

March 2023



Cohen Rosen House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 AM Croydon Creek Nature Center 01:00 PM Quiet Time 02:00 PM Birthday celebration 02:30 PM Music with Joana 03:00 PM Exercise with Donald 03:30 PM Afternoon Snacks 04:00 PM Music Trivia	2 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 unscrambles.	3 10:30 AM Exploring through the City Ride 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Tobias 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 & Instruments
5 10:00 AM Top Table Games 10:00 AM Daily Chronicles 10:30 AM Morning Stretch 01:00 PM Quiet Time 02:00 PM Ball Exercise 03:00 PM Reminiscing Songs and Musical Instruments 03:30 PM Afternoon Snacks 04:00 PM Water Coloring	6 EREV PURIM 10:00 AM Daily Chronicles 11:00 AM Toss the Ball & Conversation 11:00 AM Intergenerational program with Sylvie (AR) 01:00 PM Quiet Time 01:30 PM Life & Music of Beethoven with The Trio (Theater) 03:00 PM Exercise with Tobias 03:30 PM Afternoon Snacks 04:00 PM Flower Arrangements	7 PURIM 10:00 AM Beauty Salon Visits 11:00 AM Megillah Reading (Theater) 01:00 PM Quiet Time 02:00 PM Arts & Crafts: Purim Mask Making (AR) 03:45 PM Children's Parade – Kehillat Pardes Synagogue 04:00 PM Purim Celebration with Anthony Hyatt	8 10:30 AM Scenic Drive 01:00 PM Quiet Time 02:00 PM Brain Teaser with Sylvie (Would you Rather) 02:30 PM Music with Joana 03:00 PM Exercise with Tobias 03:30 PM Peach Mango Smoothie Social 04:00 PM Name That Song	9 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 unscrambles.	10 10:00 AM Move to Music 11:00 AM Trivia Games 01:00 PM Quiet Time 02:00 PM Exercise Class with Tobias 02:00 PM VisArt Tour Trip 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 & Instruments
12 10:00 AM Daily Chronicles 10:00 AM Puzzle Time 11:00 AM Name that Song Game 01:00 PM Quiet Time 02:00 PM Ball Exercise 03:00 PM Reminiscing Songs and Musical Instruments 03:30 PM Afternoon Snacks 04:00 PM Art 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 Sounds of Spring with Jiyoung & Lauren (Theater) 03:00 PM Exercise with Tobias 03:30 PM Afternoon Snacks 04:00 PM Chair Travels Art Room	14 10:00 AM Beauty Salon Visits 10:45 AM Chair Yoga 11:00 AM Art Pursuit with Carol 01:00 PM Quiet Time 03:00 PM Manicures & Music Relaxation 03:30 PM Afternoon Snacks	15 10:30 AM Lunch & Tour @ Glenview Mansion 01:00 PM Quiet Time 02:30 PM Music with Joana 03:00 PM Exercise with Tobias 03:30 PM Afternoon Snacks 04:00 PM Music Trivia	16 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 unscrambles.	17 10:30 AM Exploring through the City Ride 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Tobias 02:30 PM Shamrock Shake Social . 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 & Instruments
19 10:00 AM Daily Chronicles 10:00 AM Puzzle Time 11:00 AM Sunday Morning Sing Along 01:00 PM Quiet Time 02:00 PM Ball Exercise 03:00 PM Reminiscing Songs and Musical Instruments 03:30 PM Afternoon Snacks 04:00 PM Cohen Rosen House Art Show with Carol & Piano Music with Bertram McLeish	20 10:00 AM Kennedy Center 11:00 AM Toss the Ball & Conversation 01:00 PM Quiet Time 01:30 PM Women's Voices with The Trio (Theater) 03:00 PM Exercise with Tobias 03:30 PM Afternoon Snacks 04:00 PM Flower Arrangements	21 10:00 AM Beauty Salon Visits 11:00 AM Art Pursuit with Carol 01:00 PM Quiet Time 02:00 PM Guitar Music with Vladimir (Theater) 03:00 PM Manicures & Music Relaxation 03:30 PM Afternoon Snacks 04:00 PM BCAT Reminiscing Stories	22 10:30 AM Scenic Drive 01:00 PM Quiet Time 02:30 PM Music with Joana 03:00 PM Exercise with Tobias 03:30 PM Birthday Celebrations 03:30 PM Berry Berry Smoothie Social 04:00 PM Name That Song	23 10:15 AM Drum Circle with Lauren 10:30 AM Ratner Museum Trip 11:00 AM Board Games 01:00 PM Quiet Time 02:00 PM Afternoon Movie 03:30 PM Afternoon Snacks 04:00 PM Word unscrambles.	24 10:30 AM Exploring through the City Ride 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Tobias 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 & Instruments
26 10:00 AM Daily Chronicles 10:00 AM Puzzle Time 11:00 AM Name that Song Game 01:00 PM Quiet Time 02:00 PM Ball Exercise 03:00 PM Reminiscing Songs and Musical Instruments 03:30 PM Afternoon Snacks 04:00 PM Art with Kay (AR)	27 10:00 AM Daily Chronicles 11:00 AM Matching Game 01:00 PM Quiet Time 02:00 PM Piano Tunes with Bertram McLeish (Theater) 03:00 PM Exercise with Tobias 03:30 PM Afternoon Snacks 04:00 PM Armchair Travels Art Room	28 10:00 AM Beauty Salon Visits 10:45 AM Chair Yoga 11:00 AM Art Pursuit with Carol 01:00 PM Quiet Time 02:00 PM Drumming for Wellness with Claudia 03:00 PM Manicures & Music Relaxation 03:30 PM Afternoon Snacks	29 10:30 AM Scenic Drive 01:00 PM Quiet Time 02:30 PM Music with Joana 03:00 PM Exercise with Tobias 03:30 PM Orange Sunrise Smoothie Social 04:00 PM Music Trivia	30 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 unscrambles.	31 10:30 AM Exploring through the City Ride 11:00 AM Piano Music with Jiyoung 01:00 PM Quiet Time 02:00 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	
					Calendar legend Sign up mandatory	Location AR Art Room