>11 1 Adar II</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p> <p>Rosh Chodesh Adar II</p>	<p>12 2 Adar II</p>	<p>13 3 Adar II</p> <p><b>Advice for Life S6</b> Emotional Health 7:00 - 8:30pm</p>	<p>14 4 Adar II</p> <p><b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p>15 5 Adar II</p> <p>Light candles at 6:43 p.m.</p>	<p>16 6 Adar II</p> <p><i>Pekudei</i> Shabbat ends at 7:47 p.m.</p>
<p>17 7 Adar II</p>	<p>18 8 Adar II</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p> <p><b>BTY with CYA</b> Hamantash Bake 7:00 - 8:30pm</p>	<p>19 9 Adar II</p>	<p>20 10 Adar II</p> <p><b>Caffeine for the Soul</b> with Chaya 12:00am - 1:00pm</p> <p><b>Personal Color Analysis</b> with Giselle Demers 7:00 - 8:30pm</p>	<p>21 11 Adar II</p> <p><b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p> <p><b>FAST OF ESTHER</b> Fast begins at 5:38 a.m. Fast ends at 7:39 p.m.</p>	<p>22 12 Adar II</p> <p>Light candles at 6:52 p.m.</p>	<p>23 13 Adar II</p> <p><i>Vayikra</i> Zachor Shabbat ends at 7:56 p.m.</p>
<p>24 14 Adar II</p> <p><b>Purim Party @ ACC</b> 11:00am - 1:00pm <b>PURIM</b></p>	<p>25 15 Adar II</p>	<p>26 16 Adar II</p>	<p>27 17 Adar II</p>	<p>28 18 Adar II</p> <p><b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p>29 19 Adar II</p> <p>Light candles at 7:01 p.m.</p>	<p>30 20 Adar II</p>
<p>31 21 Adar II</p> <p><b>SHUSHAN PURIM</b></p>			<p>27 17 Adar II</p> <p><b>The Stigma of Dementia</b> with Professor Ian Gold 7:00 - 8:30pm</p>			<p>30 20 Adar II</p> <p><i>Tzav</i> Parah Shabbat ends at 8:06 p.m.</p>



Smile On Seniors  
**Communal  
Passover Seder**

explore the Jewish holiday of Pesach  
by joining us for a traditional seder  
exclusively for Smile On Seniors

**Monday evening, April 22, 2024 | 8:30 - 11:30 pm**

Registration required!

[aviva.sos@chabadcsl.com](mailto:aviva.sos@chabadcsl.com) | (514) 485-7221 #114



**ANTHONY HOUSEFATHER**  
Member of Parliament - Mount Royal  
Député - Mont-Royal

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[anthony.housefather.libparl.ca](http://anthony.housefather.libparl.ca)

Happy Passover!  
Joyeux Pesah !



**YOU SHALL TELL  
YOUR CHILDREN**

*Leave an eternal legacy to the Jewish community.  
Remember Beth Chabad C.S.L. in your will.*

