



# PROGRAM CALENDAR

## 5785 | 2024-2025

*Bringing joy, connection and friendships to our community*



Smile On Seniors is a division of Beth Chabad C.S.L.  
6501 Kildare Road, CSL, H4W 0A1 | (514) 416-1010  
[sos@chabadcsl.com](mailto:sos@chabadcsl.com) | [www.SmileOnSeniorsMTL.com](http://www.SmileOnSeniorsMTL.com)

## Message from the Directors

Dear Seniors,

We are thrilled to share this calendar featuring upcoming programs and events designed with you in mind. Your participation and insight are highly valued, and we eagerly anticipate the opportunity to have enriching experiences together.

With Rosh Hashanah approaching, we want to convey our sincere wishes to you. As this period of reflection and new beginnings arrive, may your heart be filled with happiness, your spirit rejuvenated and your days enriched.

In light of the recent events of Simchat Torah on October 7, let us come together in solidarity and support. May our unity grant us strength as we move forward with resilience and hope.

As the shofar sounds let it herald not only a year of blessings, good health and happiness for each of you but also the anticipation of the Messianic era. The shofar, a symbol of awakening and redemption, reminds us of the hope for a time when peace and harmony will reign for all.

L'shanah tovah to our cherished seniors - may this New Year be a tapestry of love, laughter and beautiful moments as we navigate the challenges that lie ahead.

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

Rosie Wasserman Avissar

Charlotte Benzwy

Jackie Nurit Cohen

Joy Farkas

Sharon Gates

Lou Kirschner

Nancy Kirschner

Estie Kleinfeld

Bernie Lash

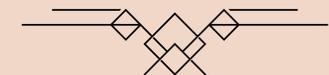
Jeannine Lumbroso

Hava Mizrahi

Agnes Preminger

Ann Singer

Goldie Tripp Zucker



Smile On Seniors is a division of

**Beth Chabad CSL**

directed by:

Rabbi Mendel and Sarah Raskin

In Loving Memory Of

בריינא בת אהרן ע"ה

MRS. BRAINDY  
NAPARSTEK



כ"ה תמוז תשי"ט - י"ז מנחם אב תשפ"ד  
July 1959 - August 2024

Brandy was Rabbi Levi's mother. Together with her husband, Baruch—may he live a long life—she raised a family of mentors and educators who now lead communities and schools across North America. She was known for the love, care and kindness she shared with each and every individual she encountered. May her memory be a blessing to all who knew her.

## Weekly Schedule at Smile On Seniors

Please note: this calendar is a global picture of our year. For exact dates and times of each program, please refer to our weekly emails and flyers or call Aviva.

### Monday Program

- **The Wisdom Circle** 11:00am  
Followed by lunch 12:15pm
- **Weekly Activity** 1:00pm

### Wednesday Program

- **Exercise Fusion** 1:00pm - 2:00pm

### Thursday Program

- **Caffeine for the Soul with Chaya**
- **Educational Courses (JLI)**

### Friday Program

- **Exercise Fusion** 11:30am - 12:30pm

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



## The Rebbe

This calendar and all activities of Smile On Seniors are inspired by **the Rebbe**, whose unwavering devotion to every individual Jew and commitment to G-d and His Torah continue to inspire Jewish communities worldwide, particularly through the thousands of Chabad centers across the globe.

## S.O.S. Program Descriptions

### THE WISDOM CIRCLE

Weekly interactive Jewish discussions and debates, on modern-day issues and controversial topics. Followed by lunch (sponsorships available).

### MONDAY WEEKLY ACTIVITY

Weekly get together to socialize and enjoy workshops, lectures, art, cooking, baking, brain games, movies and so much more.

### BTY - Bridging The Years and Boosting The Youth.

Seniors meet up with the youth to mentor, connect and share with them life experiences through games and activities. This program takes place occasionally.

### 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

Monthly classes delivered by Mrs. Chaya Naparstek and periodic 4-6 week courses delivered by Rabbi Levi Naparstek.

### SPECIAL EVENTS

New Season Kickoff. Friday Night Experiences. Member and Volunteer Appreciation Night, New York Trip.

**For exact dates and program topics, look out for the monthly flyers and weekly e-newsletters.**

# SMILE ON SENIORS MEMBERSHIP PACKAGES



## BENEFITS:

- TWC, CFTS and Brain Games FREE
- 20% - 30% discount on all programs and events
- Exclusive annual event
- Full tax receipt

\$54 per year



## BENEFITS:

- TWC, CFTS, Brain Games and all Monday activities FREE
- 40% - 50% discount on all other programs and events
- Exclusive annual event
- Full tax receipt (up to 10 monthly instalments)

\$260 per year / \$26 per month

**To become a member or to renew your membership reach out to Aviva**  
aviva.sos@chabadcsl.com | (514) 416-1010

## Happy Jewish Birthday

**Tibor (Ted) Bolgar** 09/12  
marking his **100th birthday**  
13 Elul - September 16, 2024

In honor of Libby's grandson  
**Jamie Aberback** 09/16  
22 Elul - September 25, 2024  
Dedicated by Libby Aberback

## Happy Anniversary

In honor of Libby's granddaughter-in-law & grandson  
**Brittany and Joshua Aberback** September 18th  
Dedicated by Libby Aberback

## Remember and Honor

In loving memory of Clara's husband  
**Yaheskel Sayegh Z"L** September 3, 2022  
Yaheskel ben Shlomo  
**7 Elul** - September 10, 2024  
Dedicated by Sayegh Family

In loving memory of Sol's sister-in-law  
**Esther Levy Z"L** September 5, 2023  
Esther bat Mordechai  
**19 Elul** - September 22, 2024  
Dedicated by Sol Levy

In loving memory of Judy and Ruth Markdorf's mother  
**Rose Markdorf Z"L** September 24, 1997  
Shoshanah bat Naftali  
**22 Elul** - September 25, 2024  
Dedicated by Judy Azran

## In Honor Of

In honor of Ann's granddaughter Sophie Miller's acceptance to  
Syracuse University. Dedicated by Ann Singer

In honor of Ann's granddaughter Daphne Singer passing the Bar in law.  
Dedicated by Ann Singer

