



PROGRAM CALENDAR

5786 | 2025-2026

Where connections grow, friendships flourish and smiles shine



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

Message from the Directors

Dear Community,

With September's arrival, we welcome a new season in our organization, another year of shared experiences, continued learning, and meaningful connection.

This fresh beginning coincides with a particularly reflective time in the Jewish calendar: the High Holidays. Rosh Hashanah and Yom Kippur invite us to pause, to look back with honesty and forward with hope. These weeks carry deep themes of renewal, introspection, and resilience.

In much the same way, the start of a new season offers us a chance to reset our intentions, embrace new opportunities, and return to the familiar rhythm of community. The calendar may turn its pages, but our values remain constant: gathering with purpose, learning from the past, and moving forward with care.

As this new chapter unfolds, may each day guide you toward your aspirations, bring you joy, and nurture meaningful growth. And with the start of the new year, may peace and gentle sweetness surround us all.

Shanah Tovah U'Metukah – a good and sweet year.

Warm regards,

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

Estelle Fogel Hill

Sharon Gates

Lou Kirschner

Nancy Kirschner

Estie Kleinfeld

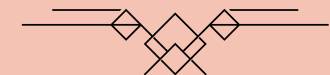
Bernie Lash

Hava Mizrahi

Agnes Preminger

Ann Singer

Goldie Tripp Zucker



Smile On Seniors is a division of

Beth Chabad CSL

and is 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.

In Brandy's honor, her husband Baruch and their children dedicated a Sefer Torah in her memory.

In the photo, you see Rabbi Levi with his family writing one of the final letters in the Sefer Torah at his parents' home, during the Siyum Sefer Torah ceremony.



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 monthly brochures, weekly emails and flyers or call Aviva.

MONDAY PROGRAMS

- **The Wisdom Circle** 11:00 AM followed by lunch
- **Exercise Fusion** 1:00 - 2:00 PM

WEDNESDAY PROGRAMS

- **Weekly Program** 11:00 AM followed by lunch
- **Exercise Fusion** 1:00 - 2:00 PM

THURSDAY PROGRAMS

- **Educational Courses (JLI)**

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 spirited debates on modern-day issues and controversial topics. Followed by lunch (sponsorships available).

WEEKLY WEDNESDAY PROGRAMS

Weekly social gathering with workshops, lectures, art, cooking, baking, brain games, movies and so much more. Followed by lunch.

EXERCISE FUSION

A combination of movement, strength training, flexibility, balance and many other wellness practices.

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 *Caffeine for the Soul* Classes with Rebbetzin Chaya Naparstek and periodic 4-6 week *JLI* courses with Rabbi Levi Naparstek.

SPECIAL EVENTS

New Season Kickoff, Monthly Jewish Birthday Celebrations, Friday Night Experience, Exclusive Member Event and Shabbat in the Heights - New York Trip.

For exact dates and program topics, look out for the monthly brochures, 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 Wednesday programs 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**

Please note: Chabad CSL 2025-2026 members in good standing are eligible for a complimentary Silver Membership. You may upgrade to Gold Membership at any time for additional benefits.

In Appreciation Of:

~ Aviva and Smile On Seniors. **Elizabeth Benamor**

~ Aviva for her wonderful and thoughtful work. **Sandie Birnbaum**

~ Our children & grandchildren. **Joy and Zvi Farkas**

~ My loving granddaughter Sophie Glass' acceptance into the prestigious Wharton School of Business. **Judy Glass**

~ "my 7 wonders"- grandchildren: Amanda, Matthew, Samantha, Justin, Zachary, Alexandra and Ashlee whose accomplishments this year have brought me a deep sense of pride and joy. **Eleanor Gross**

~ Chaya, Rabbi Levi and Aviva for their kindness and support. **Margola Shuchat**

~ Rabbi Levi and Chaya Naparstek's dedication to Smile On Seniors. **Vicky Szyf**

~ The Wisdom Circle - keeping us forever young. **Jacob Villeneuve**

~ Aviva Fuchs for her amazing work, dedication and heartfelt commitment as Assistant Director of Smile On Seniors. We thank you from the bottom of our hearts! **Rosie Wasserman**

~ All the support that I received from Mrs. Sarah Raskin, Smile On Seniors, my sons Shaughnessy and Shemar, good friends and Rabbi Gottesman and Rabbi Glustein's class at the Vaad Ha'ir. **Marleen Whittaker**

~ Aviva Fuchs for teaching me how to read Hebrew. **Marleen Whittaker**

Shanah vah

~ To all my friends at SOS and everyone at Beth Chabad. Wishing you all good health and prosperity.
To Am Yisrael and Eretz Yisrael - may this year bring peace and many blessings.

Am Yisrael Chai **from Marilyn Chernack**

~ To the clergy, staff, SOS members and volunteers **from Toby Goldner Shulman**

~ To my children, grandchildren, Smile On Seniors, Rabbi Levi, Chaya, children & extended family
from Nancy & Louis Kirschner

~ K'tivah V'chatimah Tovah. B'sorot Tovot **from Linda & Jack Lehrer**

~ To my children and grandchildren **from Jeannine Lumbroso**

~ To everyone in the SOS family, blessings for good health, shalom and simchah **from Sayegh Family**

~ To the clergy, staff and members of Smile On Seniors **from Sheila & Moe Schwartz**

~ Health, Happiness and Nachat. We wish Klal Yisrael to be inscribed in the Book of Life **from Riva & Michael Sidloi**

~ À toute la communauté, à ma chère famille, et que cette année apporte la paix en Israël **de la part de Liliane Soussan**

~ To Rabbi Levi, Chaya, Aviva and SOS friends, may you all be blessed with good health and happiness
and may there be peace in Israel **from Marleen Whittaker**

~ To my beloved family and may there be peace in Israel **from Arlene Winston**

~ Wishing everyone health, happiness and peace in the New Year **from Goldie & Lazar Zucker**

