

SUN	MON	TUE	WED	THUR	FRI	SAT
					10:30 Tai Chi for Relaxation (4E) 10:30 "Marching" In (2S) 10:30 Jazz Hands (1E) 10:30 Spring Acoustics with Vladimir Fridman (3E) 11:15 Tai Chi for Relaxation (4S) 11:15 March News (2E) 11:15 Spring Acoustics with Vladimir Fridman (2S) 2:00 Oneg Shabbat with Rabbi Dan (SH) 5:40 Shabbat Shalom- Candle Lighting Rockville, MD	<b>1</b> <b>10:00 Shabbat Services (SH)</b> 10:30 Shabbat Chats (2E) 11:15 Classical Music (3E) 2:00 Sing Along with Raisa (1E) 3:00 Dominoes (4E) 4:00 Piano Tunes (2S)
9:30 Morning Greetings (All) 10:00 Sensory Basket (3E) 10:30 Reminiscing (2S) 11:00 Tune Time (1E) 11:30 Sensory Basket (4E) 2:30 Music Performance with Harper Denhard (SH)	10:30 Women's History Month (2S) 10:30 Morning Fitness (1E) 10:30 Weight Training (4E) 11:00 Songs by Heart (1E) 11:00 Table Games (3E) 11:15 Focus on Women! (2E) 11:15 Weight Training (4S) 1:30 Cranium Crunches (1E) 2:00 Bingo (2S RR) 2:00 Famous Faces (2E) 2:30 Echoes of Nature (4S) 2:30 Room Visits (4E) 3:00 Shakespeare (2S) 3:00 Russian Humor (2E/3E) 3:30 Memory Rhythms (4S)	10:00 Morning Visits (1E) 10:15 Morning Stretches (3E) 10:30 Let's Go To Mardi Gras! (2S) 10:30 Balloon Volleyball (4S) 10:45 Echoes of Nature (3E) 11:00 Hand Spa (1E) 11:15 Crosswords (2E) 11:15 Let's Sing Together (4E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Birthday Party (2S) 2:00 Discover New Orleans! (1E) 2:30 Patchwork & Pillows with Ekaterina and Raisa (2E) 3:00 The Daily Chronicle (4E) 3:30 Hand Spa (2E) 4:00 Classical Serenades (3E) 6:00 Music with Brian (1E) 6:45 Music with Brian (2S)	Ash Wednesday 10:15 Room Visits (1E/3E) 10:15 Bingo (2S RR) 10:15 Hand Spa (4E) 10:30 Painting Class with Lee (2S RR) 11:15 News to Know (2S) 11:15 Hand Spa (4S) 11:15 Music Matters (3E) 1:30 Memory Rhythms (1E) 2:00 Ash Wednesday Service (C) 2:30 Tour de New Orleans with Starvation Army Band (SH) 2:30 Memory Rhythms (3E) 3:00 Memory Rhythms (4E) 6:30 Zemer Chai Concert (SH)	10:30 Morning Exercise (4E) 10:30 Yoga Stretches (2S) 10:30 Mixed Media Art Class with Lee (1E) 10:30 Sit & Be Fit (3E) 11:00 Songs by Heart (2S) 11:00 Plant Clinic (2E) 11:15 Morning Exercise (4S) 2:00 Bingo (2S RR) 2:30 Natalie Presents: "Ladies First" for Women's History Month (SH)	10:00 Oneg Shabbat (2S, 4E) 10:30 Yoga with Cheryl (4E) 10:30 Oneg Shabbat (1E, 2E, 3E) 11:15 Oneg Shabbat (4S) 2:30 Drum Circle with Katy Gaughan (SH) 5:50 Shabbat Shalom- Candle Lighting Rockville, MD	<b>10:00 Shabbat Services (SH)</b> 10:30 Shabbat Chats (2E/2S) 11:15 Morning Songs (3E) 2:00 Music Trivia (4E) 3:00 Journey through Music (1E) 4:00 Sing Along with Raisa (4S)
9:30 Morning Greetings (All) 10:00 Hand Spa (1E) 10:45 Keep Moving! (3E) 11:15 Christian Services (C) 11:30 Spring Trivia (4S) 2:30 Music Performance with Ron Howard (SH)	10:30 Room Visits (2E) 10:30 Golden Yoga (4E) 11:00 Plant Clinic (2S) 11:00 Sing Alongs with Ekaterina (3E) 11:15 Golden Yoga (4S) 1:30 Cranium Crunches (1E) 1:30 Jewelry Making with Aida (3E) 2:00 Bingo (2S RR) 2:00 Birthday Party (2E) 2:00 Art Express (4E) 2:30 Echoes of Nature (3E) 3:00 Social Visits (1E) 3:30 Crosswords (2S) 3:30 Memory Rhythms (4S) 4:00 Jazz in New Orleans (4S)	10:00 Morning Visits (1E) 10:30 Sing Along with Raisa (4S) 10:30 Table Games (3E) 11:15 Hand Spa (2S) 11:15 Table Games (2E) 11:15 Morning Visits (4E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Classical Serenades (4E) 2:00 Hand Spa (1E) 2:00 Snack Social (3E) 3:00 Crafting Club (2SRR) 3:00 Women Make The World Go 'Round (4S) 4:00 Chicken Noodle Soup for