# September 2024 Av – Elul 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<b>1</b> 28th of Av	<b>2</b> 29th of Av	<b>3</b> 30th of Av Rosh Chodesh Elul	<b>4</b> 1st of Elul Rosh Chodesh Elul	<b>5</b> 2nd of Elul	<b>6</b> 3rd of Elul 7:03pm Candle lighting	<b>7</b> 4th of Elul Parashat Shoftim 8:05pm Havdalah
<b>8</b> 5th of Elul	<b>9</b> 6th of Elul	<b>10</b> 7th of Elul	<b>11</b> 8th of Elul KICKOFF EVENT 1:00PM - 3:00PM	<b>12</b> 9th of Elul	<b>13</b> 10th of Elul 6:50pm Candle lighting	<b>14</b> 11th of Elul Parashat Ki Teitzei 7:51pm Havdalah
<b>15</b> 12th of Elul	<b>16</b> 13th of Elul The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch	<b>17</b> 14th of Elul	<b>18</b> 15th of Elul EXERCISE 1:00 PM CHABAD CSL CHALLAH BAKE	<b>19</b> 16th of Elul	<b>20</b> 17th of Elul 6:36pm Candle lighting EXERCISE 11:30AM	<b>21</b> 18th of Elul Parashat Ki Tavo 7:37pm Havdalah
<b>22</b> 19th of Elul	<b>23</b> 20th of Elul The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Activity at 1:00 PM	<b>24</b> 21st of Elul	<b>25</b> 22nd of Elul EXERCISE 1:00 PM	<b>26</b> 23rd of Elul CAFFEINE FOR THE SOUL	<b>27</b> 24th of Elul 6:23pm Candle lighting EXERCISE 11:30AM	<b>28</b> 25th of Elul Parashat Nitzavim-Vayeilech 7:24pm Havdalah Selichot
<b>29</b> 26th of Elul	<b>30</b> 27th of Elul The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Rosh Hashana Cantorial 5:00 PM					



# Shanah Tovah

- ~ To my children and grandchildren **from Jeannine Lumbroso**
  - ~ To all the SOS participants, clergy and staff **from Toby Shulman**
    - ~ To all Smile on Seniors **from Violette Epstein**
    - ~ To everyone in the SOS family, blessings for good health, shalom and simchah **from Sayegh Family**
    - ~ To the Ciobotaru, Rappaport, Britton and Goodman families **from Annie Dichter**
    - ~ To all Smile On Seniors **from Nancy & Louis Kirschner**
  - ~ To Smile on Seniors, Rabbi Levi, Chaya & Aviva. We are making Aliyah and we will miss you all very much **from Esther & Saul Weber**
    - ~ May there be peace in Israel **from Esther Hassoun**
  - ~ Health, Happiness and Nachat. We wish Klal Yisrael to be inscribed in the Book of Life **from Riva & Michael Sidloi**
  - ~ K'tivah V'chatimah Tovah. B'sorot Tovot **from Linda & Jack Lehrer**
    - ~ To Rabbi Levi, Chaya, the children, Aviva and all my SOS friends.
- To all my Israeli friends, I pray for your safety and may there be peace in Israel.  
Am Yisrael Chai **from Marilyn Chernack**

## Remember and Honor

In loving memory of Joy's sister  
**Yenita Bier Z"l** September 16, 2018  
Yetta Rachel bat Noach Zalman Hacoheh  
**7 Tishrei** - October 9, 2024  
Dedicated by Joy Farkas

In loving memory of Sylvia's husband  
**Maurice Mashal Z"l** October 1, 2023  
Chaim ben Aharon  
**16 Tishrei** - October 18, 2024  
Dedicated by Sylvia Mashal

## Yedidya-Eitan Moryoussef

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[www.assuruni.com](http://www.assuruni.com)

Happy New year!  
Bonne Année!  
שנה טובה!



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

# October 2024 Elul 5784 – Tishrei 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
		<b>1</b> 28th of Elul	<b>2</b> 29th of Elul Erev Rosh Hashana <b>6:13pm</b> Candle lighting	<b>3</b> 1st of Tishrei, 5785 <b>Rosh Hashana 5785</b> <b>7:14pm</b> Candle lighting  RH DINNER	<b>4</b> 2nd of Tishrei <b>Rosh Hashana II</b> <b>6:10pm</b> Candle lighting	<b>5</b> 3rd of Tishrei Shabbat Shuva Parashat Ha'azinu <b>7:10pm</b> Havdalah
<b>6</b> 4th of Tishrei Tzom Gedaliah <b>5:44am</b> Fast begins <b>6:54pm</b> Fast ends	<b>7</b> 5th of Tishrei <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch  <b>Inspirational film</b> at 1:00 PM	<b>8</b> 6th of Tishrei	<b>9</b> 7th of Tishrei	<b>10</b> 8th of Tishrei	<b>11</b> 9th of Tishrei Erev Yom Kippur <b>5:57pm</b> Candle lighting	<b>12</b> 10th of Tishrei <b>Yom Kippur</b> <b>6:58pm</b> Havdalah
<b>13</b> 11th of Tishrei	<b>14</b> 12th of Tishrei <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch  <b>Activity</b> at 1:00 PM	<b>15</b> 13th of Tishrei	<b>16</b> 14th of Tishrei Erev Sukkot <b>5:48pm</b> Candle lighting	<b>17</b> 15th of Tishrei <b>Sukkot I</b> <b>6:49pm</b> Candle lighting	<b>18</b> 16th of Tishrei <b>Sukkot II</b> <b>5:44pm</b> Candle lighting	<b>19</b> 17th of Tishrei Sukkot III (CH"V) <b>6:46pm</b> Havdalah
<b>20</b> 18th of Tishrei Sukkot IV (CH"V)	<b>21</b> 19th of Tishrei Sukkot V (CH"V)  <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch  <b>Activity</b> at 1:00 PM	<b>22</b> 20th of Tishrei Sukkot VI (CH"V)	<b>23</b> 21st of Tishrei Sukkot VII (Hoshana Raba) <b>5:36pm</b> Candle lighting	<b>24</b> 22nd of Tishrei <b>Shmini Atzeret</b> <b>6:38pm</b> Candle lighting	<b>25</b> 23rd of Tishrei <b>Simchat Torah</b> <b>5:33pm</b> Candle lighting	<b>26</b> 24th of Tishrei Parashat Bereshit Mevarchim Chodesh Cheshvan <b>6:35pm</b> Havdalah
<b>27</b> 25th of Tishrei	<b>28</b> 26th of Tishrei <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch  <b>Activity</b> at 1:00 PM	<b>29</b> 27th of Tishrei	<b>30</b> 28th of Tishrei	<b>31</b> 29th of Tishrei  CAFFEINE FOR THE SOUL		

## Happy Jewish Birthday

In honor of Sharon's grandson  
**Jacob Ethan Gates** 10/18  
14 Cheshvan - November 15, 2024  
Dedicated by Sharon Gates

In honor of Sheila and Lenny's grandson  
**Max Harold Issley** 10/20  
16 Cheshvan - November 17, 2024  
Dedicated by Sheila and Lenny Pleet

In Honor of Livia's mother  
**Irina Vaimberg** 11/22  
28 Cheshvan - November 29, 2024  
Dedicated by Livia & Sorin Rosen

## Remember and Honor

In loving memory of Rosie's brother  
**Robert Wasserman Z"l** November 5, 2016  
Reuven Fischel ben Yosef  
**4 Cheshvan** - November 5, 2024  
Dedicated by Rosie Wasserman