# APRIL 2024 ADAR II - NISSAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR MONTREAL APRIL 2024</p>	<p><b>1</b> 22 Adar II  <b>The Wisdom Circle</b>                      11:00am - 12:15pm                      Followed by lunch  <b>Fierce Aging: Modern Makeup Techniques</b>                      with Annie Young                      1:00 - 2:30 pm</p>	<p><b>2</b> 23 Adar II</p>	<p><b>3</b> 24 Adar II  <b>Caffeine for the Soul</b>                      with Chaya                      12:00am - 1:00pm</p>	<p><b>4</b> 25 Adar II                        Birthday of Rabbanit Chaya Mushka  <b>Clubs</b>                      10:45 am - 12:30 pm                      1:00 - 2:45 pm</p>	<p><b>5</b> 26 Adar II                        Light candles at 7:10 p.m.</p>	<p><b>6</b> 27 Adar II  <b>Shemini Hachodesh</b>                      Blessing of the New Shabbat ends at 8:00 p.m.</p>
	<p><b>7</b> 28 Adar II</p>	<p><b>8</b> 29 Adar II  <b>The Wisdom Circle</b>                      11:00am - 12:15pm                      Followed by lunch</p>	<p><b>9</b> 1 Nissan</p>	<p><b>10</b> 2 Nissan</p>	<p><b>11</b> 3 Nissan</p>	<p><b>12</b> 4 Nissan</p>
	<p><i>New Moon: 10:57 7/18 p.m.</i></p>	<p><b>Rosh Chodesh Nissan</b></p>		<p><b>Pre-Passover Musical</b> with Crowdus Trumpet Orchestra                      7:00 - 8:30pm  </p>	<p>Light candles at 7:19 p.m.</p>	<p><b>Tazria</b>                      Shabbat ends at 8:26 p.m.</p>
<p><b>14</b> 6 Nissan</p>	<p><b>15</b> 7 Nissan  <b>The Wisdom Circle</b>                      11:00am - 12:15pm                      Followed by lunch</p>	<p><b>16</b> 8 Nissan</p>	<p><b>17</b> 9 Nissan  <b>Caffeine for the Soul</b>                      with Chaya                      12:00am - 1:00pm</p>	<p><b>18</b> 10 Nissan</p>	<p><b>19</b> 11 Nissan                        Birthday of the Lubavitcher Rebbe</p>	<p><b>20</b> 12 Nissan</p>
				<p><b>Mrs. Esther Sternberg</b>                      7:00 - 8:30pm  </p>	<p>Light candles at 7:28 p.m.</p>	<p><b>Metzora</b>                      Shabbat Hagadol                      Shabbat ends at 8:36 p.m.</p>
<p><b>21</b> 13 Nissan</p>	<p><b>22</b> 14 Nissan                      Eve of Pesach                      Finish eating Chametz by 10:04 a.m.                      Burn Chametz until 11:27 a.m.</p>	<p><b>23</b> 15 Nissan</p>	<p><b>24</b> 16 Nissan                      Sefirah 1</p>	<p><b>25</b> 17 Nissan                      Sefirah 2</p>	<p><b>26</b> 18 Nissan                      Sefirah 3  </p>	<p><b>27</b> 19 Nissan                      Sefirah 4</p>
	<p>Search for Chametz after 8:22 p.m.</p>	<p><b>Chabad CSL Passover Seder</b>                      8:30 pm  </p>	<p><b>1st day of PESACH</b>                      Light candles after 8:40 p.m.                      In evening count Omer 1</p>	<p><b>2nd day of PESACH</b>                      Yom Tov ends at 8:42 p.m.                      In evening count Omer 2</p>	<p><b>2nd Intermediate day of PESACH</b>                      Light candles at 7:37 p.m.                      In evening count Omer 4</p>	<p><b>3rd Intermediate day of PESACH</b>                      Shabbat ends at 8:46 p.m.                      In evening count Omer 5</p>
<p><b>28</b> 20 Nissan                      Sefirah 5  </p>	<p><b>29</b> 21 Nissan                      Sefirah 6  </p>	<p><b>30</b> 22 Nissan                      Sefirah 7</p>	<div style="background-color: #00a0e3; color: white; padding: 10px;"> <p><b>equinoxe</b> LIFE. CARE. SOINS. VIE. <b>At your side, day and night</b></p> <p>Call us or text us today at <b>514-935-2600</b> to schedule a free assessment</p> <p>Information: <a href="mailto:info@equinoxe.ca">info@equinoxe.ca</a> <a href="http://www.equinoxelifecare.com">www.equinoxelifecare.com</a></p>  </div>			
<p><b>4th Intermediate day of PESACH</b>                      Light candles at 7:40 p.m.                      In evening count Omer 6</p>	<p><b>7th day of PESACH</b>                      Light candles after 8:49 p.m.                      In evening count Omer 7</p>	<p><b>8th day of PESACH</b>                      Yizkor                      Yom tov ends at 8:51 p.m.                      In evening count Omer 8</p>				