Happy Jewish Birthday

In honor of Ann's grandson's 17th birthday

Harry Miller 09/09

9 Elul - September 2, 2025

Dedicated by Ann Singer

In honor of Arlene's son-in-law's 60th birthday

Steven Lubotta 09/06

9 Elul - September 2, 2025

Dedicated by Arlene Winston

Gladys Mooallem 09/18

17 Elul - September 10, 2025

Sheila Pleet 09/15

23 Elul - September 16, 2025

In honor of Judy's great-granddaughter

Hylan Oded 09/27

24 Elul - September 17, 2025

Dedicated by Judy Rosseutscher

Lenny Pleet 09/17

4 Tishrei - September 26, 2025

In honor of Ann's grandson's 15th birthday

Ilan Singer 09/13

5 Tishrei - September 27, 2025

Dedicated by Ann Singer

Happy 25th Anniversary

In honor of Ann's daughter and son-in-law

Lisa and Farrel Miller September 9

Dedicated by Ann Singer

Remember and Honor

In loving memory of Sol's sister-in-law

Esther Levy Z"l September 5, 2023 Esther bat Mordechai

19 Elul - September 12, 2025

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 15, 2025

Dedicated by Judy Azran

In loving memory of Lynda's grandmother

Reisa Muchnick Z"l September 14, 1974 Reisa bat Avraham

27 Elul - September 20, 2025

Dedicated by Lynda Milstein

In loving memory of Joy's sister

Yenita Bier Z"l September 16, 2018

Yetta Rachel bat Noach Zalman Hacoheh

7 Tishrei - September 29, 2025

Dedicated by Joy Farkas

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
	1 8th of Elul The Wisdom Circle 11:00 AM followed by Lunch	2 9th of Elul	3 10th of Elul Exercise Fusion 1:00 - 2:00 PM	4 11th of Elul	5 12th of Elul 7:06p Candle lighting	6 13th of Elul Parashat Ki Teitzei 8:08p Havdalah
7 14th of Elul	8 15th of Elul The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	9 16th of Elul	10 17th of Elul Kickoff Event 11:00am - 1:00pm Exercise Fusion 1:00 - 2:00 PM	11 18th of Elul	12 19th of Elul 6:52p Candle lighting	13 20th of Elul Shabbat Selichot Parashat Ki Tavo 7:54p Havdalah
14 21st of Elul	15 22nd of Elul The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	16 23rd of Elul	17 24th of Elul Exercise Fusion 1:00 - 2:00 PM	18 25th of Elul	19 26th of Elul 6:39p Candle lighting	20 27th of Elul Parashat Nitzavim 7:40p Havdalah
21 28th of Elul	22 29th of Elul Erev Rosh Hashanah 6:33p Candle lighting Rosh Hashanah Dinner	23 1st of Tishrei, 5786 Rosh Hashanah 5786 7:34p Candle lighting	24 2nd of Tishrei Rosh Hashanah II 7:32p Havdalah	25 3rd of Tishrei Tzom Gedaliah 5:29a Fast begins 7:15p Fast ends	26 4th of Tishrei 6:25p Candle lighting	27 5th of Tishrei Shabbat Shuvah Parashat Vayeilech 7:26p Havdalah
28 6th of Tishrei	29 7th of Tishrei The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	30 8th of Tishrei				 <p>Restaurant Deli Boyz • Cachère • MK Quartier Cavendish 514-303-2699</p>

Happy Jewish Birthday

Judy Rossdeutscher 09/18
9 Tishrei - October 1, 2025

In honor of Libby's daughter
Joy Aberback 10/24
22 Tishrei - October 14, 2025
Dedicated by Libby Aberback

Blanca Gaon 10/23
26 Tishrei - October 18, 2025

In honor of Judy's great-granddaughter
Olivia Jordan Krol 10/04
28 Tishrei - October 20, 2025
Dedicated by Judy Rossdeutscher

Happy 19th Anniversary


In honor of Rosie's son and daughter-in-law
Adam Avissar and Murielle Mergui October 29
Dedicated by Rosie Wasserman

Remember and Honor

In loving memory of Sylvia's husband
Maurice Mashal Z"L October 1, 2023
Chaim ben Aharon
16 Tishrei - October 8, 2025
Dedicated by Sylvia Mashal

In loving memory of Rosie's brother
Robert Wasserman Z"L November 5, 2016
Reuven Fischel ben Yosef
4 Cheshvan - October 26, 2025
Dedicated by Rosie Wasserman



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
			1 9th of Tishrei Erev Yom Kippur 6:16p Candle lighting	2 10th of Tishrei Yom Kippur Yizkor 7:16p Havdalah	3 11th of Tishrei 6:12p Candle lighting	4 12th of Tishrei Parashat Ha'azinu 7:13p Havdalah
5 13th of Tishrei	6 14th of Tishrei Erev Sukkot 6:06p Candle lighting	7 15th of Tishrei Sukkot I 7:07p Candle lighting	8 16th of Tishrei Sukkot II 7:05p Havdalah SOS Kiddush	9 17th of Tishrei Sukkot III (CH" M)	10 18th of Tishrei Sukkot IV (CH" M) 5:59p Candle lighting	11 19th of Tishrei Sukkot V (CH" M) 7:00p Havdalah
12 20th of Tishrei Sukkot VI (CH" M) Simchat Beth Hashoevah	13 21st of Tishrei Sukkot VII (Hoshana Raba) 5:53p Candle lighting	14 22nd of Tishrei Shmini Atzeret Yizkor 6:55p Candle lighting	15 23rd of Tishrei Simchat Torah 6:53p Havdalah	16 24th of Tishrei	17 25th of Tishrei 5:46p Candle lighting	18 26th of Tishrei Parashat Bereshit Mevarchim Chodesh Cheshvan 6:48p Havdalah
19 27th of Tishrei	20 28th of Tishrei The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	21 29th of Tishrei	22 30th of Tishrei Rosh Chodesh Cheshvan Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	23 1st of Cheshvan Rosh Chodesh Cheshvan	24 2nd of Cheshvan 5:35p Candle lighting	25 3rd of Cheshvan Parashat Noach 6:37p Havdalah
26 4th of Cheshvan	27 5th of Cheshvan The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	28 6th of Cheshvan	29 7th of Cheshvan Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	30 8th of Cheshvan	31 9th of Cheshvan 5:24p Candle lighting	

