

January 2023



Cohen Rosen House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 AM Daily Chronicles 10:30 AM Match the Lyrics 01:00 PM Quiet Time 02:00 PM New Years Day Family Social TH 03:30 PM Afternoon Snacks 04:00 PM Toss the Ball and Talk About it	2 10:00 AM Daily Chronicles 11:00 AM Water Coloring 01:00 PM Quiet Time 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Flower Arrangements	3 10:00 AM Beauty Salon Visits 11:00 AM Morning Stretch with Yolene 01:00 PM Quiet Time 02:00 PM Manicures & Music Sounds 03:30 PM Afternoon Snacks 04:00 PM BCAT Reminiscing Stories	4 10:30 AM Tour Rockville Art Center Trip 01:00 PM Quiet Time 02:00 PM Wednesday Banana Smoothie social 02:30 PM Music with Joana 03:00 PM Exercise Class with Marcus 03:50 PM Afternoon Snacks 04:00 PM Music Trivia	5 10:00 AM Morning Stretch 10:30 AM Drum Circle with Lauren 11:00 AM Board Games 01:00 PM Quiet Time 02:00 PM Afternoon Movie 02:30 PM Afternoon Snacks 04:00 PM Word Games	6 10:00 AM Morning Stretch with Yolene 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Marcus 03:00 PM Shabbat Service (Theater) 03:50 PM Afternoon Snacks 04:00 PM Shabbat Short Stories	7 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Sing Along Songs 03:00 PM Afternoon Stretch 03:30 PM Afternoon Snacks 04:00 PM Top Table Games
8 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Eldersongs sing Along from YouTube with Instruments 01:00 PM Quiet Time 03:00 PM Tacy Foundation Music Rehearsals 03:30 PM Afternoon Snacks 04:00 PM Toss the Ball and Talk About it	9 10:00 AM Echoes of Nature 11:00 AM Arts and Crafts 01:00 PM Quiet Time 01:30 PM Concert with Joy, Ann & The Trio TH 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Armchair Travels	10 10:00 AM Beauty Salon Visits 10:00 AM Morning Stretch with Yolene 11:00 AM Art Pursuit with Carol 01:00 PM Quiet Time 02:00 PM Manicures & Music Sounds 03:30 PM Afternoon Snacks 04:00 PM Reading Skits	11 10:30 AM Scenic Bus Ride 01:00 PM Quiet Time 02:30 PM Music with Joana 03:00 PM Exercise Class with Marcus 03:30 PM Wednesday Strawberry Smoothie Social 04:30 PM Name That Song of The 1940's & 1950's	12 10:00 AM Morning Stretch 10:30 AM Drum Circle with Lauren 11:00 AM Board Games "Name Five" 01:00 PM Quiet Time 02:00 PM Afternoon Movie 03:30 PM Afternoon Snacks 04:00 PM Table Word Search	13 10:00 AM Morning Stretch with Yolene 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Marcus 03:00 PM Shabbat Service 04:00 PM Shabbat Short Stories	14 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Sing Along Songs 03:00 PM Afternoon Stretch 03:30 PM Afternoon Snacks 04:00 PM Top Table Games
15 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Match the Lyrics 01:00 PM Quiet Time 02:00 PM Name 5 Game 03:30 PM Afternoon Snacks 04:00 PM Music With Charm	16 MARTIN LUTHER KING JR. DAY 10:00 AM Daily Chronicles 11:00 AM Arts and Crafts 01:00 PM Quiet Time 01:30 PM Music of the Civil Rights Movement in Honor of MLK Jr. Day TH 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Flower Arrangements	17 10:00 AM Beauty Salon Visits 10:00 AM Morning Stretch with Yolene 11:00 AM Art Pursuit with Carol 01:00 PM Quiet Time 02:00 PM Guitar Performance with Vladimir TH 03:00 PM Manicures & Music 03:30 PM Afternoon Snacks 04:00 PM Toss the Ball & Talk about it	18 10:30 AM Tour Sandy Spring Textile Museum 01:00 PM Quiet Time 02:30 PM Music with Joana 03:00 PM Exercise Class with Marcus 03:30 PM Wednesday Blueberry Smoothie Social 04:00 PM Music Trivia	19 10:00 AM Morning Stretch 10:30 AM Drum Circle with Lauren 11:00 AM Board Games 01:00 PM Quiet Time 02:00 PM Afternoon Movie 03:30 PM Afternoon Snacks 04:00 PM Word Search	20 10:00 AM Morning Stretch with Yolene 10:30 AM Scenic Drive "Potomac View" 01:00 PM Quiet Time 02:00 PM Exercise Class with Marcus 03:00 PM Shabbat Short Stories 04:00 PM Shabbat Service (Theater)	21 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Sing Along Songs 03:00 PM Afternoon Stretch 03:30 PM Afternoon Snacks 04:00 PM Top Table Games
22 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 01:00 PM Quiet Time 02:00 PM Name 5 Game 03:30 PM Afternoon Snacks 04:00 PM Toss the Ball and Talk About it	23 10:00 AM Daily Chronicles 11:00 AM Arts and Crafts 01:00 PM Quiet Time 02:00 PM Piano Tunes with Bertram McLeish TH 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Armchair Travels	24 10:00 AM Beauty Salon Visits 10:00 AM Morning Stretch with Yolene 11:00 AM Art Pursuit with Carol 01:00 PM Quiet Time 02:00 PM Manicures & Music Sounds 03:30 PM Afternoon Snacks 04:00 PM BCAT Reminiscing Stories	25 10:30 AM Scenic Bus Ride 01:00 PM Quiet Time 02:30 PM Music with Joana 03:00 PM Exercise Class with Marcus 03:30 PM Montly Birthday Celebration 04:00 PM Name That Song	26 10:00 AM Morning Stretch 10:30 AM Drum Circle with Lauren 11:00 AM Board Games 01:00 PM Quiet Time 02:00 PM Afternoon Movie 03:30 PM Afternoon Snacks 04:00 PM Word Search	27 10:00 AM Morning Stretch with Yolene 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Marcus 03:00 PM Hot Cocoa Bar 04:00 PM Shabbat Service (Theater)	28 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Sing Along Songs 03:00 PM Afternoon Stretch 03:30 PM Afternoon Snacks 04:00 PM Top Table Games
29 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Match the Lyrics 01:00 PM Quiet Time 02:00 PM Name 5 Game 03:30 PM Afternoon Snacks 04:00 PM Music with Charm	30 10:00 AM Daily Chronicles 11:00 AM Arts and Crafts 01:00 PM Quiet Time 01:30 PM Klezmer & Sephardic Tunes with the Trio TH 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Flower Arrangements	31 10:00 AM Beauty Salon Visits 10:00 AM Morning Stretch with Yolene 11:00 AM Art Pursuit with Carol 01:00 PM Quiet Time 02:00 PM Musical Entertainment TH 03:00 PM Manicures & Music Relaxation 03:30 PM Afternoon Snacks 04:00 PM Reading Skits			Calendar legend Sign up mandatory	Location TH Landow Theater