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
			<b>1</b> 23 Nissan Sefirah 8  Isru Chag In evening count Omer 9	<b>2</b> 24 Nissan Sefirah 9  <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm  In evening count Omer 10	<b>3</b> 25 Nissan Sefirah 10   Light candles at 7:46 p.m. In evening count Omer 11	<b>4</b> 26 Nissan Sefirah 11  <b>Acharei</b> Avot: chapter 1 Blessing of the New Month Shabbat ends at 8:57 p.m. In evening count Omer 12
<b>5</b> 27 Nissan Sefirah 12  In evening count Omer 13	<b>6</b> 28 Nissan Sefirah 13  <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch  In evening count Omer 14	<b>7</b> 29 Nissan Sefirah 14  In evening count Omer 15	<b>8</b> 30 Nissan Sefirah 15  <b>Caffeine for the Soul</b> with Chaya 12:00am - 1:00pm  TBA 7:00 - 8:30pm Rosh Chodesh Iyar In evening count Omer 16 New Moon: 11:41 8/18 a.m.	<b>9</b> 1 Iyar Sefirah 16  <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm  Rosh Chodesh Iyar In evening count Omer 17	<b>10</b> 2 Iyar Sefirah 17   Light candles at 7:55 p.m. In evening count Omer 18	<b>11</b> 3 Iyar Sefirah 18  <b>Kedoshim</b> Avot: chapter 2 Shabbat ends at 9:07 p.m. In evening count Omer 19
<b>12</b> 4 Iyar Sefirah 19  In evening count Omer 20	<b>13</b> 5 Iyar Sefirah 20  <b>Trivia &amp; Brain Games</b> with Aviva 1:00 - 2:30 pm  In evening count Omer 21	<b>14</b> 6 Iyar Sefirah 21  In evening count Omer 22	<b>15</b> 7 Iyar Sefirah 22  <b>Decisions of Fate S1</b> Life Risks in Healing 7:00 - 8:30pm In evening count Omer 23	<b>16</b> 8 Iyar Sefirah 23  <b>Shabbat in the Heights</b> NY Trip  In evening count Omer 24	<b>17</b> 9 Iyar Sefirah 24   Light candles at 8:03 p.m. In evening count Omer 25	<b>18</b> 10 Iyar Sefirah 25  <b>Emor</b> Avot: chapter 3 Shabbat ends at 9:17 p.m. In evening count Omer 26
<b>19</b> 11 Iyar Sefirah 26  <b>Shabbat in the Heights</b> NY Trip  In evening count Omer 27	<b>20</b> 12 Iyar Sefirah 27  <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch  In evening count Omer 28	<b>21</b> 13 Iyar Sefirah 28  In evening count Omer 29	<b>22</b> 14 Iyar Sefirah 29  <b>Decisions of Fate S2</b> Assisted Suicide 7:00 - 8:30pm <b>PESACH SHENI</b> In evening count Omer 30	<b>23</b> 15 Iyar Sefirah 30  <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm  In evening count Omer 31	<b>24</b> 16 Iyar Sefirah 31   Light candles at 8:11 p.m. In evening count Omer 32	<b>25</b> 17 Iyar Sefirah 32  <b>Behar</b> Avot: chapter 4 Shabbat ends at 9:26 p.m. In evening count Omer 33
