

<b>Date</b>	<b>Time</b>	<b>Duration (approximate)</b>	<b>Description/Subject</b>
October 10, 2023	8am - 8pm	4 hours	War in Israel
October 11, 2023	8am - 8pm	4 hours	War in Israel
October 12, 2023	8am - 8pm	4 hours	War in Israel
October 13, 2023	8am - 8pm	4 hours	War in Israel
October 15, 2023	8am - 8pm	4 hours	War in Israel
October 16, 2023	8am - 8pm	4 hours	War in Israel
October 17, 2023	8am - 8pm	4 hours	War in Israel
October 18, 2023	8am - 8pm	4 hours	War in Israel
October 19, 2023	8am - 8pm	4 hours	War in Israel
October 20, 2023	8am - 8pm	4 hours	War in Israel
November 3, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
November 6, 2023	5:30pm	15 minutes	Dealing with Trauma
November 10, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
November 17, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
November 22, 2023	5:30pm	10 minutes	Interest Rates and Real Estate
November 24, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
December 1, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
December 7, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 8, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
December 8, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 9, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 10, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 11, 2023	5pm	10 minutes	Teaching about 10/7 thru art
December 11, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 12, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 13, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 14, 2023	5pm	10 minutes	Hanukah Candle Lighting
December 15, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
December 22, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat
December 29, 2023	4pm	15 minutes	Rabbi Commentary on Shabbat

<b>Date</b>	<b>Time</b>	<b>Duration (approximate)</b>	<b>Description/Subject</b>
January 1, 2024	6am	2 Minutes	Prayers
January 2, 2024	6am	2 Minutes	Prayers
January 3, 2024	6am	2 Minutes	Prayers
January 4, 2024	6am	2 Minutes	Prayers
January 5, 2024	6am	2 Minutes	Prayers
January 5, 2024	3:30pm	15 Minutes	Chabad Torah Portion
January 5, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
January 7, 2024	6am	2 Minutes	Prayers
January 8, 2024	6am	2 Minutes	Prayers
January 9, 2024	6am	2 Minutes	Prayers
January 10, 2024	6am	2 Minutes	Prayers
January 11, 2024	6am	2 Minutes	Prayers
January 12, 2024	6am	2 Minutes	Prayers
January 12, 2024	3:30pm	15 Minutes	Chabad Torah Portion
January 12, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
January 14, 2024	6am	2 Minutes	Prayers
January 15, 2024	6am	2 Minutes	Prayers
January 16, 2024	6am	2 Minutes	Prayers
January 17, 2024	6am	2 Minutes	Prayers
January 18, 2024	6am	2 Minutes	Prayers
January 19, 2024	6am	2 Minutes	Prayers
January 19, 2024	3:30pm	15 Minutes	Chabad Torah Portion
January 19, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
January 21, 2024	6am	2 Minutes	Prayers
January 22, 2024	6am	2 Minutes	Prayers
January 23, 2024	6am	2 Minutes	Prayers
January 24, 2024	6am	2 Minutes	Prayers
January 25, 2024	6am	2 Minutes	Prayers
January 26, 2024	6am	2 Minutes	Prayers
January 26, 2024	3:30pm	15 Minutes	Chabad Torah Portion
January 26, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
January 28, 2024	6am	2 Minutes	Prayers
January 29, 2024	6am	2 Minutes	Prayers
January 30, 2024	6am	2 Minutes	Prayers
January 31, 2024	6am	2 Minutes	Prayers
February 1, 2024	6am	2 Minutes	Prayers
February 2, 2024	6am	2 Minutes	Prayers
February 2, 2024	3:30pm	15 Minutes	Chabad Torah Portion
February 2, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
February 4, 2024	6am	2 Minutes	Prayers
February 5, 2024	6am	2 Minutes	Prayers
February 6, 2024	6am	2 Minutes	Prayers
February 7, 2024	6am	2 Minutes	Prayers
February 8, 2024	6am	2 Minutes	Prayers
February 9, 2024	6am	2 Minutes	Prayers
February 9, 2024	3:30pm	15 Minutes	Chabad Torah Portion
February 9, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
February 11, 2024	6am	2 Minutes	Prayers

February 12, 2024	6am	2 Minutes	Prayers
February 13, 2024	6am	2 Minutes	Prayers
February 14, 2024	6am	2 Minutes	Prayers
February 15, 2024	6am	2 Minutes	Prayers
February 16, 2024	6am	2 Minutes	Prayers
February 16, 2024	3:30pm	15 Minutes	Chabad Torah Portion
February 16, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
February 18, 2024	6am	2 Minutes	Prayers
February 19, 2024	6am	2 Minutes	Prayers
February 20, 2024	6am	2 Minutes	Prayers
February 21, 2024	6am	2 Minutes	Prayers
February 22, 2024	6am	2 Minutes	Prayers
February 23, 2024	6am	2 Minutes	Prayers
February 23, 2024	3:30pm	15 Minutes	Chabad Torah Portion
February 23, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
February 25, 2024	6am	2 Minutes	Prayers
February 26, 2024	6am	2 Minutes	Prayers
February 27, 2024	6am	2 Minutes	Prayers
February 28, 2024	6am	2 Minutes	Prayers
February 29, 2024	6am	2 Minutes	Prayers
March 1, 2024	6am	2 Minutes	Prayers
March 1, 2024	3:30pm	15 Minutes	Chabad Torah Portion
March 1, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
March 3, 2024	6am	2 Minutes	Prayers
March 4, 2024	6am	2 Minutes	Prayers
March 5, 2024	6am	2 Minutes	Prayers
March 6, 2024	6am	2 Minutes	Prayers
March 7, 2024	6am	2 Minutes	Prayers
March 8, 2024	6am	2 Minutes	Prayers
March 8, 2024	3:30pm	15 Minutes	Chabad Torah Portion
March 8, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
March 10, 2024	6am	2 Minutes	Prayers
March 11, 2024	6am	2 Minutes	Prayers
March 12, 2024	6am	2 Minutes	Prayers
March 13, 2024	6am	2 Minutes	Prayers
March 14, 2024	6am	2 Minutes	Prayers
March 15, 2024	6am	2 Minutes	Prayers
March 15, 2024	3:30pm	15 Minutes	Chabad Torah Portion
March 15, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
March 17, 2024	6am	2 Minutes	Prayers
March 18, 2024	6am	2 Minutes	Prayers
March 19, 2024	6am	2 Minutes	Prayers
March 20, 2024	6am	2 Minutes	Prayers
March 21, 2024	6am	2 Minutes	Prayers
March 22, 2024	6am	2 Minutes	Prayers
March 22, 2024	3:30pm	15 Minutes	Chabad Torah Portion
March 22, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
March 24, 2024	6am	2 Minutes	Prayers
March 25, 2024	6am	2 Minutes	Prayers

March 26, 2024	6am	2 Minutes	Prayers
March 27, 2024	6am	2 Minutes	Prayers
March 28, 2024	6am	2 Minutes	Prayers
March 29, 2024	6am	2 Minutes	Prayers
March 29, 2024	3:30pm	15 Minutes	Chabad Torah Portion
March 29, 2024	4:30pm	7 Minutes	Rabbi Commentary on Shabbat
March 31, 2024	6am	2 Minutes	Prayers