Happy Jewish Birthday

In honor of Arlene's granddaughter's 30th birthday

Amanda Lubotta Goloff 11/06

13 Cheshvan - November 4, 2025

Dedicated by Arlene Winston

In honor of Sharon's grandson

Jacob Ethan Gates 10/18

14 Cheshvan - November 5, 2025

Dedicated by Sharon Gates

In honor of Sheila and Lenny's grandson

Max Harold Issley 10/20

16 Cheshvan - November 7, 2025

Dedicated by Sheila and Lenny Pleet

In honor of Livia's mother

Irina Vaimberg 11/22

28 Cheshvan - November 19, 2025

Dedicated by Livia & Sorin Rosen

Lillian Preszow 11/22

28 Cheshvan - November 19, 2025

In honor of

Rosie Wasserman 11/20

2 Kislev - November 22, 2025

Dedicated by Libby Aberback

Happy Jewish Birthday

In honor of Arlene's granddaughter

Carlie Lubotta 11/25

6 Kislev - November 26, 2025

Dedicated by Arlene Winston

Margola Shuchat 11/24

9 Kislev - November 29, 2025

Remember and Honor

In loving memory of Vicky's father

Eliyahu Piamenta Z"l October 27, 2023 Eliyahu Ben Yosef

12 Cheshvan - November 3, 2025

Dedicated by Vicky Szyf

In loving memory of Sharon's mother

Faye Norman Z"l October 25, 2021

Fayge bat Meir

19 Cheshvan - November 10, 2025

Dedicated by Sharon Gates


In loving memory of Agnes' mother

Klara Feldheim Z"l October 28, 2010

Breindel Rachel bat Shmuel

20 Cheshvan - November 11, 2025

Dedicated by Agnes Preminger

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
 Restaurant Deli Boyz • Cachère • (VK) Quartier Cavendish 514-303-2699						1 10th of Cheshvan Parashat Lech-Lecha 6:27p Havdalah
2 11th of Cheshvan	3 12th of Cheshvan The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	4 13th of Cheshvan	5 14th of Cheshvan Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	6 15th of Cheshvan	7 16th of Cheshvan 4:14p Candle lighting	8 17th of Cheshvan Parashat Vayera 5:19p Havdalah
9 18th of Cheshvan	10 19th of Cheshvan The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	11 20th of Cheshvan	12 21st of Cheshvan Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	13 22nd of Cheshvan	14 23rd of Cheshvan 4:06p Candle lighting	15 24th of Cheshvan Parashat Chayei Sara Mevarchim Chodesh Kislev 5:12p Havdalah
16 25th of Cheshvan Livestream of International Conference of Chabad Rabbis	17 26th of Cheshvan Exercise Fusion 1:00 - 2:00 PM	18 27th of Cheshvan	19 28th of Cheshvan Exercise Fusion 1:00 - 2:00 PM	20 29th of Cheshvan	21 1st of Kislev Rosh Chodesh Kislev 4:00p Candle lighting Friday Night Experience	22 2nd of Kislev Parashat Toldot 5:06p Havdalah
23 3rd of Kislev	24 4th of Kislev The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	25 5th of Kislev	26 6th of Kislev Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	27 7th of Kislev	28 8th of Kislev 3:55p Candle lighting	29 9th of Kislev Parashat Vayetzei 5:03p Havdalah
30 10th of Kislev	Exercise Fusion 1:00 - 2:00 PM		Exercise Fusion 1:00 - 2:00 PM			

Happy Jewish Birthday

Batya Devorah Naparstek 12/09
15 Kislev - December 5, 2025
Rabbi Levi and Chaya's daughter

Breindy Naparstek 12/23
22 Kislev - December 12, 2025
Rabbi Levi and Chaya's daughter

In honor of Libby's daughter
Beverly Aberback 12/08
23 Kislev - December 13, 2025
Dedicated by Libby Aberback

Goldie Tripp Zucker 12/19
24 Kislev - December 14, 2025

Rabbi Levi Naparstek 12/05
2 Tevet - December 22, 2025



Remember and Honor

In loving memory of Lillian's mother
Sarah Geaser Diskin Z"l November 24, 2004
Sarah bat Lazer
11 Kislev - December 1, 2025
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 5, 2025
Dedicated by Joy Farkas

In loving memory of Ruby's mother
Anne Chana Lenet Z"l December 12, 2000
15 Kislev - December 5, 2025
Dedicated by Ruby Heft

In loving memory of Dora's husband
Gabriel Schwimmer Z"l December 24, 2022
Gabriel ben Yosef
30 Kislev - December 20, 2025
Dedicated by Dora Schwimmer

In loving memory of Fanny's father
Mardochee Sebbag Z"l December 18, 2023
Mordechai ben Messoda and Moshe
6 Tevet - December 26, 2025
Dedicated by Fanny Sebbag Oiknine

