

| SUN   | MON   | TUE  | WED  | THUR  | FRI  | SAT  |
|---|---|--|--|---|--|--|
|   |   | 8:30 Breakfast<br>10:00 Daily Chronicles / Dance Workout<br>12:15 Lunch<br>2:00 Nails Spa<br>3:00 Social<br>3:30 Walking Club<br>4:00 New Years Music with Lauren<br>5:00 Dinner<br>6:00 Table Top Games<br>7:00 Evening Movie   | <b>1</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Stretch Your Muscles<br>10:30 Scenic Ride Around Town<br>11:00 Activities to Go presents There's No Place Like New York for the Holidays!<br>12:15 Lunch<br>2:30 Its Puzzling: Puzzles and Brain Games<br>3:00 Social<br>3:30 Afternoon Workout<br>5:00 Dinner<br>6:00 Trivia<br>7:00 Evening Movie | <b>2</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Move to the Beat<br>10:30 Music with Lauren<br>11:00 Games with Sherrie<br>12:15 Lunch<br>2:30 Baking<br>3:30 Social<br>5:00 Dinner<br>6:00 Balloon Tennis<br>7:00 Evening Movie   | <b>3</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Morning Stretch<br>11:00 Bingo!<br>12:15 Lunch<br>1:30 30 minute walk with Carlton<br>2:30 Table Top Games<br>3:30 Social<br>4:00 Shabbat with Rabbah Arlene<br>5:00 Dinner<br>6:00 Game Show! The Price is Right<br>7:00 Evening Movie   | <b>4</b><br>8:30 Breakfast<br>10:00 Chair Yoga<br>11:00 Shabbat Sing Along<br>11:00 Shabbat Service with Rabbah Arlene<br>12:15 Lunch<br>3:00 Social<br>3:30 Balloon Tennis<br>4:00 Vocal Music with Harper Denhard<br>4:00 Pianist, Bertram McLeish<br>5:00 Dinner<br>6:00 Balloon Toss<br>7:00 Evening Movie   |
| 8:30 Breakfast<br>10:00 Stretch and Flex<br>12:15 Lunch<br>2:00 Sunday Movie Matinee<br>2:30 Baking Club<br>3:00 Social<br>4:00 Pianist John Oliver<br>5:00 Dinner<br>6:00 Word Game<br>7:00 Evening Movie                              | <b>6</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Exercise<br>11:00 Dance and Sing with Brian<br>11:00 Creative Art<br>12:15 Lunch<br>2:30 Gardening Club<br>3:00 Social<br>3:30 30 minute walk with Carlton<br>4:00 Drum Circle with Jiyoung and Eva<br>5:00 Dinner<br>7:00 Evening Movie | <b>7</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Dance Workout<br>12:15 Lunch<br>2:00 Nails Spa<br>2:30 Nail Spa<br>3:00 Social<br>3:30 Walking Club<br>4:00 Music with Lauren<br>5:00 Dinner<br>6:00 Game Show! The Price is Right<br>7:00 Evening Movie  | <b>8</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Stretch Your Muscles<br>10:30 Scenic Ride Around Town<br>12:15 Lunch<br>2:30 Its Puzzling: Puzzles and Brain Games<br>3:00 Social<br>3:30 Afternoon Workout<br>5:00 Dinner<br>6:00 Chicktionary: Word Games<br>7:00 Evening Movie   | <b>9</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Move to the Beat<br>10:30 Music with Lauren and B'nai Preschool<br>11:00 Games with Sherrie<br>12:15 Lunch<br>2:30 Baking<br>3:30 Social<br>4:00 Categories & Fun!<br>5:00 Dinner<br>6:00 Balloon Tennis<br>7:00 Evening Movie | <b>10</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Morning Stretch<br>11:00 Bingo!<br>12:15 Lunch<br>1:30 30 minute walk with Carlton<br>2:30 Artist Spotlight<br>3:00 Conductorsizing - Classical Music & Exercise<br>3:30 Social<br>4:00 Shabbat with Reb Betsy<br>5:00 Dinner<br>6:00 Table Top Games<br>7:00 Evening Movie          | <b>11</b><br>8:30 Breakfast<br>10:00 Shabbat Service with Michael Rosenberg<br>10:00 Chair Yoga<br>11:00 Shabbat Sing Along<br>12:15 Lunch<br>2:30 Its Puzzling: Puzzles and Brain Games<br>2:30 The Art of Color & Relaxation<br>3:00 Social<br>3:30 Balloon Tennis<br>5:00 Dinner<br>6:00 Balloon Toss<br>7:00 Evening Movie                                     |
| 8:30 Breakfast<br>10:00 Stretch and Flex<br>12:15 Lunch<br>2:00 Sunday Movie Matinee<br>2:30 Baking Club<br>2:30 Trivia<br>3:00 Social<br>5:00 Dinner<br>6:00 Word Game<br>7:00 Evening Movie   | <b>13</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Exercise<br>11:00 Creative Art<br>12:15 Lunch<br>2:30 Gardening Club<br>3:00 Social<br>3:30 30 minute walk with Carlton<br>4:00 Drum Circle with Jiyoung and Eva<br>5:00 Dinner<br>7:00 Evening Movie                                   | <b>14</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Dance Workout<br>12:15 Lunch<br>2:00 Nails Spa<br>2:30 Nail Spa<br>3:00 Social<br>3:30 Walking Club<br>4:00 Music with Lauren<br>5:00 Dinner<br>6:00 Table Top Games<br>7:00 Evening Movie   | <b>15</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Stretch Your Muscles<br>10:30 Scenic Ride Around Town<br>12:15 Lunch<br>2:30 Its Puzzling: Puzzles and Brain Games<br>3:00 Social<br>3:30 Afternoon Workout<br>5:00 Dinner<br>6:00 Trivia<br>7:00 Evening Movie  | <b>16</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Move to the Beat<br>10:30 Music with Lauren and B'nai Preschool<br>11:00 Games with Sherrie<br>12:15 Lunch<br>3:30 Social<br>4:00 Guitar with Vladimir<br>5:00 Dinner<br>6:00 Balloon Tennis<br>7:00 Evening Movie            | <b>17</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Morning Stretch<br>11:00 Bingo!