In loving memory of Sharon's mother  
**Faye Norman Z"l** October 25, 2021  
Fayge bat Meir  
**19 Cheshvan** - November 20, 2024  
Dedicated by Sharon Gates

In loving memory of Agnes' mother  
**Klara Feldheim Z"l** October 28, 2010  
Breindel Rachel bat Shmuel  
**20 Cheshvan** - November 21, 2024  
Dedicated by Agnes Preminger

## In Appreciation Of:

- ~ Rabbi Levi's Wisdom Circle classes. **Violette Epstein**
- ~ Aviva and the entire SOS team. Thank you for the wonderful dinners, programs, birthday and well check care calls. **Elizabeth Benamor**
- ~ Smile On Seniors for caring and for being inclusive and cognizant of seniors' needs. **Sari Greenbaum**
- ~ the delicious Wednesday meals delivered to my door by SOS. **Tibor (Ted) Bolgar**
- ~ Wednesday dinner delivery volunteer Vanessa Ezerzer for her loyalty and dedication. **Joyce Ostroff**
- ~ our children and grandchildren who enrich our lives and IY"Y will continue to. **Joy & Zvi Farkas**

# November 2024 Tishrei – Cheshvan 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
	 <p>Quartier Cavendish 514-303-2699</p>				<p><b>1</b> 30th of Tishrei Rosh Chodesh Cheshvan 5:22pm Candle lighting EXERCISE 11:30AM</p> 	<p><b>2</b> 1st of Cheshvan Parashat Noach Rosh Chodesh Cheshvan 6:26pm Havdalah</p>
<p><b>3</b> 2nd of Cheshvan</p>	<p><b>4</b> 3rd of Cheshvan <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity</b> at 1:00 PM</p>	<p><b>5</b> 4th of Cheshvan</p>	<p><b>6</b> 5th of Cheshvan EXERCISE 1:00 PM</p>	<p><b>7</b> 6th of Cheshvan JLI COURSE #1</p>	<p><b>8</b> 7th of Cheshvan 4:13pm Candle lighting EXERCISE 11:30AM</p> 	<p><b>9</b> 8th of Cheshvan Parashat Lech-Lecha 5:17pm Havdalah</p>
<p><b>10</b> 9th of Cheshvan</p>	<p><b>11</b> 10th of Cheshvan NO TWC <b>Activity</b> at 1:00 PM</p>	<p><b>12</b> 11th of Cheshvan</p>	<p><b>13</b> 12th of Cheshvan EXERCISE 1:00 PM</p>	<p><b>14</b> 13th of Cheshvan JLI COURSE #2</p>	<p><b>15</b> 14th of Cheshvan 4:05pm Candle lighting EXERCISE 11:30AM FRIDAY NIGHT EXPERIENCE</p> 	<p><b>16</b> 15th of Cheshvan Parashat Vayera 5:11pm Havdalah</p>
<p><b>17</b> 16th of Cheshvan</p>	<p><b>18</b> 17th of Cheshvan <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity</b> at 1:00 PM</p>	<p><b>19</b> 18th of Cheshvan</p>	<p><b>20</b> 19th of Cheshvan EXERCISE 1:00 PM</p>	<p><b>21</b> 20th of Cheshvan CAFFEINE FOR THE SOUL</p>	<p><b>22</b> 21st of Cheshvan 3:59pm Candle lighting EXERCISE 11:30AM</p> 	<p><b>23</b> 22nd of Cheshvan Parashat Chayei Sara 5:05pm Havdalah</p>
<p><b>24</b> 23rd of Cheshvan</p>	<p><b>25</b> 24th of Cheshvan <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity</b> at 1:00 PM</p>	<p><b>26</b> 25th of Cheshvan</p>	<p><b>27</b> 26th of Cheshvan EXERCISE 1:00 PM</p>	<p><b>28</b> 27th of Cheshvan</p>	<p><b>29</b> 28th of Cheshvan 3:55p Candle lighting EXERCISE 11:30AM</p> 	<p><b>30</b> 29th of Cheshvan Parashat Toldot Mevarchim Chodesh Kislev 5:02pm Havdalah</p>

# Happy Jewish Birthday

**Rosie Wasserman** 11/20  
2 Kislev - December 3, 2024  
Dedicated by Libby Aberback

**Margola Shuchat** 11/24  
9 Kislev - December 10, 2024

**Batya Devorah Naparstek** 12/09  
15 Kislev - December 16, 2024  
Rabbi Levi and Chaya's daughter

**Goldie Tripp Zucker** 12/19  
24 Kislev - December 25, 2024

# Remember and Honor

In loving memory of Lillian's mother  
**Sarah Geaser Diskin Z"L** November 24, 2004  
Sarah bat Lazer  
**11 Kislev** - December 12, 2024  
Dedicated by Lillian Preszow

In loving memory of Joy's mother  
**Roslyn Bier Z"L** November 23, 2018  
Raizel bat Zvi Liebman  
**15 Kislev** - December 16, 2024  
Dedicated by Joy Farkas

In loving memory of Dora's husband  
**Gabriel Schwimmer Z"L** December 24, 2022  
Gabriel ben Yosef  
**30 Kislev** - December 31, 2024  
Dedicated by Dora Schwimmer



Happy Hanukkah!  
Joyeuse Hanoukka!



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

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# December 2024 Cheshvan – Kislev 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT		
<b>1</b> 30th of Cheshvan Rosh Chodesh Kislev  <b>LIVESTREAM OF RABBIS CONFERENCE</b>	<b>2</b> 1st of Kislev, 5785 Rosh Chodesh Kislev  <b>NO TWC</b> Activity at 1:00 PM	<b>3</b> 2nd of Kislev	<b>4</b> 3rd of Kislev  EXERCISE 1:00 PM	<b>5</b> 4th of Kislev  CAFFEINE FOR THE SOUL	<b>6</b> 5th of Kislev 3:53pm Candle lighting  EXERCISE 11:30AM  	<b>7</b> 6th of Kislev Parashat Vayetzei 5:01pm Havdalah		
<b>8</b> 7th of Kislev	<b>9</b> 8th of Kislev  The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch  Activity at 1:00 PM	<b>10</b> 9th of Kislev	<b>11</b> 10th of Kislev  EXERCISE 1:00 PM	<b>12</b> 11th of Kislev  JLI COURSE #3	<b>13</b> 12th of Kislev 3:53pm Candle lighting  EXERCISE 11:30AM  	<b>14</b> 13th of Kislev Parashat Vayishlach 5:02pm Havdalah		
<b>15</b> 14th of Kislev	<b>16</b> 15th of Kislev  The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch  Activity at 1:00 PM	<b>17</b> 16th of Kislev	<b>18</b> 17th of Kislev  EXERCISE 1:00 PM	<b>19</b> 18th of Kislev  JLI COURSE #4	<b>20</b> 19th of Kislev 3:55pm Candle lighting  EXERCISE 11:30AM  	<b>21</b> 20th of Kislev Parashat Vayeshev 5:05pm Havdalah		
<b>22</b> 21st of Kislev	<b>23</b> 22nd of Kislev  The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch  Activity at 1:00 PM	<b>24</b> 23rd of Kislev	<b>25</b> 24th of Kislev 4:44pm Chanukah: 1 Candle	<b>26</b> 25th of Kislev 4:45pm Chanukah: 2 Candles  MUSICAL CHANUKAH CELEBRATION	<b>27</b> 26th of Kislev 3:59pm Chanukah: 3 Candles 3:59pm Candle lighting	<b>28</b> 27th of Kislev 5:09pm Chanukah: 4 Candles Parashat Miketz Mevarchim Chodesh Tevet 5:09pm Havdalah		
<b>29</b> 28th of Kislev 4:47pm Chanukah: 5 Candles  <b>PUBLIC MENORAH LIGHTING</b> CAR TOP MENORAH PARADE	<b>30</b> 29th of Kislev 4:48pm Chanukah: 6 Candles	<b>31</b> 30th of Kislev 4:49pm Chanukah: 7 Candles Rosh Chodesh Tevet						
								