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
	1 11th of Kislev The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	2 12th of Kislev	3 13th of Kislev Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	4 14th of Kislev	5 15th of Kislev 3:53p Candle lighting	6 16th of Kislev Parashat Vayishlach 5:01p Havdalah
7 17th of Kislev	8 18th of Kislev The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	9 19th of Kislev	10 20th of Kislev Exercise Fusion 1:00 - 2:00 PM	11 21st of Kislev	12 22nd of Kislev 3:53p Candle lighting	13 23rd of Kislev Parashat Vayeshev Mevarchim Chodesh Tevet 5:02p Havdalah
14 24th of Kislev 4:39p Chanukah: 1 Candle	15 25th of Kislev 4:40p Chanukah: 2 Candles The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	16 26th of Kislev 4:40p Chanukah: 3 Candles	17 27th of Kislev 4:40p Chanukah: 4 Candles Exercise Fusion 1:00 - 2:00 PM Public Menorah Lighting and Car-top Menorah Parade	18 28th of Kislev 4:41p Chanukah: 5 Candles Musical Chanukah Celebration	19 29th of Kislev 3:55p Chanukah: 6 Candles 3:54p Candle lighting	20 30th of Kislev 5:04p Chanukah: 7 Candles Rosh Chodesh Tevet Parashat Miketz 5:04p Havdalah
21 1st of Tevet 4:42p Chanukah: 8 Candles Rosh Chodesh Tevet	22 2nd of Tevet Chanukah: 8th Day Exercise Fusion 1:00 - 2:00 PM	23 3rd of Tevet	24 4th of Tevet Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	25 5th of Tevet	26 6th of Tevet 3:58p Candle lighting	27 7th of Tevet Parashat Vayigash 5:08p Havdalah
28 8th of Tevet	29 9th of Tevet The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	30 10th of Tevet Asara B'Tevet 6:10a Fast begins 4:54p Fast ends	31 11th of Tevet			



Happy Jewish Birthday

Sol Levy 01/11
22 Tevet - January 11, 2026

Avraham Aharon Naparstek 01/06
23 Tevet - January 12, 2026
Rabbi Levi and Chaya's son

In honor of Judy's great-grandson
Cameron Kirstein 01/08
24 Tevet - January 13, 2026
Dedicated by Judy Rossdeutscher

In honor of Sharon's grandson
Bryce Alexander Letovsky 01/17
24 Tevet - January 13, 2026
Dedicated by Sharon Gates

Dora Schwimmer 01/27
26 Tevet - January 15, 2026

In honor of Sharon's grandson
Spencer Bruce Gates 01/21
28 Tevet - January 17, 2026
Dedicated by Sharon Gates

Warren Schmetterer 01/21
29 Tevet - January 18, 2026

Lazar Zucker 01/15
4 Shevat - January 22, 2026

Happy Jewish Birthday

In honor of Sharon's grandson
Nolan Edward Letovsky 02/03
9 Shevat - January 27, 2026
Dedicated by Sharon Gates

Dalia Rashty 02/02
12 Shevat - January 30, 2026

Remember and Honor

In loving memory of Blanca's aunt
Rosa Levi Kabilio Z"l January 1, 2010 Bracha bat Eliezer
15 Tevet - January 4, 2026
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 4, 2026
Dedicated by Fanny Sebbag Oiknine

In loving memory of
Judy's husband and Ruth Markdorf's brother-in-law
Prosper Azran Z"l January 7, 1989 Messod ben Avraham
1 Shevat - January 19, 2026
Dedicated by Judy Azran

In loving memory of Judy and Ruth Markdorf's father
Louis Markdorf Z"l January 27, 1980 Lieber Lazer ben Yosef
9 Shevat - January 27, 2026
Dedicated by Judy Azran

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT							
<p><i>Happy 65th Anniversary</i></p> <p>In honor of Libby's sister-in-law and brother-in-law Sonia and Allan Aberback January 29 Dedicated by Libby Aberback</p>			 <p>Restaurant Deli Boyz Cachère MK</p> <p>Quartier Cavendish 514-303-2699</p>	1	12th of Tevet	2	13th of Tevet 4:04p Candle lighting	3	14th of Tevet Parashat Vayechi 5:14p Havdalah				
4	15th of Tevet	5	16th of Tevet	6	17th of Tevet	7	18th of Tevet	8	19th of Tevet	9	20th of Tevet 4:12p Candle lighting	10	21st of Tevet Parashat Shemot 5:21p Havdalah
		<p>The Wisdom Circle 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>		<p>Program 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>									
11	22nd of Tevet	12	23rd of Tevet	13	24th of Tevet	14	25th of Tevet	15	26th of Tevet	16	27th of Tevet 4:20p Candle lighting	17	28th of Tevet Parashat Vaera MevarchimChodesh Shevat 5:29p Havdalah
		<p>The Wisdom Circle 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>		<p>Program 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>									
18	29th of Tevet	19	1st of Shevat Rosh Chodesh Shevat	20	2nd of Shevat	21	3rd of Shevat	22	4th of Shevat	23	5th of Shevat 4:30p Candle lighting	24	6th of Shevat Parashat Bo 5:38p Havdalah
		<p>The Wisdom Circle 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>		<p>Program 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>									
25	7th of Shevat	26	8th of Shevat	27	9th of Shevat	28	10th of Shevat	29	11th of Shevat	30	12th of Shevat 4:40p Candle lighting	31	13th of Shevat Shabbat Shirah Parashat Beshalach 5:47p Havdalah
<p>Fundraising Campaign</p>	<p>Fundraising Campaign</p>	<p>Fundraising Campaign</p>		<p>Program 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>									

