

Schedule of Events & Activities Cohen-Rosen House January 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
| Meals are serve: 8:30 AM Breakfast 12:15 PM Lunch 5:00 PM Dinner | Activities are subject to change with notice. Scenic Rides are offer weather permits | <u>Cohen- Rosen Room Locator</u> Th – Landow Theater | | | | 1 10:00 AM Morning Stretch 10:30 AM Shabbat Stories 11:00 AM Virtual Shabbat 2:00 PM Shabbat Sing - Along 3:00 PM Afternoon Social 4:00 PM Trivia New Year's Day |
| 2 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Karaoke 2:00 PM Movie 3:00 PM Afternoon Social 4:00 PM Computer Games | 3 10:00 AM Daily Chronicles 11:00 AM Reminiscing Music 1930's 2:00 PM Movie Music with the Trio – Th 3:00 PM Exercise with Marcus 4:00 PM Arm Chair Travels | 4 10:00 AM Visits "Salon de Ceci " 10:30 AM Artistic Pursuits with Carol 2:00 PM Drumming for Wellness with Claudia 2:30 PM Manicures 3:00 PM Afternoon Social 4:00 PM Reading Skits | 5 10:00 AM Daily Chronicles 10:30 AM Scenic Ride " Rock Creek Park" 2:00 PM Brain Teasers 2:30 PM Music with Johana 3:00 PM Exercise with Marcus 4:00 PM Cohen- Rosen Glee Club | 6 10:00 AM Daily Chronicles 10:30 AM Drum Circle with Lauren 1100 AM Word Games 2:00 PM Movie 3:00 PM Afternoon Social 4:00 PM Word Games | 7 10:00 AM Daily Chronicles 11:00 AM Piano Music with Jiyoung 2:00 PM Exercise with Marcus 3:00 PM Shabbat Services 4:00 PM Stories & Video | 8 10:00 AM Morning Stretch 10:30 AM Shabbat Stories 11:00 AM Shabbat Service 2:00 PM Shabbat Sing - Along 3:00 PM Afternoon Social 4:00 PM Trivia |
| 9 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Karaoke 2:00 PM CR Art Show 3:00 PM Music Appreciation & Dance with Victor 4:00 PM Computer Games | 10 10:00 AM Echoes of Nature 11:00 AM Reminiscing Music 1940's 2:00 PM Musical Story Crafting with the Trio – Th 3:00 PM Exercise with Marcus 4:00 PM Arm Chair Travels | 11 10:00 AM Visits "Salon de Ceci " 10:30 AM Artistic Pursuits with Carol 2:00 PM Drumming for Wellness with Claudia 2:30 PM Manicures 3:00 PM Afternoon Social 4:00 PM Reading Skits | 12 10:00 AM Daily Chronicles 10:30 AM Scenic Ride " DC Monuments " 2:00 PM Brain Teasers 2:30 PM Music with Johana 3:00 PM Exercise with Marcus 4:00 PM Cohen- Rosen Glee Club | 13 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 1100 AM Concert with Ron Howard 2:00 PM Movie 3:00 PM Afternoon Social 4:00 PM Word Games | 14 10:00 AM Daily Chronicles 11:00 AM Piano Music with Jiyoung 2:00 PM Exercise with Marcus 3:00 PM Shabbat Services 4:00 PM Stories & Video | 15 10:00 AM Morning Stretch 10:30 AM Shabbat Stories 11:00 AM Shabbat Service 2:00 PM Shabbat Sing - Along 3:00 PM Afternoon Social 4:00 PM Trivia |
| 16 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Karaoke 2:00 PM Trivia 3:00 PM Music Performance By "Harper Denhard" 4:00 PM Computer Games | 17 10:00 AM Daily Chronicles 11:00 AM Reminiscing Music 1950' 2:00 PM Protest Music with Jiyoung & Joanna – TH 3:00 PM Exercise with Marcus 4:00 PM Arm Chair Travels Tu Bishvat Martin Luther King Jr. Day | 18 10:00 AM Visits "Salon de Ceci " 10:30 AM Artistic Pursuits with Carol 2:00 PM Drumming for Wellness with Claudia 2:30 PM Manicures 3:00 PM Afternoon Social 4:00 PM Guitar Performance by Vladimir – Th | 19 10:00 AM Daily Chronicles 10:30 AM Scenic Ride "Sugar Loaf Mountain View" 2:00 PM Brain Teasers 2:30 PM Music with Johana 3:00 PM Exercise with Marcus 4:00 PM Cohen- Rosen Glee Club | 20 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 1100 AM Music with Bob Clark 2:00 PM Movie 3:00 PM Afternoon Social 4:00 PM Word Games | 21 10:00 AM Daily Chronicles 11:00 AM Piano Music with Jiyoung 2:00 PM Exercise with Marcus 3:00 PM Shabbat Services 4:00 PM Stories & Video | 22 10:00 AM Morning Stretch 10:30 AM Shabbat Stories 11:00 AM Shabbat Service 2:00 PM Shabbat Sing - Along 3:00 PM Afternoon Social 4:00 PM Trivia |
| 23 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Karaoke 2:00 PM Trivia 3:00 PM Music with Patty Reese 4:00 PM Computer Games | 24 10:00 AM Daily Chronicles 11:00 AM Reminiscing Music 1960's 2:00 PM Computer Games 3:00 PM Exercise with Marcus 4:00 PM Arm Chair Travels | 25 10:00 AM Visits "Salon de Ceci " 10:30 AM Artistic Pursuits with Carol 1:30 PM Manicures with Sylvie 2:00 PM Drumming for Wellness with Claudia 3:30 PM Afternoon Social 4:00 PM Reading Skits | 26 10:00 AM Daily Chronicles 10:30 AM Scenic Ride" Drive to Rockville Town Square" 2:00 PM Brain Teasers 2:30 PM Music with Johana 3:00 PM Exercise with Marcus 4:00 PM Cohen- Rosen Glee Club | 27 10:00 AM Daily Chronicles 10:30 AM Drum Circle with Lauren 1100 AM Word Games 2:00 PM Movie 3:00 PM Afternoon Social 4:00 PM Word Games | 28 10:00 AM Daily Chronicles 11:00 AM Piano Music with Jiyoung 2:00 PM Exercise with Marcus 3:00 PM Shabbat Services 4:00 PM Stories & Video | 29 10:00 AM Morning Stretch 10:30 AM Shabbat Stories 11:00 AM Shabbat Service 2:00 PM Shabbat Sing - Along 3:00 PM Afternoon Social 4:00 PM Trivia |
| 30 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Karaoke 3:00 PM Music with Wendell Rakosky 4:00 PM Computer Games | 31 10:00 AM Daily Chronicles 11:00 AM Reminiscing Music 1970's 2:00 PM Helaine Patt With Iris Piano Trio – Th 3:00 PM Exercise with Marcus 4:00 PM Arm Chair Travels | | | | | |