<b>26</b> 18 Iyar Sefirah 33  <b>Lag Baomer celebration</b> 6:00 - 8:00pm <b>LAG B'OMER</b> In evening count Omer 34	<b>27</b> 19 Iyar Sefirah 34  <b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch  In evening count Omer 35	<b>28</b> 20 Iyar Sefirah 35  In evening count Omer 36	<b>29</b> 21 Iyar Sefirah 36  <b>Decisions of Fate S3</b> Abortion 7:00 - 8:30pm In evening count Omer 37	<b>30</b> 22 Iyar Sefirah 37  <b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm  In evening count Omer 38	<b>31</b> 23 Iyar Sefirah 38   Light candles at 8:17 p.m. In evening count Omer 39	TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR MONTREAL  <b>MAY</b>  <b>2024</b>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR MONTREAL</p> <p><b>JUNE 2024</b></p>						<p>1 24 Iyar Sefirah 39</p> <p><b>Bechukotai</b> Avot: chapter 5 Blessing of the New Month Shabbat ends at 9:33 p.m. In evening count Omer 40</p>
<p>2 25 Iyar Sefirah 40</p>	<p>3 26 Iyar Sefirah 41</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p>4 27 Iyar Sefirah 42</p>	<p>5 28 Iyar Sefirah 43</p> <p><b>Decisions of Fate S4</b> Body-Part Donations 7:00 - 8:30pm In evening count Omer 44</p>	<p>6 29 Iyar Sefirah 44</p> <p><b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p>7 1 Sivan Sefirah 45</p> <p><b>Rosh Chodesh Sivan</b> Light candles at 8:23 p.m. In evening count Omer 46 New Moon: 12:25 9/18 a.m.</p>	<p>8 2 Sivan Sefirah 46</p> <p><b>Bamidbar</b> Avot: chapter 6 Shabbat ends at 9:40 p.m. In evening count Omer 47</p>
<p>9 3 Sivan Sefirah 47</p>	<p>10 4 Sivan Sefirah 48</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p>11 5 Sivan Sefirah 49</p>	<p>12 6 Sivan</p>	<p>13 7 Sivan</p>	<p>14 8 Sivan</p>	<p>15 9 Sivan</p>
<p>16 10 Sivan</p>	<p>17 11 Sivan</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p>18 12 Sivan</p> <p><b>Eve of Shavuot</b> Light candles at 8:25 p.m.</p>	<p>19 13 Sivan</p> <p><b>SHAVUOT</b> Light candles after 9:42 p.m.</p>	<p>20 14 Sivan</p> <p><b>SHAVUOT</b> Yizkor Yom Tov ends at 9:43 p.m.</p>	<p>21 15 Sivan</p> <p><b>Isru Chag</b> Light candles at 8:26 p.m.</p>	<p>22 16 Sivan</p> <p><b>Nasso</b> Shabbat ends at 9:44 p.m.</p>
<p>23 17 Sivan</p>	<p>24 18 Sivan</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p>25 19 Sivan</p>	<p>26 20 Sivan</p> <p><b>Caffeine for the Soul</b> with Chaya 12:00am - 1:00pm</p>	<p>27 21 Sivan</p> <p><b>Clubs</b> 10:45 am - 12:30 pm 1:00 - 2:45 pm</p>	<p>28 22 Sivan</p> <p><b>TBA</b> 7:00 - 8:30pm</p>	<p>29 23 Sivan</p> <p><b>Beha'alotecha</b> Shabbat ends at 9:46 p.m.</p>
<p>30 24 Sivan</p>	<p>24 18 Sivan</p> <p><b>The Wisdom Circle</b> 11:00am - 12:15pm Followed by lunch</p>	<p>25 19 Sivan</p>	<p>26 20 Sivan</p> <p><b>Caffeine for the Soul</b> with Chaya 12:00am - 1:00pm</p>	<p>27 21 Sivan</p> <p><b>End of Year Celebration</b></p>	<p>28 22 Sivan</p> <p>Light candles at 8:29 p.m.</p>	<p>29 23 Sivan</p> <p><b>Shelach</b> Blessing of the New Month Shabbat ends at 9:45 p.m.</p>