Remember and Honor

In loving memory of Carol's husband

Solomon Katz Z"L January 24, 2024

Shlomo ben Yehoshua HaKohen

14 Shevat - February 1, 2026

Dedicated by Carol Katz

In loving memory of Libby's husband

Mervin Aberback Z"L January 19, 2022 Moshe ben Mordechai

17 Shevat - February 4, 2026

Dedicated by Libby Aberback

In loving memory of Bernie's brother-in-law

David Stoch Z"L January 29, 2016

Dovid ben Moshe Halevi

19 Shevat - February 6, 2026

Dedicated by Bernie Lash

In loving memory of Estelle's mother

Betty Fogel Z"L January 27, 1992

Pessy bat Mordechai Natan

22 Shevat - February 9, 2026

Dedicated by Estelle Fogel Hill

In loving memory of Lynda's father

Max Milstein Z"L February 17, 1982 Mordechai ben Shmuel

25 Shevat - February 12, 2026

Dedicated by Lynda Milstein

In loving memory of Lynda's grandfather

Max Muchnick Z"L February 19, 1955 Mordechai ben Yaacov

27 Shevat - February 14, 2026

Dedicated by Lynda Milstein

Remember and Honor

In loving memory of Sharon's father

Norm Norman Z"L February 24, 1998

Noach ben Mordechai

28 Shevat - February 15, 2026

Dedicated by Sharon Gates

In loving memory of Lillian's husband

Solomon Susser Z"L February 24, 2017 Shlomo ben Yaakov

28 Shevat - February 15, 2026

Dedicated by Lillian Susser

In loving memory of Sol's husband

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

1 Adar I - February 18, 2026

Dedicated by Sol Levy

In loving memory of Lynda's mother

Anne Milstein Z"L March 11, 1997

Chana bat Mordechai

2 Adar II - February 19, 2026

Dedicated by Lynda Milstein

In loving memory of Marilyn's twin sister

Florence Berger Greenspan Z"L March 13, 1997

Shoshana bat Yehuda

4 Adar II - February 21, 2026

Dedicated by Marilyn Berger Tenenbaum


In loving memory of Agnes' husband

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

6 Adar - February 23, 2026

Dedicated by Agnes Preminger

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SHABBAT	
1	14th of Shevat	2	15th of Shevat Tu BiShvat	3	16th of Shevat	4	17th of Shevat	5	18th of Shevat	6	19th of Shevat 4:50p Candle lighting	7	20th of Shevat Parashat Yitro 5:56p Havdalah
		The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM				Exercise Fusion 1:00 - 2:00 PM							
8	21st of Shevat	9	22nd of Shevat	10	23rd of Shevat	11	24th of Shevat	12	25th of Shevat	13	26th of Shevat 5:00p Candle lighting	14	27th of Shevat Shabbat Shekalim Parashat Mishpatim Mevarchim Chodesh Adar 6:06p Havdalah
		The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM				Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM							
		Livestream of International Conference of Chabad Rebbetzins											
15	28th of Shevat	16	29th of Shevat	17	30th of Shevat Rosh Chodesh Adar	18	1st of Adar Rosh Chodesh Adar	19	2nd of Adar	20	3rd of Adar 5:10p Candle lighting	21	4th of Adar Parashat Terumah 6:15p Havdalah
		The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM				Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM							
22	5th of Adar	23	6th of Adar	24	7th of Adar	25	8th of Adar	26	9th of Adar	27	10th of Adar 5:20p Candle lighting	28	11th of Adar Shabbat Zachor Parashat Tetzaveh 6:25p Havdalah
		The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM				Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM							

	In honor of Judy's great-grandson Abel Brooks Adler 02/19 28 Shevat - February 15, 2026 Dedicated by Judy Rosssdeutscher	Aviva Fuchs 03/12 6 Adar II - February 23, 2026 In honor of Rosie's granddaughter's 18th birthday Orly Rachel Avissar 03/15 8 Adar II - February 25, 2026	Ethel Igel 02/20 10 Adar I - February 27, 2026
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Happy Jewish Birthday

In honor of Sharon's grandson
Samuel Noah Gates 03/20
14 Adar II - March 3, 2026
Dedicated by Sharon Gates

In honor of Arlene's great-grandson
Mason Axler 03/26
16 Adar II - March 5, 2026
Dedicated by Arlene Winston

Estelle Fogel Hill 03/21
24 Adar - March 13, 2026



Remember and Honor

In loving memory of Marleen's niece
Shanice Elisa Ileen Phinn OBM March 7, 2021
March 7, 2026
Dedicated by Marleen Whittaker

In loving memory of Vicky's mother
Hannah Piamenta Z"L March 15, 2009 Hannah bat Moshe
19 Adar - March 8, 2026
Dedicated by Vicky Szyf

In loving memory of Rosie's father
Josef Wasserman Z"L March 29, 2000 Yosef ben Yehudah
22 Adar - March 11, 2026
Dedicated by Rosie Wasserman

In loving memory of Gladys' husband
Jamil-Joseph Mooallem Z"L February 29, 2008
Joseph ben Zion
23 Adar I - March 12, 2026
Dedicated by Gladys Mooallem

In loving memory of Marleen's mother
Ileen Zipporah Z"L April 1, 2008
25 Adar II - March 14, 2026
Dedicated by Marleen Whittaker

In loving memory of Bernie's father
Emanuel Chmielarz Z"L April 17, 2005
Emanuel ben Dov HaLevi
8 Nissan - March 26, 2026
Dedicated by Bernie Lash

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
1 12th of Adar	2 13th of Adar Ta'anit Esther 5:15a Fast begins 6:13p Fast ends Erev Purim	3 14th of Adar Purim Purim Party 10:00 AM - 12:00 PM	4 15th of Adar Shushan Purim Exercise Fusion 1:00 - 2:00 PM	5 16th of Adar	6 17th of Adar 5:30p Candle lighting	7 18th of Adar Shabbat Parah Parashat Ki Tisa 6:34p Havdalah
8 19th of Adar	9 20th of Adar The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	10 21st of Adar	11 22nd of Adar Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	12 23rd of Adar	13 24th of Adar 6:39p Candle lighting	14 25th of Adar Shabbat HaChodesh Parashat Vayakhel-Pekudei Mevarchim Chodesh Nissan 7:44p Havdalah
15 26th of Adar	16 27th of Adar The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	17 28th of Adar	18 29th of Adar Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	19 1st of Nissan Rosh Chodesh Nissan	20 2nd of Nissan 6:49p Candle lighting	21 3rd of Nissan Parashat Vayikra 7:53p Havdalah
22 4th of Nissan	23 5th of Nissan Exercise Fusion 1:00 - 2:00 PM	24 6th of Nissan	25 7th of Nissan Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	26 8th of Nissan	27 9th of Nissan 6:58p Candle lighting	28 10th of Nissan Shabbat HaGadol Parashat Tzav 8:03p Havdalah
29 11th of Nissan	30 12th of Nissan The Wisdom Circle 11:00 AM followed by Lunch	31 13th of Nissan				