								

# Happy Jewish Birthday

**Rabbi Levi Naparstek** 12/05  
2 Tevet - January 2, 2025

**Avraham Aharon Naparstek** 01/06  
23 Tevet - January 23, 2025  
Rabbi Levi and Chaya's son

In honor of Sharon's grandson  
**Bryce Alexander Letovsky** 01/17  
24 Tevet - January 24, 2025  
Dedicated by Sharon Gates

**Dora Schwimmer** 01/27  
26 Tevet - January 26, 2025

In honor of Sharon's grandson  
**Spencer Bruce Gates** 01/21  
28 Tevet - January 28, 2025  
Dedicated by Sharon Gates

**Warren Schmetterer** 01/21  
29 Tevet - January 29, 2025



# Remember and Honor

In loving memory of Fanny's father  
**Mardochée Sebbag Z"L** December 18, 2023  
Mordechai ben Messoda and Moshe  
**6 Tevet** - January 6, 2025  
Dedicated by Fanny Sebbag Oiknine

In loving memory of Blanca's aunt  
**Rosa Kabilio Z"L** January 1, 2010  
Bracha bat Eliezer  
**15 Tevet** - January 15, 2025  
Dedicated by Blanca Gaon

In loving memory of Fanny's mother  
**Zarie Perla Sebbag Z"L** January 7, 1996  
Zarie Perla bat Dada-Dida and Yehuda  
**15 Tevet** - January 15, 2025  
Dedicated by Fanny Sebbag Oiknine

In loving memory of Moe's mother  
**Margaret Schwartz Z"L** January 13, 1998  
Miriam bat Moshe  
**15 Tevet** - January 15, 2025  
Dedicated by Sheila and Moe Schwartz

In loving memory of Judy's husband & Ruth Markdorf's brother-in-law  
**Prosper Azran Z"L** January 7, 1989  
Messod ben Avraham  
**1 Shevat** - January 30, 2025  
Dedicated by Judy Azran

# January 2025 Tevet – Sh’vat 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
	 Restaurant <b>Deli Boyz</b> • Cachère • (MK) Quartier Cavendish 514-303-2699		<b>1</b> 1st of Tevet 4:50pm Chanukah: 8 Candles Rosh Chodesh Tevet	<b>2</b> 2nd of Tevet Chanukah: 8th Day JLI COURSE #5	<b>3</b> 3rd of Tevet 4:06pm Candle lighting	<b>4</b> 4th of Tevet Parashat Vayigash 5:15pm Havdalah
<b>5</b> 5th of Tevet	<b>6</b> 6th of Tevet NO TWC Activity at 1:00 PM	<b>7</b> 7th of Tevet	 <b>8</b> 8th of Tevet EXERCISE 1:00 PM	<b>9</b> 9th of Tevet JLI COURSE #6	 <b>10</b> 10th of Tevet Asara B'Teet 6:10am Fast begins 4:13pm Candle lighting 5:05pm Fast ends	<b>11</b> 11th of Tevet Parashat Vayechi 5:22pm Havdalah
<b>12</b> 12th of Tevet	<b>13</b> 13th of Tevet The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Activity at 1:00 PM	<b>14</b> 14th of Tevet	<b>15</b> 15th of Tevet EXERCISE 1:00 PM	<b>16</b> 16th of Tevet	 <b>17</b> 17th of Tevet 4:22pm Candle lighting EXERCISE 11:30AM	<b>18</b> 18th of Tevet Parashat Shemot 5:31pm Havdalah
<b>19</b> 19th of Tevet	<b>20</b> 20th of Tevet The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Activity at 1:00 PM	<b>21</b> 21st of Tevet	<b>22</b> 22nd of Tevet EXERCISE 1:00 PM	<b>23</b> 23rd of Tevet	 <b>24</b> 24th of Tevet 4:32pm Candle lighting EXERCISE 11:30AM	<b>25</b> 25th of Tevet Parashat Vaera Mevarchim Chodesh Sh'vat 5:39pm Havdalah
<b>26</b> 26th of Tevet FUNDRAISING CAMPAIGN	<b>27</b> 27th of Tevet The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch FUNDRAISING CAMPAIGN	<b>28</b> 28th of Tevet FUNDRAISING CAMPAIGN	<b>29</b> 29th of Tevet EXERCISE 1:00 PM	<b>30</b> 1st of Sh'vat Rosh Chodesh Sh'vat	 <b>31</b> 2nd of Sh'vat 4:42pm Candle lighting EXERCISE 11:30AM	

# Happy Jewish Birthday

**Lazar Zucker** 01/15  
4 Shevat - February 2, 2025

In honor of Libby's granddaughter-in-law  
**Brittany Aberback** 01/27  
5 Shevat - February 3, 2025  
Dedicated by Libby Aberback

In honor of Sharon's grandson  
**Nolan Edward Letovsky** 02/03  
9 Shevat - February 7, 2025  
Dedicated by Sharon Gates

**Erwin Luden** 02/14  
16 Shevat - February 14, 2025

**Violette Harroch** 02/13  
30 Shevat - February 28, 2025

# Remember and Honor

In loving memory of Judy and Ruth Markdorf's father  
**Louis Markdorf Z"L** January 27, 1980  
Lieber Lazer ben Yosef  
**9 Shevat** - February 7, 2025  
Dedicated by Judy Azran

In loving memory of Libby's husband  
**Mervin Aberback Z"L** January 19, 2022  
Moshe ben Mordechai  
**17 Shevat** - February 15, 2025  
Dedicated by Libby Aberback

In loving memory of Estelle's mother  
**Betty Fogel Z"L** January 27, 1992  
Pessy bat Mordechai Natan  
**22 Shevat** - February 20, 2025  
Dedicated by Estelle Fogel Hill