# JULY 2024 SIVAN - TAMMUZ

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR MONTREAL JULY 2024</p>	1 25 Sivan	2 26 Sivan	3 27 Sivan	4 28 Sivan	5 29 Sivan	6 30 Sivan
	7 1 Tammuz	8 2 Tammuz	9 3 Tammuz	10 4 Tammuz	11 5 Tammuz	12 6 Tammuz
<p>Rosh Chodesh Tammuz</p>	14 8 Tammuz	15 9 Tammuz	16 10 Tammuz	17 11 Tammuz	18 12 Tammuz	19 13 Tammuz
21 15 Tammuz	22 16 Tammuz	23 17 Tammuz	24 18 Tammuz	25 19 Tammuz	26 20 Tammuz	27 21 Tammuz
28 22 Tammuz	29 23 Tammuz	30 24 Tammuz	31 25 Tammuz			



Light candles at 8:27 p.m.

**Korach**  
Rosh Chodesh Tammuz  
Shabbat ends at 9:42 p.m.  
ראש חודש: 1:05 16:16 p.m.  
7 Tammuz



Light candles at 8:23 p.m.

**Chukat**  
Shabbat ends at 9:37 p.m.



Light candles at 8:18 p.m.

**Balak**  
Shabbat ends at 9:30 p.m.



Light candles at 8:11 p.m.

**Pinchas**  
Shabbat ends at 9:21 p.m.

**FAST OF 17 TAMMUZ**  
Fast begins at 3:51 a.m.  
Fast ends at 9:08 p.m.

**equinoxe**  
LIFE. CARE. SOINS. VIE.

A vos côtés, jour et nuit

Appelez ou textez le **514-935-2600** pour une évaluation gratuite

# AUGUST 2024 TAMMUZ - AV

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR MONTREAL</p> <p><b>AUGUST 2024</b></p>	 <p><b>equinoxe</b> LIFE. CARE. SOINS. VIE.</p> <p>A vos côtés, jour et nuit</p> <p>Appelez ou textez le <b>514-935-2600</b> pour une évaluation gratuite</p>			<p><b>1</b> 26 Tammuz</p>	<p><b>2</b> 27 Tammuz</p> <p> Light candles at 8:02 p.m.</p>	<p><b>3</b> 28 Tammuz</p> <p><b>Matot - Massei</b> Blessing of the New Month Shabbat ends at 9:10 p.m.</p>
<p><b>4</b> 29 Tammuz</p>	<p><b>5</b> 1 Av</p> <p><b>Rosh Chodesh Av</b> New Moon: 1:53 11/18 a.m.</p>	<p><b>6</b> 2 Av</p>	<p><b>7</b> 3 Av</p>	<p><b>8</b> 4 Av</p>	<p><b>9</b> 5 Av</p> <p> Light candles at 7:52 p.m.</p>	<p><b>10</b> 6 Av</p> <p><b>Devarim</b> Shabbat Chazon Shabbat ends at 8:59 p.m.</p>
<p><b>11</b> 7 Av</p>	<p><b>12</b> 8 Av</p>	<p><b>13</b> 9 Av</p> <p> <b>FAST OF 9 AV</b> Fast begins at 8:04 p.m. Fast ends at 8:44 p.m.</p>	<p><b>14</b> 10 Av</p>	<p><b>15</b> 11 Av</p>	<p><b>16</b> 12 Av</p> <p> Light candles at 7:41 p.m.</p>	<p><b>17</b> 13 Av</p> <p><b>Va'etchanan</b> Shabbat Nachamu Shabbat ends at 8:46 p.m.</p>
<p><b>18</b> 14 Av</p>	<p><b>19</b> 15 Av</p> <p><b>FIFTEENTH OF AV</b></p>	<p><b>20</b> 16 Av</p>	<p><b>21</b> 17 Av</p>	<p><b>22</b> 18 Av</p>	<p><b>23</b> 19 Av</p> <p> Light candles at 7:29 p.m.</p>	<p><b>24</b> 20 Av</p> <p><b>Eikev</b> Shabbat ends at 8:33 p.m.</p>
<p><b>25</b> 21 Av</p>	<p><b>26</b> 22 Av</p>	<p><b>27</b> 23 Av</p>	<p><b>28</b> 24 Av</p>	<p><b>29</b> 25 Av</p>	<p><b>30</b> 26 Av</p> <p> Light candles at 7:16 p.m.</p>	<p><b>31</b> 27 Av</p> <p><b>Re'eh</b> Blessing of the New Month Shabbat ends at 8:19 p.m.</p>