Happy Jewish Birthday

In honor of Judy's great-granddaughter
Zoey Morgan Silver 03/30
17 Nissan - April 4, 2026
Dedicated by Judy Rosseutsch

In honor of Judy's great-grandson
Theodore Michael Apter 04/25
29 Nissan - April 16, 2026
Dedicated by Judy Rosseutsch

In honor of Judy's great-granddaughter
Isabella Grace Adler 04/18
3 Iyar - April 20, 2026
Dedicated by Judy Rosseutsch

Jeannine Lumbroso 04/23
6 Iyar - April 23, 2026

Bernie Lash 05/05
10 Iyar - April 27, 2026



Remember and Honor

In loving memory of Rosie's mother
Fanny Gontschar Wasserman Z"l May 13, 2008
Fanny bat Eliyahu
8 Iyar - April 25, 2026
Dedicated by Rosie Wasserman


Location 1  6680 Park Ave, Montréal, QC
 514-279-3663 (Ext 1)
 yankypizzamtl@gmail.com



Location 2  5816 Av. Westminster, Côte Saint-Luc, QC
 438-818-PIZA (7492)
 yankypizzacsl@gmail.com



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Montréal, QC
 514-731-1221
 lefalafelplus@gmail.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
			1 14th of Nissan 4:58a Ta'anit Bechorot Erev Pesach Eat Chametz until 10:22a Burn chametz before 11:39a 7:04p Candle lighting Communal Seder	2 15th of Nissan Pesach I 8:09p Candle lighting Communal Seder	3 16th of Nissan Pesach II 1st day of the Omer 7:07p Candle lighting	4 17th of Nissan Pesach III (CH" M) 2nd day of the Omer 8:12p Havdalah
5 18th of Nissan Pesach IV (CH" M) 3rd day of the Omer	6 19th of Nissan Pesach V (CH" M) 4th day of the Omer	7 20th of Nissan Pesach VI (CH" M) 5th day of the Omer 7:12p Candle lighting	8 21st of Nissan Pesach VII 6th day of the Omer 8:18p Candle lighting	9 22nd of Nissan Pesach VIII Yizkor 7th day of the Omer 8:19p Havdalah	10 23rd of Nissan 8th day of the Omer 7:16p Candle lighting	11 24th of Nissan Parashat Shmini 9th day of the Omer Mevarchim Chodesh Iyar 8:22p Havdalah
12 25th of Nissan 10th day of the Omer	13 26th of Nissan 11th day of the Omer The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	14 27th of Nissan 12th day of the Omer	15 28th of Nissan 13th day of the Omer Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	16 29th of Nissan 14th day of the Omer	17 30th of Nissan Rosh Chodesh Iyar 15th day of the Omer 7:25p Candle lighting	18 1st of Iyar Rosh Chodesh Iyar Parashat Tazria-Metzora 16th day of the Omer 8:32p Havdalah
19 2nd of Iyar 17th day of the Omer	20 3rd of Iyar 18th day of the Omer The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	21 4th of Iyar 19th day of the Omer	22 5th of Iyar 20th day of the Omer Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	23 6th of Iyar 21st day of the Omer	24 7th of Iyar 22nd day of the Omer 7:34p Candle lighting	25 8th of Iyar Parashat Achrei Mot-Kedoshim 23rd day of the Omer 8:43p Havdalah
26 9th of Iyar 24th day of the Omer	27 10th of Iyar 25th day of the Omer The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	28 11th of Iyar 26th day of the Omer	29 12th of Iyar 27th day of the Omer Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	30 13th of Iyar 28th day of the Omer		



Happy Jewish Birthday

Marilyn Chernack 05/13
14 Iyar - May 1, 2026

Yosef Yitzchak Naparstek 06/08
5 Sivan - May 21, 2026
Rabbi Levi and Chaya's son

In honor of Sharon's granddaughter
Romie Lucy Gates 05/14
16 Iyar - May 3, 2026
Dedicated by Sharon Gates

Isay Benzwy 05/28
27 Iyar - May 14, 2026

In honor of Ann's milestone birthday
Ann Singer 06/01
11 Sivan - May 27, 2026

In honor of Judy's great-grandson
Jackson Phillip Apter 06/12
14 Sivan - May 30, 2026
Dedicated by Judy Rossdeutsch



Remember and Honor

In loving memory of Bernie's uncle
Noah Chmielash Z"L May 6, 2015
Noah ben Dov HaLevi
17 Iyar - May 4, 2026
Dedicated by Bernie Lash


In loving memory of Blanca's father
Albert Gaon Z"L May 28, 1978 Abraham ben David
21 Iyar - May 8, 2026
Dedicated by Blanca Gaon

In loving memory of Marilyn's husband
Marcel Tenenbaum Z"L May 17, 2023
Mordechai ben Jerma
26 Iyar - May 13, 2026
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 17, 2026
Dedicated by Ethel Igel

In loving memory of Lillian's husband
Gerry Preszow Z"L May 16, 2018 Gershon ben Fischel
2 Sivan - May 18, 2026
Dedicated by Lillian Preszow

In loving memory of Lillian's father
Louie Diskin Z"L June 8, 1990 Lazer ben Yehudah
15 Sivan - May 31, 2026
Dedicated by Lillian Preszow

