

February 2023



Cohen Rosen House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 AM Scenic Bus Ride 01:00 PM Quiet Time 02:00 PM Musical Entertainment with Patty Reese TH 03:00 PM Exercise Class with Marcus 03:30 PM Frosty Margarita Social 04:00 PM Board Games	2 10:00 AM Morning Stretch 10:15 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	3 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 03:30 PM Afternoon Snacks 04:00 PM Shabbat Short Stories	4 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Afternoon Chair Dance 03:00 PM Top Table Games 03:30 PM Afternoon Snacks 04:00 PM Sing Along Songs
5 EREV TU BISHVAT 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Puzzle Time AR 01:00 PM Quiet Time 02:00 PM Reminiscing Songs of 1950's and Musical Instruments 03:00 PM Tacy Foundations Piano Rehearsals 03:30 PM Afternoon Snacks 04:00 PM Art Class with Kay AR	6 TU BISHVAT 10:00 AM Daily Chronicles 11:00 AM Toss the Ball & Conversation 01:00 PM Quiet Time 01:30 PM Music with Joanna and Jiyoung TH 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Flower Arrangements AR	7 10:00 AM Beauty Salon Visits 11:00 AM Art Pursuit with Carol AR 01:00 PM Quiet Time 02:00 PM Drumming for Wellness with Claudia 03:00 PM Manicures & Music Relaxation AR 03:30 PM Afternoon Snacks 04:00 PM BCAT Reminiscing Stories	8 10:30 AM Rockville Art Center Outing 01:00 PM Quiet Time 02:00 PM Music Trivia 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Board Games	9 10:00 AM Morning Stretch 10:15 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	10 10:00 AM Morning Stretch with Sylvie 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Marcus 03:00 PM Shabbat Service 03:30 PM Afternoon Snacks 04:00 PM Shabbat Short Stories	11 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Afternoon Chair Dance 03:00 PM Top Table Games 03:30 PM Afternoon Snacks 04:00 PM Sing Along Songs
12 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Puzzle Time AR 01:00 PM Quiet Time 02:00 PM Reminiscing Songs of 1960's and Instruments 03:30 PM Afternoon Snacks 04:00 PM Art Class with Kay AR	13 10:00 AM Echoes of Nature 11:00 AM Toss the Ball & Conversation 01:00 PM Quiet Time 01:30 PM Old Fashioned Love Songs with the Trio TH 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Armchair Travels	14 10:00 AM Beauty Salon Visits 10:45 AM Chair Yoga 11:00 AM Art Pursuit with Carol AR 01:00 PM Quiet Time 02:00 PM Musical Entertainment with Daniela Fujigaki 03:00 PM Manicures & Music Relaxation AR 03:30 PM Afternoon Snacks 04:00 PM Reading Skits	15 10:30 AM Scenic Bus Ride 01:00 PM Quiet Time 02:30 PM Music with Joana 03:00 PM Exercise Class with Donald 03:30 PM Afternoon Snacks 04:00 PM Name that Song of the 1940's	16 10:00 AM Morning Stretch 10:15 AM Drum Circle with Sylvie 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	17 10:30 AM Morning Stretch with Sylvie 01:00 PM Quiet Time 02:00 PM Exercise Class with Donald 03:00 PM Shabbat Short Stories 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	18 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Afternoon Chair Dance 03:00 PM Top Table Games 03:30 PM Afternoon Snacks 04:00 PM Sing Along Songs
19 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Puzzle Time AR 01:00 PM Quiet Time 2:00 PM Reminiscing Songs of 1930's & Musical Instruments 03:30 PM Afternoon Snacks 04:00 PM Music with Charm	20 10:00 AM Daily Chronicles 11:00 AM Toss the Ball & Conversation 01:00 PM Quiet Time 02:00 PM Piano Tunes with Bertram McLeish TH 03:00 PM Exercise Class with Donald 03:30 PM Afternoon Snacks 04:00 PM Flower Arrangements	21 10:00 AM Beauty Salon Visits 11:00 AM Art Pursuit with Carol AR 01:00 PM Quiet Time 02:00 PM Guitar Performance with Vladimir TH 03:00 PM Manicures & Music Relaxation AR 03:30 PM Afternoon Snacks 04:00 PM BCAT Reminiscing Stories	22 10:00 AM Daily Cronicle 10:30 AM Board Game "Name 5" 01:00 PM Quiet Time 02:00 PM Congressional Fresh Water Aquarium Outing 02:30 PM Music with Joana 03:00 PM Exercise Class with Donald 03:30 PM Pina Colada Smoothie Social 04:00 PM Name that Song of the 1960's	23 10:30 AM Morning Stretch 10:30 AM Rather Museum of Jewish Culture Outing 10:15 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	24 10:00 AM Morning Stretch with Sylvie 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Donald 03:00 PM Shabbat Short Stories 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	25 10:30 AM Shabbat Service (Theater) 01:00 PM Quiet Time 02:00 PM Afternoon Chair Dance 03:00 PM Top Table Games 03:30 PM Afternoon Snacks 04:00 PM Sing Along Songs
26 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 11:00 AM Puzzle Time AR 01:00 PM Quiet Time 02:00 PM Reminiscing Songs of 1940's & Musical Instruments 03:30 PM Afternoon Snacks 04:00 PM Art Class with Kay AR	27 10:00 AM Daily Chronicles 11:00 AM Toss the Ball & Conversation 01:00 PM Quiet Time 02:00 PM Music of Chopin with the IRIS group TH 03:00 PM Exercise Class with Donald 03:30 PM Candy Covered Popcorn Bar Social 04:00 PM Armchair Travels	28 10:00 AM Beauty Salon Visits 10:45 AM Chair Yoga 11:00 AM Art Pursuit with Carol AR 01:00 PM Quiet Time 02:00 PM Drumming for Wellness with Claudia 03:00 PM Manicures & Music Relaxation AR 03:30 PM Afternoon Snacks 04:00 PM Reading Skits			Calendar legend Sign up mandatory	Location Art Room AR Landow Theater TH