In loving memory of Sharon's father  
**Norm Norman Z"L** February 24, 1998  
Noach ben Mordechai  
**28 Shevat** - February 26, 2025  
Dedicated by Sharon Gates

In loving memory of Lillian's husband  
**Solomon Susser Z"L** February 24, 2017  
Shlomo ben Yaakov  
**28 Shevat** - February 26, 2025  
Dedicated by Lillian Susser



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# February 2025 Sh'vat 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
						<b>1</b> 3rd of Sh'vat Parashat Bo 5:49pm Havdalah
<b>2</b> 4th of Sh'vat	<b>3</b> 5th of Sh'vat The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Activity at 1:00 PM	<b>4</b> 6th of Sh'vat	<b>5</b> 7th of Sh'vat EXERCISE 1:00 PM	<b>6</b> 8th of Sh'vat JLI COURSE #1	<b>7</b> 9th of Sh'vat 4:52pm Candle lighting EXERCISE 11:30AM 	<b>8</b> 10th of Sh'vat Shabbat Shirah Parashat Beshalach 5:58pm Havdalah
<b>9</b> 11th of Sh'vat	<b>10</b> 12th of Sh'vat The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Activity at 1:00 PM	<b>11</b> 13th of Sh'vat	<b>12</b> 14th of Sh'vat EXERCISE 1:00 PM	<b>13</b> 15th of Sh'vat Tu BiShvat JLI COURSE #2	<b>14</b> 16th of Sh'vat 5:02pm Candle lighting EXERCISE 11:30AM 	<b>15</b> 17th of Sh'vat Parashat Yitro 6:08pm Havdalah
<b>16</b> 18th of Sh'vat	<b>17</b> 19th of Sh'vat The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Activity at 1:00 PM	<b>18</b> 20th of Sh'vat	<b>19</b> 21st of Sh'vat EXERCISE 1:00 PM	<b>20</b> 22nd of Sh'vat JLI COURSE #3	<b>21</b> 23rd of Sh'vat 5:12pm Candle lighting EXERCISE 11:30AM 	<b>22</b> 24th of Sh'vat Parashat Mishpatim Mevarchim Chodesh Adar 6:17pm Havdalah
<b>23</b> 25th of Sh'vat LIVESTREAM OF REBBETZINS CONFERENCE	<b>24</b> 26th of Sh'vat The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch Activity at 1:00 PM	<b>25</b> 27th of Sh'vat	<b>26</b> 28th of Sh'vat EXERCISE 1:00 PM	<b>27</b> 29th of Sh'vat JLI COURSE #4	<b>28</b> 30th of Sh'vat Rosh Chodesh Adar 5:22pm Candle lighting EXERCISE 11:30AM 	

# Happy Jewish Birthday

## **Aviva Fuchs**

6 Adar II - March 6, 2025

In honor of Olga's son

## **Abraham Bengio** 02/23

12 Adar - March 12, 2025

Dedicated by Olga Essebag

## **Bernice Luden** 02/26

13 Adar - March 13, 2025

In honor of Sharon's grandson

## **Samuel Noah Gates** 03/20

14 Adar II - March 14, 2025

Dedicated by Sharon Gates

## **Jacob Villeneuve** 03/24

18 Adar II - March 18, 2025

## **Estelle Fogel Hill** 03/21

24 Adar - March 24, 2025



# Remember and Honor

In loving memory of Sol's husband

**Jack Levy Z"L** February 9, 2024 Yaacov ben Mordechai

**1 Adar I** - March 1, 2025

Dedicated by Sol Levy

In loving memory of Marilyn's twin sister

**Florence Berger Greenspan Z"L** March 13, 1997

Shoshana bat Yehuda

**4 Adar II** - March 4, 2025

Dedicated by Marilyn Berger Tenenbaum

In loving memory of Agnes' husband

**Otto Preminger Z"L** February 18, 2002 Chaim ben Moishe

**6 Adar** - March 6, 2025

Dedicated by Agnes Preminger

In loving memory of Moe's father

**Alexander Schwartz Z"L** March 21, 1997

Eliyahu ben Avraham

**12 Adar** - March 12, 2025

Dedicated by Sheila and Moe Schwartz

In loving memory of Sheila's mother

**Hanna Wimisner Z"L** February 21, 1995

Chana Rivkah bat Shlomo Aryeh Hacoheh

**21 Adar** - March 21, 2025

Dedicated by Sheila and Moe Schwartz

In loving memory of Rosie's father

**Josef Wasserman Z"L** March 29, 2000 Yosef ben Yehudah

**22 Adar** - March 22, 2025

Dedicated by Rosie Wasserman

# March 2025 Adar – Nisan 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
	 <p>Quartier Cavendish 514-303-2699</p>					<b>1</b> 1st of Adar, 5785 Shabbat Shekalim Rosh Chodesh Adar Parashat Terumah 6:26pm Havdalah
<b>2</b> 2nd of Adar	<b>3</b> 3rd of Adar  The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch  Activity at 1:00 PM	<b>4</b> 4th of Adar	<b>5</b> 5th of Adar  EXERCISE 1:00 PM	<b>6</b> 6th of Adar  CAFFEINE FOR THE SOUL	<b>7</b> 7th of Adar 5:32pm Candle lighting  EXERCISE 11:30AM  	<b>8</b> 8th of Adar Shabbat Zachor Parashat Tetzaveh 6:36pm Havdalah
<b>9</b> 9th of Adar	<b>10</b> 10th of Adar  The Wisdom Circle 11:00 AM - 12:15 PM followed by lunch  Activity at 1:00 PM	<b>11</b> 11th of Adar	<b>12</b> 12th of Adar  EXERCISE 1:00 PM	<b>13</b> 13th of Adar Ta'anit Esther 5:54am Fast begins 7:28pm Fast ends Erev Purim	<b>14</b> 14th of Adar Purim 6:41pm Candle lighting  PURIM BRUNCH   	<b>15</b> 15th of Adar Shushan Purim Parashat Ki Tisa 7:45pm Havdalah
<b>16</b> 16th of Adar Purim Meshulash  	<b>17</b> 17th of Adar  NO TWC  No Activity	<b>18</b> 18th of Adar	<b>19</b> 19th of Adar  EXERCISE 1:00 PM	<b>20</b> 20th of Adar  JLI COURSE #5	<b>21</b> 21st of Adar 6:50p Candle lighting  EXERCISE 11:30AM  	<b>22</b> 22nd of Adar Shabbat Parah Parashat Vayakhel 7:55p Havdalah
<b>23</b> 23rd of Adar	<b>24</b> 24th of Adar  The Wisdom Circle 11:00 AM - 12:15 PM Activity at 1:00 PM	<b>25</b> 25th of Adar	<b>26</b> 26th of Adar  EXERCISE 1:00 PM	<b>27</b> 27th of Adar	<b>28</b> 28th of Adar 6:59pm Candle lighting  EXERCISE 11:30AM  	<b>29</b> 29th of Adar Shabbat HaChodesh Parashat Pekudei Mevarchim Chodesh Nisan 8:04pm Havdalah
<b>30</b> 1st of Nisan, 5785 Rosh Chodesh Nisan	<b>31</b> 2nd of Nisan  No TWC Activity at 1:00 PM					

# Happy Jewish Birthday

In honor of Libby's grandson  
**Joshua Aberback** 04/25  
30 Nissan - April 28, 2025  
Dedicated by Libby Aberback

# Remember and Honor

In loving memory of Bernie's father  
**Emanuel Chmielarz Z"L** April 17, 2005  
Emanuel ben Dov Halevy  
**8 Nissan** - April 6, 2025  
Dedicated by Bernie Lash



Happy Passover!  
Joyeux Pessah!