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
 <p>Restaurant Deli Boyz Cachère MK</p> <p>Quartier Cavendish 514-303-2699</p>					<p>1 14th of Iyar Pesach Sheni 29th day of the Omer 7:43p Candle lighting</p> <p>Shabbat in the Heights</p>	<p>2 15th of Iyar Parashat Emor 30th day of the Omer 8:53p Havdalah</p> <p>Shabbat in the Heights</p>
<p>3 16th of Iyar 31st day of the Omer</p> <p>Shabbat in the Heights</p>	<p>4 17th of Iyar 32nd day of the Omer</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>	<p>5 18th of Iyar Lag BaOmer 33rd day of the Omer</p> <p>Lag BaOmer Program</p>	<p>6 19th of Iyar 34th day of the Omer</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>	<p>7 20th of Iyar 35th day of the Omer</p>	<p>8 21st of Iyar 36th day of the Omer 7:52p Candle lighting</p>	<p>9 22nd of Iyar Parashat Behar-Bechukotai 37th day of the Omer 9:03p Havdalah</p>
<p>10 23rd of Iyar 38th day of the Omer</p>	<p>11 24th of Iyar 39th day of the Omer</p> <p>The Wisdom Circle 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>	<p>12 25th of Iyar 40th day of the Omer</p>	<p>13 26th of Iyar 41st day of the Omer</p> <p>Program 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>	<p>14 27th of Iyar 42nd day of the Omer</p>	<p>15 28th of Iyar 43rd day of the Omer 8:00p Candle lighting</p>	<p>16 29th of Iyar Parashat Bamidbar 44th day of the Omer Mevarchim Chodesh Sivan 9:13p Havdalah</p>
<p>17 1st of Sivan Rosh Chodesh Sivan 45th day of the Omer</p>	<p>18 2nd of Sivan 46th day of the Omer</p> <p>The Wisdom Circle 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>	<p>19 3rd of Sivan 47th day of the Omer</p>	<p>20 4th of Sivan 48th day of the Omer</p> <p>Program 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>	<p>21 5th of Sivan 49th day of the Omer Erev Shavuot 8:07p Candle lighting</p>	<p>22 6th of Sivan Shavuot I 8:08p Candle lighting</p>	<p>23 7th of Sivan Shavuot II Yizkor 9:22p Havdalah</p>
<p>24 8th of Sivan</p>	<p>25 9th of Sivan</p> <p>The Wisdom Circle 11:00 AM followed by Lunch</p> <p>Exercise Fusion 1:00 - 2:00 PM</p>	<p>26 10th of Sivan</p>	<p>27 11th of Sivan</p> <p>Exclusive Member Event</p>	<p>28 12th of Sivan</p>	<p>29 13th of Sivan 8:15p Candle lighting</p>	<p>30 14th of Sivan Parashat Nasso 9:31p Havdalah</p>
<p>31 15th of Sivan</p>	<p>Exercise Fusion 1:00 - 2:00 PM</p>					

Happy Jewish Birthday

In honor of Libby's son
Michael Aberback 06/09
21 Sivan - June 6, 2026
Dedicated by Libby Aberback

In honor of Judy's great-granddaughter
Bree Alexis Silver 07/02
29 Sivan - June 14, 2026
Dedicated by Judy Rossdeutsch

In honor of Judy's great-granddaughter
Dylan Kirstein 06/19
30 Sivan - June 15, 2026
Dedicated by Judy Rossdeutsch

Marleen Whittaker 06/10
1 Tammuz - June 16, 2026

Remember and Honor

In loving memory of Toby's mother
Fanny Bassior Goldner Z"L June 20, 2009
Feige Sima bat Akiva
28 Sivan - June 13, 2026
Dedicated by Toby Goldner Shulman

In loving memory of Rosie's grandmother
Eidel Gontschar Z"L June 11, 1972
Eidel bat Avraham
29 Sivan - June 14, 2026
Dedicated by Rosie Wasserman

In loving memory of Agnes' father
Alexander Majerovits Z"L June 27, 2006
Shloime ben Yisroel
1 Tammuz - June 16, 2026
Dedicated by Agnes Preminger



Daniel Concister
Courtier immobilier résidentiel
Residential Real Estate Broker

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www.pharmaprix.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
	1 16th of Sivan Exercise Fusion 1:00 - 2:00 PM	2 17th of Sivan	3 18th of Sivan Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	4 19th of Sivan	5 20th of Sivan 8:21p Candle lighting	6 21st of Sivan Parashat Beha'alotcha 9:38p Havdalah
7 22nd of Sivan	8 23rd of Sivan The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	9 24th of Sivan	10 25th of Sivan Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	11 26th of Sivan	12 27th of Sivan 8:25p Candle lighting	13 28th of Sivan Parashat Sh'lach Mevarchim Chodesh Tammuz 9:43p Havdalah
14 29th of Sivan	15 30th of Sivan Rosh Chodesh Tammuz The Wisdom Circle 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	16 1st of Tammuz Rosh Chodesh Tammuz	17 2nd of Tammuz Program 11:00 AM followed by Lunch Exercise Fusion 1:00 - 2:00 PM	18 3rd of Tammuz	19 4th of Tammuz 8:28p Candle lighting	20 5th of Tammuz Parashat Korach 9:45p Havdalah
21 6th of Tammuz	22 7th of Tammuz	23 8th of Tammuz	24 9th of Tammuz	25 10th of Tammuz	26 11th of Tammuz 8:29p Candle lighting	27 12th of Tammuz Parashat Chukat-Balak 9:46p Havdalah
28 13th of Tammuz	29 14th of Tammuz	30 15th of Tammuz				



Happy Jewish Birthday

In honor of Sylvia's grandson
Eddy Mashal 07/12
16 Tammuz - July 1, 2026
Dedicated by Sylvia Mashal

In honor of Sylvia's granddaughter
Sarah Mashal 07/03
23 Tammuz - July 8, 2026
Dedicated by Sylvia Mashal

Charlotte Amiga Benzwy 07/17
24 Tammuz - July 9, 2026

Libby Aberback 07/27
26 Tammuz - July 11, 2026

Rebbetzin Chaya Naparstek 08/08
6 Menachem Av - July 20, 2026

Sylvia Mashal 08/10
8 Menachem Av - July 22, 2026

In honor of Judy's great-grandson
Jedian Oded 08/05
15 Menachem Av - July 29, 2026
Dedicated by Judy Rossdeutscher

Remember and Honor


In loving memory of Sharon's husband
Bruce Gates Z"l July 25, 2022
Boruch ben Pinchas
26 Tammuz - July 11, 2026
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 12, 2026
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 14, 2026
Dedicated by Margola Shuchat

