

February 2025



Landow House

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--|---|
| | | | | | | 1 10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Blessings with Dr. Alan Breitler (L&C) |
| 2 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce (SF) 3:00 PM Tea & Cookies Social (L&C) | 3 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Travel Experience with Mariah: Alaska (SF) 1:30 PM Music of the Civil Rights Movement in Honor of MLK Jr. Day with Jiyoung and Joanna 2:45 PM The Crown Netflix Series: Cri de Coeur (SF) 3:00 PM Word Games 3:00 PM Landow Follies Rehearsals Theater | 4 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Landow Chorus with Jiyoung and Roz 3:00 PM Walking Club (LB) 3:00 PM Landow Follies Rehearsals 3:30 PM Bingo (SF) | 5 10:00 AM Workout with Lori (SF) 11:00 AM Songs Facts and Meanings with Mariah (SF) 1:30 PM Poetry and Music of Love, with Jean and Joanna 3:00 PM Sing-Along with Mariah 4:00 PM Stories & Reminiscence with Nyah (BCAT) (SF) | 6 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Landow Follies Rehearsals 1:30 PM Afternoon Movies: Here 1:30 PM Old English Proverbs and Meanings with Mariah (SF) 3:00 PM Exercise (SF) 4:00 PM The Storytellers Group with Claudia (SF) | 7 10:00 AM Strengthening Exercise with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM Skit Reading (SF) 1:30 PM Music and Poetry with Nyah and Lauren 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service | 8 10:30 AM Shabbat Services |
| 9 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce (SF) 3:00 PM Tea & Cookies Social (L&C) | 10 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Echoes Of Nature (SF) 1:30 PM Mussorgsky's Picture at an Exhibition with the trio 2:45 PM The Crown Netflix Series: Gold Stick (SF) 3:00 PM Word Games 4:00 PM Jeopardy Game with Nyah (SF) | 11 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Landow Chorus with Jiyoung and Roz 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:00 PM Walking Club (LB) 4:00 PM Let's Talk About It (SF) | 12 10:00 AM Workout with Lori (SF) 11:00 AM Songs Facts and Meanings with Mariah (SF) 1:30 PM Presto! - How the Italians Solved Musical Notation with Carla & Joanna 3:00 PM Sing-Along with Mariah 6:30 PM Landow Follies | 13 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: Love Weddings & Other Disasters 1:30 PM The Wonder of Cats (SF) 3:00 PM Exercise (SF) 4:00 PM Poetry Inkwell Insights with Nyah (SF) | 14 TU BISHVAT 10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM TU BISHVAT SEDER 1:30 PM Old Fashioned Love Songs with Lauren 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service | 15 10:30 AM Shabbat Services |
| 16 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce (SF) 3:00 PM Tacy Foundation Performances (TH) | 17 PRESIDENT'S DAY 10:00 AM Chair Dance (SF) 11:00 AM Landow News Feeds with Nyah and Claudia (SF) 1:30 PM The Presidents' favorite music, with the trio 2:45 PM The Crown Netflix Series: The Balmoral Test (SF) 2:45 PM The Crown Netflix Series: Terra Nullius (SF) 3:00 PM Word Games 4:00 PM You Be the Judge Stories (SF) | 18 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Landow Chorus with Jiyoung and Roz 2:30 PM Guitar Music with Vladimir 3:00 PM Walking Club (LB) 3:30 PM Bingo (SF) | 19 10:00 AM Workout (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM The Life and Work of Igor Stravinsky 3:00 PM Sing-Along with Mariah 4:00 PM Stories & Reminiscence (BCAT) (SF) | 20 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: The Love Punch 1:30 PM Old English Proverbs and Meanings with Mariah (SF) 3:00 PM Exercise (SF) 4:00 PM Dear Linda & Jean Advice (SF) | 21 10:00 AM Strengthening Exercise with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM Skit Reading (SF) 1:30 PM Drum Circle with Lauren 3:00 PM Monthly Birthday Celebrations Social 4:00 PM Shabbat Service | 22 10:30 AM Shabbat Services |
| 23 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce (SF) 3:00 PM Tea & Cookies Social (L&C) | 24 10:00 AM Chair Dance (SF) 11:00 AM Mariah & Martha's Jazz Musician: Miles Davis (SF) 2:45 PM The Crown Netflix Series: Fairytale (SF) 3:00 PM Word Games 4:00 PM Family Feud Game with Nyah (SF) | 25 10:00 AM Resistance Band Exercise with Nyah (SF) 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Music with Helaine! & Jiyoung 3:00 PM Walking Club (LB) 4:00 PM Let's Talk About It (SF) | 26 10:00 AM Workout (SF) 11:00 AM Songs Facts and Meanings with Mariah (SF) 1:30 PM Longing for Spring Poetry and Music, with Jean and Joanna 2:30 PM Resident Council | 27 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Art Workshop with Claudia (AR) 2:00 PM Jewish Art Education Presented by Nancy Kotz: Jewish Artists and Genesis: Part I (SF) 3:00 PM Exercise (SF) 4:00 PM The Storytellers Group with Mariah | 28 10:00 AM Strengthening Exercise with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM America in Color: (SF) 1:30 PM Celebrating Aretha Franklin with Lauren 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service | Pet Visits Barry & Bo are available on Tuesday's and Friday's at 11:00 AM Room Visits |