<br>12:15 Lunch<br>1:30 30 minute walk with Carlton<br>2:30 Table Top Games<br>3:30 Social<br>4:00 Shabbat with Rabbah Arlene<br>5:00 Dinner<br>6:00 Game Show! The Price is Right<br>7:00 Evening Movie  | <b>18</b><br>8:30 Breakfast<br>10:00 Chair Yoga<br>11:00 Shabbat Sing Along<br>11:00 Shabbat Service with Sabrina<br>12:15 Lunch<br>2:00 Shabbat Program with Sabrina<br>3:00 Social<br>3:30 Balloon Tennis<br>5:00 Dinner<br>6:00 Balloon Toss<br>7:00 Evening Movie  |
| 8:30 Breakfast<br>10:00 Stretch and Flex<br>12:15 Lunch<br>2:00 Sunday Movie Matinee<br>2:30 Baking Club<br>3:00 Social<br>3:30 Dance with Victor<br>5:00 Dinner<br>6:00 Word Game<br>7:00 Evening Movie                                | <b>20</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Exercise<br>11:00 Creative Art<br>12:15 Lunch<br>2:30 Gardening Club<br>3:00 Social<br>3:30 30 minute walk with Carlton<br>4:00 Drum Circle with Jiyoung and Eva<br>5:00 Dinner<br>7:00 Evening Movie                                   | <b>21</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Dance Workout<br>11:00 Echoes of Nature<br>12:15 Lunch<br>2:00 Nails Spa<br>2:30 Nail Spa<br>3:00 Social<br>3:30 Walking Club<br>4:00 Dance and Sing with Brian<br>4:00 Music with Lauren<br>5:00 Dinner<br>6:00 Game Show! The Price is Right<br>7:00 Evening Movie | <b>22</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Stretch Your Muscles<br>10:30 Scenic Ride Around Town<br>12:15 Lunch<br>2:30 Its Puzzling: Puzzles and Brain Games<br>3:00 Social<br>3:30 Afternoon Workout<br>5:00 Dinner<br>6:00 Chicktionary: Word Games<br>7:00 Evening Movie  | <b>23</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Move to the Beat<br>10:30 Music with Lauren and B'nai Preschool<br>11:00 Games with Sherrie<br>12:15 Lunch<br>2:30 Baking<br>3:30 Social<br>5:00 Dinner<br>6:00 Balloon Tennis<br>7:00 Evening Movie                          | <b>24</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Morning Stretch<br>11:00 Bingo!<br>12:15 Lunch<br>1:30 30 minute walk with Carlton<br>2:30 Artist Spotlight<br>3:00 Conductorsizing - Classical Music & Exercise<br>3:30 Social<br>4:00 Shabbat with Cantor Sara Geller<br>5:00 Dinner<br>6:00 Table Top Games<br>7:00 Evening Movie | <b>25</b><br>8:30 Breakfast<br>10:00 Chair Yoga<br>11:00 Shabbat Sing Along<br>11:00 Shabbat Service with Rabbah Arlene<br>12:15 Lunch<br>2:30 Its Puzzling: Puzzles and Brain Games<br>2:30 The Art of Color & Relaxation<br>3:00 Social<br>3:30 Balloon Tennis<br>4:00 Vocal Music with Harper Denhard<br>5:00 Dinner<br>6:00 Balloon Toss<br>7:00 Evening Movie |
| 8:30 Breakfast<br>10:00 Stretch and Flex<br>12:15 Lunch<br>2:00 Sunday Movie Matinee<br>2:30 Baking Club<br>2:30 Trivia<br>3:00 Social<br>4:00 Music and Sing Along with Charlie<br>5:00 Dinner<br>6:00 Word Game<br>7:00 Evening Movie | <b>27</b><br>8:30 Breakfast<br>10:30 Daily Chronicles / Exercise<br>11:00 Creative Art<br>12:15 Lunch<br>2:30 Gardening Club<br>3:00 Social<br>3:30 30 minute walk with Carlton<br>5:00 Dinner<br>7:00 Evening Movie  | <b>28</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Dance Workout<br>11:00 Musical Storycrafting with Lauren, Eva & Jiyoung<br>12:15 Lunch<br>2:00 Nails Spa<br>2:30 Nail Spa<br>3:00 Social<br>3:30 Walking Club<br>4:00 Music with Lauren<br>5:00 Dinner<br>6:00 Table Top Games<br>7:00 Evening Movie                 | <b>29</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Stretch Your Muscles<br>10:30 Scenic Ride Around Town<br>12:15 Lunch<br>2:30 Its Puzzling: Puzzles and Brain Games<br>3:00 Social<br>3:30 Afternoon Workout<br>5:00 Dinner<br>6:00 Trivia<br>7:00 Evening Movie  | <b>30</b><br>8:30 Breakfast<br>10:00 Daily Chronicles / Move to the Beat<br>10:30 Music with Lauren<br>11:00 Games with Sherrie<br>12:15 Lunch<br>2:30 Baking<br>3:30 Social<br>5:00 Dinner<br>6:00 Balloon Tennis<br>7:00 Evening Movie  | <b>31</b>  |  |

# January 2019

Cohen-Rosen House Activities

\*All Activities are Subject to Change\*



**Charles E. Smith**  
LIFE COMMUNITIES