In loving memory of Blanca's mother
Gracia Gaon Z"l July 22, 1994
Bracha bat Eliezer
14 Menachem Av - July 28, 2026
Dedicated by Blanca Gaon

In loving memory of Lillian's sister
Anne Diskin Benjamin Z"l August 19, 2016
Chanah bat Lazer
15 Menachem Av - July 29, 2026
Dedicated by Lillian Preszow

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT							
<p>Stay tuned for the dates and times of our summer Wisdom Circle and Exercise Fusion classes</p>			1	16th of Tammuz	2	17th of Tammuz 3:23a Fast begins 9:24p Fast ends	3	18th of Tammuz 8:28p Candle lighting	4	19th of Tammuz Parashat Pinchas 9:44p Havdalah			
			5	20th of Tammuz	6	21st of Tammuz	7	22nd of Tammuz	8	23rd of Tammuz	9	24th of Tammuz	10
12	27th of Tammuz	13	28th of Tammuz	14	29th of Tammuz	15	1st of Av Rosh Chodesh Av	16	2nd of Av	17	3rd of Av 8:20p Candle lighting	18	4th of Av Shabbat Chazon Parashat Devarim 9:33p Havdalah
19	5th of Av	20	6th of Av	21	7th of Av	22	8th of Av Erev Tish'a B'Av 8:33p Fast begins	23	9th of Av Tish'a B'Av 9:16p Fast ends	24	10th of Av 8:13p Candle lighting	25	11th of Av Shabbat Nachamu Parashat Vaetchanan 9:24p Havdalah
26	12th of Av	27	13th of Av	28	14th of Av	29	15th of Av Tu B'Av	30	16th of Av	31	17th of Av 8:05p Candle lighting	 <p>Restaurant Deli Boyz • Cachère • MK Quartier Cavendish 514-303-2699</p>	

Happy Jewish Birthday

In honor of Judy's great-grandson
Carter Matthew Apter 08/11
21 Menachem Av - August 4, 2026
Dedicated by Judy Rossdeutscher

Florence Schmetterer 08/19
28 Menachem Av - August 11, 2026

In honor of Judy's great-granddaughter
Logan Oded 08/15
4 Elul - August 17, 2026
Dedicated by Judy Rossdeutscher

In honor of Judy's great-grandson
Emmitt Charlie Adler 08/26
6 Elul - August 19, 2026
Dedicated by Judy Rossdeutscher

In honor of Judy's great-grandson
Logan Tyler Krol 09/09
6 Elul - August 19, 2026
Dedicated by Judy Rossdeutscher

Happy 32nd Anniversary

In honor of Ann's son and daughter-in-law
Jeffrey and Nathalie Singer August 31
Dedicated by Ann Singer

Remember and Honor

In loving memory of Toby's father
Peter Goldner Z"L August 13, 1987
Pesach ben Avraham Yosef HaLevi
18 Menachem Av - August 1, 2026
Dedicated by Toby Goldner Shulman

In loving memory of Bernie's mother
Chaja Chmielarz Z"L August 3, 2007 Chaya bat Itzchok
19 Menachem Av - August 2, 2026
Dedicated by Bernie Lash

In loving memory of Joy's father
Nathan Bier Z"L August 11, 1963
Noach Zalman ben Avraham Abba HaKohen
21 Menachem Av - August 4, 2026
Dedicated by Joy Farkas

In loving memory of Elaine's sister
Linda Katz Z"L August 20, 2022
Minya bat Yechiel HaKohen
23 Menachem Av - August 6, 2026
Dedicated by Elaine Katz and Siblings

In loving memory of Ruby's father
Sam Shimon Lenet Z"L August 27, 1981
27 Menachem Av - August 10, 2026
Dedicated by Ruby Heft

In loving memory of Blanca's brother
David Gaon Z"L August 20, 1979 David ben Abraham
28 Menachem Av - August 11, 2026
Dedicated by Blanca Gaon

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SHABBAT	
 <p>Restaurant Deli Boyz • Cachère • MK</p> <p>Quartier Cavendish 514-303-2699</p>		<p>Stay tuned for the dates and times of our summer Wisdom Circle and Exercise Fusion classes</p>										1	18th of Av Parashat Eikev 9:14p Havdalah
2	19th of Av	3	20th of Av	4	21st of Av	5	22nd of Av	6	23rd of Av	7	24th of Av 7:56p Candle lighting	8	25th of Av Parashat Re'eh Mevarchim Chodesh Elul 9:03p Havdalah
9	26th of Av	10	27th of Av	11	28th of Av	12	29th of Av	13	30th of Av Rosh Chodesh Elul	14	1st of Elul Rosh Chodesh Elul 7:45p Candle lighting	15	2nd of Elul Parashat Shoftim 8:51p Havdalah
16	3rd of Elul	17	4th of Elul	18	5th of Elul	19	6th of Elul	20	7th of Elul	21	8th of Elul 7:33p Candle lighting	22	9th of Elul Parashat Ki Teitzei 8:38p Havdalah
23	10th of Elul	24	11th of Elul	25	12th of Elul	26	13th of Elul	27	14th of Elul	28	15th of Elul 7:21p Candle lighting	29	16th of Elul Parashat Ki Tavo 8:24p Havdalah
30	17th of Elul	31	18th of Elul										

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
		1	2	3	4	5
6	7	8	9	10	11 29th of Elul Erev Rosh Hashana	12 1st of Tishrei, 5787 Rosh Hashana 5787
13 2nd of Tishrei Rosh Hashana II	14 3rd of Tishrei Tzom Gedaliah	15	16	17	18	19
20 9th of Tishrei Erev Yom Kippur	21 10th of Tishrei Yom Kippur Yizkor	22	23	24	25 14th of Tishrei Erev Sukkot	26 15th of Tishrei Sukkot I
27 16th of Tishrei Sukkot II	28	29	30			

**MAKE
THIS
YEAR**
Sweeter



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