# Happy Birthday

## SEPTEMBER

**Michael Sidloi 09/28**

3 Tishrei - September 18, 2024

## OCTOBER

In honor of Sharon's grandson

**Jacob Ethan Gates 10/18**

14 Cheshvan - October 29, 2023

Dedicated by Sharon Gates

**Harriet Sklar 10/28**

26 Tishrei - October 11, 2024

## NOVEMBER

In honor of Livia's mother

**Irina Vaimberg 11/22**

28 Cheshvan - November 12, 2023

Dedicated by Livia & Sorin Rosen

**Batya Devorah Naparstek 12/09**

15 Kislev - November 28, 2023

Dedicated by Rabbi Levi and Chaya

## DECEMBER

**Rabbi Levi Naparstek 12/05**

2 Tevet - December 14, 2023

## JANUARY

**Avraham Aharon Naparstek 01/06**

23 Tevet - January 4, 2024

Dedicated by Rabbi Levi and Chaya

In honor of Sharon's grandson

**Bryce Alexander Letovsky 01/17**

24 Tevet - January 5, 2024

Dedicated by Sharon Gates

In honor of Sharon's grandson

**Spencer Bruce Gates 01/21**

28 Tevet - January 9, 2024

Dedicated by Sharon Gates

**Warren Schmetterer 01/21**

29 Tevet - January 10, 2024

In honor of Sharon's grandson

**Nolan Edward Letovsky 02/03**

3 Shevat - January 13, 2024

Dedicated by Sharon Gates

## FEBRUARY

**Riva Sidloi 02/06**

30 Shevat - February 9, 2024

**Violette Rebecca Harroch 02/13**

30 Shevat - February 9, 2024

## MARCH

In honor of the most incredible

**Aviva Fuchs 03/12**

6 Adar II - March 16, 2024

Dedicated by Rabbi Levi and Chaya

In honor of Sharon's grandson

**Samuel Noah Gates 03/20**

14 Adar II - March 24, 2024

Dedicated by Sharon Gates

**Jacob Villeneuve 03/24**

18 Adar II - March 28, 2024

**Estelle Fogel-Hill 03/21**

24 Adar - April 3, 2024

## APRIL

**Judith Glass 04/16**

26 Nissan - May 4, 2024

## MAY

In honor of Violette's granddaughter

**Kevin Abraham Cohen 05/01**

19 Iyar - May 27, 2024

Dedicated by Violette Rebecca Harroch

In honor of Violette's granddaughter

**Sabrina Myriam Cohen 05/03**

28 Nissan - May 6, 2024

Dedicated by Violette Rebecca Harroch

## JUNE

**Elizabeth Benamor 06/01**

13 Sivan - June 19, 2024

## Yosef Naparstek 06/08

5 Sivan - June 11, 2024

Dedicated by Rabbi Levi and Chaya

**Saul Weber 06/15**

7 Sivan - June 13, 2024

**Esther Weber 06/23**

24 Sivan - June 30, 2024

## JULY

In honor of Sylvia's granddaughter

**Sarah Mashal-Mozli 07/03**

23 Tammuz - July 29, 2024

Dedicated by Sylvia Mashal

In honor of Sylvia's grandson

**Eddy Moshe Mashal 07/09**

13 Tammuz - July 19, 2024

Dedicated by Sylvia Mashal

**Esther Hassoun 07/30**

3 Av - August 7, 2024

## AUGUST

**Chaya Naparstek 08/08**

6 Menachem-Av - August 10, 2024

In honor of Sylvia's husband

**Maurice Mashal 08/08**

28 Menachem-Av - Sept 1, 2024

Dedicated by Sylvia Mashal

**Sylvia Mashal 08/10**

8 Menachem-Av - August 12, 2024

**Florence Schmetterer 08/15**

28 Menachem-Av - Sept 1, 2024

**Elizabeth Benamor** in appreciation of Aviva and the entire Smile On Seniors; wonderful dinners, programs, birthday and well check care calls.

**Joy Farkas** wishing happy anniversary to Josh & Rachel Farkas, March 15th.

**Joy Farkas** wishing happy anniversary to Rabbi Elie & Kory Farkas, May 29th.

**Joy Farkas** wishing happy anniversary to Rabbi Moshe & Dahlia Farkas, August 4th.

**Joy Farkas** wishing happy anniversary to Noah & Sara Farkas, Dec. 4th.

**Ann Singer** In honor of grandson Ilan Singer becoming Bar Mitzvah.

**Ann Singer** In honor of grandson Noah Singer starting Université de Montréal.

**Ann Singer** In honor of granddaughter Abigail Singer passing the bar in law.

**Ann Singer** In honor of granddaughter Sophie Miller graduating with honours from High School.

# Memorial Wall

REMEMBER AND HONOR



## SEPTEMBER

In loving memory of Morty's mother  
**Baila Raizel bat Yosef Leib** o.b.m.  
12 Elul - August 29, 2023  
Dedicated by Claire and Morty Caplan