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

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# April 2025 Nisan – Iyar 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
		<b>1</b> 3rd of Nisan	<b>2</b> 4th of Nisan	<b>3</b> 5th of Nisan <b>JLI COURSE #6</b>	<b>4</b> 6th of Nisan <b>7:08pm</b> Candle lighting	<b>5</b> 7th of Nisan <b>Parashat Vayikra</b> <b>8:14pm</b> Havdalah
<b>6</b> 8th of Nisan	<b>7</b> 9th of Nisan <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity</b> at 1:00 PM	<b>8</b> 10th of Nisan	<b>9</b> 11th of Nisan	<b>10</b> 12th of Nisan Ta'anit Bechorot <b>4:44am</b> Fast begins <b>8:12pm</b> Fast ends	<b>11</b> 13th of Nisan <b>7:18pm</b> Candle lighting <b>Burn Chametz 11:33am</b>	<b>12</b> 14th of Nisan <b>Shabbat HaGadol</b> <b>Erev Pesach</b> <b>Parashat Tzav</b> Finish eating CH <b>10:12am</b> Dispose CH <b>11:33am</b> <b>8:23pm</b> Candle lighting
<b>13</b> 15th of Nisan <b>Pesach I</b> <b>8:25pm</b> Candle lighting	<b>14</b> 16th of Nisan <b>Pesach II</b> 1st day of the Omer <b>8:27pm</b> Havdalah	<b>15</b> 17th of Nisan <b>Pesach III (CH" M)</b> 2nd day of the Omer	<b>16</b> 18th of Nisan <b>Pesach IV (CH" M)</b> 3rd day of the Omer	<b>17</b> 19th of Nisan <b>Pesach V (CH" M)</b> 4th day of the Omer	<b>18</b> 20th of Nisan <b>Pesach VI (CH" M)</b> 5th day of the Omer <b>7:27pm</b> Candle lighting	<b>19</b> 21st of Nisan <b>Pesach VII</b> 6th day of the Omer <b>8:34pm</b> Candle lighting
<b>20</b> 22nd of Nisan <b>Pesach VIII</b> 7th day of the Omer <b>8:35pm</b> Havdalah	<b>21</b> 23rd of Nisan 8th day of the Omer <b>NO TWC</b> <b>NO ACTIVITY</b>	<b>22</b> 24th of Nisan 9th day of the Omer	<b>23</b> 25th of Nisan 10th day of the Omer <b>EXERCISE 1:00 PM</b>	<b>24</b> 26th of Nisan 11th day of the Omer <b>CAFFEINE FOR THE SOUL</b>	<b>25</b> 27th of Nisan 12th day of the Omer <b>7:36pm</b> Candle lighting <b>EXERCISE 11:30AM</b>	<b>26</b> 28th of Nisan 13th day of the Omer <b>Parashat Shmini</b> Mevarchim Chodesh Iyyar <b>8:44pm</b> Havdalah
<b>27</b> 29th of Nisan 14th day of the Omer	<b>28</b> 30th of Nisan <b>Rosh Chodesh Iyyar</b> 15th day of the Omer <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity</b> at 1:00 PM	<b>29</b> 1st of Iyar <b>Rosh Chodesh Iyyar</b> 16th day of the Omer	<b>30</b> 2nd of Iyar 17th day of the Omer <b>EXERCISE 1:00 PM</b>			

# Happy Jewish Birthday

**Bernie Lash** 05/05  
10 Iyar - May 8, 2025

**Marilyn Chernack** 05/13  
14 Iyar - May 12, 2025

**Isay Benzwy** 05/28  
27 Iyar - May 25, 2025



# Remember and Honor

In loving memory of Rosie's mother  
**Fanny Gontschar Wasserman Z"L** May 13, 2008  
Fanny bat Eliyahu  
**8 Iyar** - May 6, 2025  
Dedicated by Rosie Wasserman

In loving memory of Bernie's uncle  
**Noah Chmielash Z"L** May 6, 2015 Noah ben Dov Halevy  
**17 Iyar** - May 15, 2025  
Dedicated by Bernie Lash

In loving memory of Blanca's father  
**Albert Gaon Z"L** May 28, 1978 Abraham ben David  
**21 Iyar** - May 19, 2025  
Dedicated by Blanca Gaon

In loving memory of Marilyn's husband  
**Marcel Tenenbaum Z"L** May 17, 2023  
Mordechai ben Jerma  
**26 Iyar** - May 24, 2025  
Dedicated by Marilyn Berger Tenenbaum

In loving memory of Ethel's brother  
**Louie Leder Z"L** June 7, 2024  
Eliezer Yaakov ben David Moshe  
**1 Sivan** - May 28, 2025  
Dedicated by Ethel Igel

In loving memory of Lillian's husband  
**Gerry Preszow Z"L** May 16, 2018  
Gershon ben Fischel  
**2 Sivan** - May 29, 2025  
Dedicated by Lillian Preszow

# May 2025 Iyar – Sivan 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
	 <p>Quartier Cavendish 514-303-2699</p>			<b>1</b> 3rd of Iyar 18th day of the Omer	<b>2</b> 4th of Iyar 19th day of the Omer <b>7:45pm</b> Candle lighting <b>EXERCISE 11:30AM</b> 	<b>3</b> 5th of Iyar 20th day of the Omer Parashat Tazria-Metzora <b>8:55pm</b> Havdalah
<b>4</b> 6th of Iyar 21st day of the Omer	<b>5</b> 7th of Iyar 22nd day of the Omer <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Exclusive Member Event</b>	<b>6</b> 8th of Iyar 23rd day of the Omer	<b>7</b> 9th of Iyar 24th day of the Omer <b>EXERCISE 1:00 PM</b>	<b>8</b> 10th of Iyar 25th day of the Omer <b>CAFFEINE FOR THE SOUL</b>	<b>9</b> 11th of Iyar 26th day of the Omer <b>7:53pm</b> Candle lighting <b>EXERCISE 11:30AM</b> 	<b>10</b> 12th of Iyar 27th day of the Omer Parashat Achrei Mot-Kedoshim <b>9:05pm</b> Havdalah
<b>11</b> 13th of Iyar 28th day of the Omer	<b>12</b> 14th of Iyar 29th day of the Omer <b>Pesach Shenit</b> <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity at 1:00 PM</b>	<b>13</b> 15th of Iyar 30th day of the Omer	<b>14</b> 16th of Iyar 31st day of the Omer <b>EXERCISE 1:00 PM</b>	<b>15</b> 17th of Iyar 32nd day of the Omer	<b>16</b> 18th of Iyar 33rd day of the Omer <b>Lag BaOmer</b> <b>8:02pm</b> Candle lighting <b>FRIDAY NIGHT EXPERIENCE</b> 	<b>17</b> 19th of Iyar 34th day of the Omer Parashat Emor <b>9:15pm</b> Havdalah
<b>18</b> 20th of Iyar 35th day of the Omer	<b>19</b> 21st of Iyar 36th day of the Omer <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity at 1:00 PM</b>	<b>20</b> 22nd of Iyar 37th day of the Omer	<b>21</b> 23rd of Iyar 38th day of the Omer <b>EXERCISE 1:00 PM</b>	<b>22</b> 24th of Iyar 39th day of the Omer <b>CAFFEINE FOR THE SOUL</b>	<b>23</b> 25th of Iyar 40th day of the Omer <b>8:09pm</b> Candle lighting <b>EXERCISE 11:30AM</b> 	<b>24</b> 26th of Iyar 41st day of the Omer Parashat Behar-Bechukotai Mevarchim Chodesh Sivan <b>9:24pm</b> Havdalah
<b>25</b> 27th of Iyar 42nd day of the Omer	<b>26</b> 28th of Iyar 43rd day of the Omer <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch <b>Activity at 1:00 PM</b>	<b>27</b> 29th of Iyar 44th day of the Omer	<b>28</b> 1st of Sivan 45th day of the Omer <b>Rosh Chodesh Sivan</b> <b>EXERCISE 1:00 PM</b>	<b>29</b> 2nd of Sivan 46th day of the Omer	<b>30</b> 3rd of Sivan 47th day of the Omer <b>8:16pm</b> Candle lighting <b>EXERCISE 11:30AM</b>	<b>31</b> 4th of Sivan 48th day of the Omer Parashat Bamidbar <b>9:32pm</b> Havdalah

# Happy Jewish Birthday

**Yosef Yitzchak Naparstek** 06/08

5 Sivan - June 1, 2025

Rabbi Levi and Chaya's son

**Toby Shulman** 05/23

8 Sivan - June 4, 2025

**Michael Aberback** 06/09

21 Sivan - June 17, 2025

Dedicated by Libby Aberback



# Remember and Honor

In loving memory of Lillian's father

**Louie Diskin Z"L** June 8, 1990

Lazer ben Yehudah

**15 Sivan** - June 11, 2025

Dedicated by Lillian Preszow

In loving memory of Ruby's husband

**Eddie Heft Z"L** June 11, 2012

Chaim ben Elia

**21 Sivan** - June 17, 2025

Dedicated by Ruby Heft

In loving memory of Toby's mother

**Fanny Bassior Goldner Z"L** June 20, 2009

Feige Sima bat Akiva

**28 Sivan** - June 24, 2025

Dedicated by Toby Shulman

In loving memory of Rosie's grandmother

**Edel Gontschar Z"L** June 11, 1972

Eidel bat Avraham

**29 Sivan** - June 25, 2025

Dedicated by Rosie Wasserman

In loving memory of Agnes' father

**Alexander Majerovits Z"L** June 27, 2006

Shloime ben Yisroel

**1 Tammuz** - June 27, 2025

Dedicated by Agnes Preminger

# June 2025 Sivan – Tamuz 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<b>1</b> 5th of Sivan <b>Erev Shavuot</b> 49th day of the Omer <b>8:18pm</b> Candle lighting 	<b>2</b> 6th of Sivan <b>Shavuot I</b> <b>9:34pm</b> Candle lighting  	<b>3</b> 7th of Sivan <b>Shavuot II</b> <b>9:35pm</b> Havdalah	<b>4</b> 8th of Sivan  <b>EXERCISE 1:00 PM</b>	<b>5</b> 9th of Sivan	<b>6</b> 10th of Sivan <b>8:22pm</b> Candle lighting  <b>EXERCISE 11:30AM</b> 	<b>7</b> 11th of Sivan <b>Parashat Nasso</b> <b>9:39pm</b> Havdalah
<b>8</b> 12th of Sivan	<b>9</b> 13th of Sivan  <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch  <b>Activity at 1:00 PM</b>	<b>10</b> 14th of Sivan	<b>11</b> 15th of Sivan  <b>EXERCISE 1:00 PM</b>	<b>12</b> 16th of Sivan  <b>CAFFEINE FOR THE SOUL</b>	<b>13</b> 17th of Sivan <b>8:26pm</b> Candle lighting  <b>EXERCISE 11:30AM</b> 	<b>14</b> 18th of Sivan <b>Parashat Beha'alotcha</b> <b>9:43pm</b> Havdalah
<b>15</b> 19th of Sivan	<b>16</b> 20th of Sivan  <b>The Wisdom Circle</b> 11:00 AM - 12:15 PM followed by lunch  <b>Activity at 1:00 PM</b>	<b>17</b> 21st of Sivan	<b>18</b> 22nd of Sivan  <b>EXERCISE 1:00 PM</b>	<b>19</b> 23rd of Sivan	<b>20</b> 24th of Sivan <b>8:28pm</b> Candle lighting  <b>EXERCISE 11:30AM</b> 	<b>21</b> 25th of Sivan <b>Parashat Sh'lach</b> Mevarchim Chodesh Tamuz <b>9:46pm</b> Havdalah
<b>22</b> 26th of Sivan	<b>23</b> 27th of Sivan	<b>24</b> 28th of Sivan	<b>25</b> 29th of Sivan	<b>26</b> 30th of Sivan <b>Rosh Chodesh Tamuz</b>  <b>SHABBAT IN CROWN HEIGHTS</b>	<b>27</b> 1st of Tamuz <b>Rosh Chodesh Tamuz</b> <b>8:29pm</b> Candle lighting  <b>SHABBAT IN CROWN HEIGHTS</b> 	<b>28</b> 2nd of Tamuz <b>Parashat Korach</b> <b>9:46pm</b> Havdalah  <b>SHABBAT IN CROWN HEIGHTS</b>
<b>29</b> 3rd of Tamuz  <b>SHABBAT IN CROWN HEIGHTS</b>	<b>30</b> 4th of Tamuz	  				

# Happy Jewish Birthday

In honor of Sylvia's grandson  
**Eddy Mashal** 07/12  
16 Tammuz - July 12, 2025  
Dedicated by Sylvia Mashal

In honor of Sylvia's granddaughter  
**Sarah Mashal** 07/03  
23 Tammuz - July 19, 2025  
Dedicated by Sylvia Mashal