In loving memory of Joy's sister  
**Yetta Rachel bat Noach Zalman  
HaKohen Bier** o.b.m.  
15 Kislev - November 28, 2023  
Dedicated by Joy Farkas

## OCTOBER

In loving memory of Rosie's brother  
**Robert Reuven ben Yosef** o.b.m.  
4 Cheshvan - October 19, 2023  
Dedicated by Rosie Wasserman-Avissar

In loving memory of my father  
**Moshe ben Isaac Lumbroso** o.b.m.  
10 Cheshvan - October 25, 2024  
Dedicated by Jeannine Lumbroso

## NOVEMBER

In loving memory of Sharon's mother  
Faye Norman o.b.m. Oct 25, 2021  
**Fayge bat Meir**  
19 Cheshvan - November 3, 2023  
Dedicated by Sharon Gates

In loving memory of Claire's father  
**Lipa ben Afracim Hacoheh** o.b.m.  
22 Cheshvan - November 6, 2023  
Dedicated by Claire and Morty Caplan

In loving memory of Joy's mother  
**Raizel ben Zvi Leib Leibman-Bier**  
o.b.m.  
15 Kislev - November 28, 2023  
Dedicated by Joy Farkas

## DECEMBER

In loving memory of my mother  
**Sarah bat David Lumbroso** o.b.m.  
4 Tevet - December 16, 2023  
Dedicated by Jeannine Lumbroso

In loving memory of my brother  
**Isaac ben Moshe Lumbroso** o.b.m.  
4 Tevet - December 16, 2023  
Dedicated by Jeannine Lumbroso

## JANUARY

In loving memory of my husband  
**Gerald Glass** o.b.m.  
11 Shevat - January 21, 2024  
Dedicated by Judith glass

## FEBRUARY

In loving memory of my mother  
**Pessy bat Sophie Weiner** o.b.m.  
22 Shevat - February 1, 2024  
Dedicated by Estelle Fogel-Hill

In loving memory of my husband  
**Solomon Susser** o.b.m.  
28 Shevat - Februray 7, 2024  
Dedicated by Lillian Susser

In loving memory of Sharon's father  
Norm Norman o.b.m. Feb 24, 1998  
**Noach ben Mordechai**  
28 Shevat - Februray 7, 2024  
Dedicated by Sharon Gates

## MARCH

In loving memory of Rosie's father  
**Yosef ben Yehuda** o.b.m..  
22 Adar - April 1, 2024  
Dedicated by Rosie Wasserman-Avissar

## APRIL

In loving memory of Rabbi Levi's uncle  
**Avraham ben Aharon Zakon** o.b.m.  
7 Nissan - April 15, 2024  
Dedicated by Rabbi Levi and Chaya

## MAY

In loving memory of Rosie's mother  
**Fanny bat Eliyahu** o.b.m..  
8 Iyar - May 16, 2024  
Dedicated by Rosie Wasserman-Avissar

## JUNE

In loving memory of Morty's father  
**Moshe ben Mordechai** o.b.m.  
25 Sivan - July 1, 2024  
Dedicated by Claire and Morty Caplan

## JULY

In loving memory of Claire's mother  
**Sarah bat Avraham** o.b.m.  
6 Tammuz - July 12, 2024  
Dedicated by Claire and Morty Caplan

## AUGUST

In loving memory of Sharon's husband  
Bruce Gates O.B.M. July 25, 2022  
**Boruch ben Pinchas.**  
26 Tammuz - August 1, 2024  
Dedicated by Sharon Gates

In loving memory of Joy's father  
**Noach Zalman ben Avraham Abba  
HaKohen Bier** o.b.m.  
20 Menachem Av - August 24, 2024  
Dedicated by Joy Farkas

# Help Ensure a Bright Future for Judaism in our Community

## Remember Beth Chabad CSL in Your Will



**HOLD HANDS ACROSS GENERATIONS**

*Leave an eternal legacy to the Jewish community. Remember Chabad in your will.*

FOR MORE INFORMATION ON PLANNED GIVING CONTACT: RABBI LEVI NAPARSTEK AT 438.409.6770