**Charlotte Amiga Benzwy** 07/17  
24 Tammuz - July 20, 2025

**Libby Aberback** 07/27  
26 Tammuz - July 22, 2025

**Chaya Naparstek** 08/08  
6 Menachem Av - July 31, 2025

# Remember and Honor

In loving memory of Sharon's husband  
**Bruce Gates Z"L** July 25, 2022  
Boruch ben Pinchas  
**26 Tammuz** - July 22, 2025  
Dedicated by Sharon Gates

In loving memory of Ruth Markdorf's husband  
and Judy's brother-in-law  
**Harvey Herschel Zalter Z"L** August 2, 2024  
**27 Tammuz** - July 23, 2025  
Dedicated by Judy Azran

In loving memory of Margola's sister  
**Elizabeth Shuchat Schwartz Z"L** July 12, 1999  
Elisheva bat R' Ze'ev  
**29 Tammuz** - July 25, 2025  
Dedicated by Margola Shuchat



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# July 2025 Tamuz – Av 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
		<b>1</b> 5th of Tamuz	<b>2</b> 6th of Tamuz	<b>3</b> 7th of Tamuz	<b>4</b> 8th of Tamuz 8:28pm Candle lighting 	<b>5</b> 9th of Tamuz Parashat Chukat 9:43pm Havdalah
<b>6</b> 10th of Tamuz	<b>7</b> 11th of Tamuz	<b>8</b> 12th of Tamuz	<b>9</b> 13th of Tamuz	<b>10</b> 14th of Tamuz	<b>11</b> 15th of Tamuz 8:24pm Candle lighting 	<b>12</b> 16th of Tamuz Parashat Balak 9:38pm Havdalah
<b>13</b> 17th of Tamuz Fast day 3:35am Fast begins 9:18pm Fast ends	<b>14</b> 18th of Tamuz	<b>15</b> 19th of Tamuz	<b>16</b> 20th of Tamuz	<b>17</b> 21st of Tamuz	<b>18</b> 22nd of Tamuz 8:19pm Candle lighting 	<b>19</b> 23rd of Tamuz Parashat Pinchas Mevarchim Chodesh Av 9:31pm Havdalah
<b>20</b> 24th of Tamuz	<b>21</b> 25th of Tamuz	<b>22</b> 26th of Tamuz	<b>23</b> 27th of Tamuz	<b>24</b> 28th of Tamuz	<b>25</b> 29th of Tamuz 8:12pm Candle lighting 	<b>26</b> 1st of Av, 5785 Rosh Chodesh Av Parashat Matot-Mase 9:23pm Havdalah
<b>27</b> 2nd of Av	<b>28</b> 3rd of Av	<b>29</b> 4th of Av	<b>30</b> 5th of Av	<b>31</b> 6th of Av	 Quartier Cavendish 514-303-2699	

## Happy Jewish Birthday

**Sylvia Mashal** 08/10

8 Menachem Av - August 2, 2025

In honor of Joyce's milestone birthday

**Joyce Ostroff** 08/11

22 Menachem Av - August 16, 2025

**Florence Schmetterer** 08/19

28 Menachem Av - August 22, 2025

## Remember and Honor

In loving memory of Ruby's son

**Harold Heft Z"L** July 23, 2015 Aharon ben Chaim

**7 Menachem Av** - August 1, 2025

Dedicated by Ruby Heft

In loving memory of Blanca's mother

**Gracia Gaon Z"L** July 22, 1994

Bracha bat Eliezer

**14 Menachem Av** - August 8, 2025

Dedicated by Blanca Gaon

In loving memory of Sheila's father

**David Wimisner Z"L** August 2, 1974

Eliyahu David ben Menachem

**14 Menachem Av** - August 8, 2025

Dedicated by Sheila and Moe Schwartz

## Remember and Honor

In loving memory of Lillian's sister

**Anne Diskin Benjamin Z"L** August 19, 2016

Chanah bat Lazer

**15 Menachem Av** - August 9, 2025

Dedicated by Lillian Preszow

In loving memory of Bernie's mother

**Chaja Chmielarz Z"L** August 3, 2007

Chaya bat Itzchok

**19 Menachem Av** - August 13, 2025

Dedicated by Bernie Lash

In loving memory of Joy's father

**Nathan Bier Z"L** August 11, 1963

Noach Zalman ben Avraham Abba Hacoheh

**21 Menachem Av** - August 15, 2025

Dedicated by Joy Farkas

In loving memory of Blanca's brother

**David Gaon Z"L** August 20, 1979

David ben Abraham

**28 Menachem Av** - August 22, 2025

Dedicated by Blanca Gaon

In loving memory of Clara's husband

**Yaheskel Sayegh Z"L** September 3, 2022

Yaheskel ben Shlomo

**7 Elul** - August 31, 2025

Dedicated by Sayegh Family

# August 2025 Av – Elul 5785

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
					<b>1</b> 7th of Av <b>8:04pm</b> Candle lighting 	<b>2</b> 8th of Av <b>Shabbat Chazon</b> <b>8:19pm</b> Fast begins Erev Tish'a B'Av Parashat Devarim <b>9:12pm</b> Havdalah
<b>3</b> 9th of Av Tish'a B'Av <b>9:01pm</b> Fast ends	<b>4</b> 10th of Av	<b>5</b> 11th of Av	<b>6</b> 12th of Av	<b>7</b> 13th of Av	<b>8</b> 14th of Av <b>7:54pm</b> Candle lighting 	<b>9</b> 15th of Av Tu B'Av <b>Shabbat Nachamu</b> Parashat Vaetchanan <b>9:01pm</b> Havdalah
<b>10</b> 16th of Av	<b>11</b> 17th of Av	<b>12</b> 18th of Av	<b>13</b> 19th of Av	<b>14</b> 20th of Av	<b>15</b> 21st of Av <b>7:43pm</b> Candle lighting 	<b>16</b> 22nd of Av Parashat Eikev <b>8:48pm</b> Havdalah
<b>17</b> 23rd of Av	<b>18</b> 24th of Av	<b>19</b> 25th of Av	<b>20</b> 26th of Av	<b>21</b> 27th of Av	<b>22</b> 28th of Av <b>7:31pm</b> Candle lighting 	<b>23</b> 29th of Av Parashat Re'eh Mevarchim Chodesh Elul <b>8:35pm</b> Havdalah
<b>24</b> 30th of Av Rosh Chodesh Elul	<b>25</b> 1st of Elul, 5785 Rosh Hashana LaBehemot Rosh Chodesh Elul	<b>26</b> 2nd of Elul	<b>27</b> 3rd of Elul	<b>28</b> 4th of Elul	<b>29</b> 5th of Elul <b>7:19pm</b> Candle lighting 	<b>30</b> 6th of Elul Parashat Shoftim <b>8:22pm</b> Havdalah
<b>31</b> 7th of Elul						



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