the Women's Soul (2S) 4:00 30's & 40's Music Memories (1E) 6:00 Music with Brian (3E) 6:45 Music with Brian (3S)	10:15 Bingo (2S RR) 10:15 Hand Spa (4S) 10:30 Painting for Relaxation (3E) 10:30 Mixed Media Art Class with Lee (2S RR) 10:30 Yoga Stretches (2S) 10:45 Echoes of Nature (1E) 11:15 Word Smart (2E) 2:00 Rise the River! (4E) 11:30 Reading Club (3E) 1:30 Memory Rhythms (1E) 2:00 Rosh the River! (4E) 2:30 Russian History Program (2SRR) 2:30 Bible Study with Rabbi (2S) 2:30 Memory Rhythms (3E) 3:00 Hand Spa (2E) 4:00 Committee Meeting (2S DR) 3:30 Memory Rhythms (4E) 4:30 Room Visits (2E) 4:30 Piano Tunes (1E)	10:30 Music Performance with the Matt Daniel Band (SH) 10:30 Mixed Media Art Class with Lee (1E) 1:30 Poetry Club with Clarence (1E) 2:00 Bingo (2S RR) 2:00 Ball Games (3E) 2:00 Reading Bag (4E/4S) 3:00 Reading Bag (2E/2S) 3:00 Piano Tunes (3E) 3:00 Balloon Volleyball (4E) 4:00 Balloon Volleyball (4S) 4:00 Evening Visits (1E) 6:30 Ladies Night (SH)	10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 2:00 Movie Matinee: "Crazy Rich Asians" (SH) 2:30 Reiki with Rachel (4S) 6:55 Shabbat Shalom- Candle Lighting Rockville, MD	<b>10:00 Shabbat Services (SH)</b> 10:30 Shabbat Chats (4S) 11:15 Famous Russian Poets (3E) 2:00 Sing Along with Raisa (1E) 3:00 Dominoes (4E) 4:00 Social Hour (2E/2S)
9:30 Morning Greetings (All) 10:00 Move to the Music! (4E) 10:45 The Daily Chronicle (2S) 11:30 Scrabble (2E) 2:30 Music Spiel (SH)	10:30 Room Visits (2E) 10:30 Spring Tea Party (4E) 11:00 Looking Club (2S) 11:00 Songs by Heart (3E) 11:00 Songs by Heart (3E) 11:15 Spring Tea Party (4S) 11:15 Healthy Heart Discussion (1E) 1:30 Creativity with Clarence (1E) 1:30 Hand Spa (3E) 2:00 Bingo (2S RR) 2:30 Fresh Baked Cookies (2S) 2:00 Room Visits (1E) 2:30 Echoes of Nature (4E) 2:30 Spring Social with Vladimir Fridman (2E) 3:00 Birthday Party with Vladimir Fridman (2SRR) 3:30 Hand Spa (2E) 3:30 Memory Rhythms (4S) 4:00 Hand Spa (1E)	10:30 Bingo with B'nai Israel Sisterhood (SH) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Memory Games (2E) 2:00 Basketball (4E) 2:00 Hand Spa (1E) 2:00 Current Events (2S) 2:00 Paper Delivery (3E) 3:00 Prim Art Design (3E) 3:00 Word Smart (2S) 4:00 The History of Classical Music (4S) 4:15 Love Song Special (1E) 6:45 Music with Eduardo (4S)	10:15 Bingo (2S RR) 10:15 Hand Spa (4S) 10:30 Social Visits (2E) 10:30 Painting for Relaxation (3E) 10:30 Painting Class with Lee (2S RR) 10:30 Yoga Stretches (2S) 10:30 Morning Spring Stretches (1E) 1:00 Songs by Heart (4E) 11:00 Plant Clinic (2E) 11:00 International Storytelling Day (1E) 2:30 Echoes of Nature (2S) 2:00 Happiest Hour (4E) 2:00 Purim Decorating with Aida and Raisa (2E) 2:30 Echoes of Nature (3E) 3:00 Happiest Hour (4S) 3:30 Memory Rhythms (4E) 6:00 Music with Brian (4E)	Purim 10:30 Full Megillah Reading (SH) 10:30 Mixed Media Art Class with Lee (1E) 1:30 Purim Parade (SH) 1:45 Creative Megillah Reading (SH) 2:00 Bingo (2S RR) 2:30 Purim Party (SH)	10:00 Spring Forward (2S) 10:30 Tai Chi for Relaxation (4E) 10:30 News to Know (2E) 10:30 Morning Music (1E) 10:30 Art with Ekaterina (3E) 11:15 Tai Chi for Relaxation (4S) 2:00 Oneg Shabbat with Rabbi Dan 7:00 Shabbat Shalom- Candle Lighting Rockville, MD	<b>10:00 Shabbat Services (SH)</b> 10:30 Shabbat Chats (4S) 11:15 Morning Music (3E) 2:00 Sing Along with Raisa (1E) 3:00 Dominoes (4E) 4:00 Social Hour (2E/2S)
9:30 Morning Greetings (All) 10:00 Hand Spa (1E) 10:45 Move & Groove (2S) 11:15 Christian Services (C) 11:30 The Daily Chronicle (4S) 2:30 Music Performance with Tacy Foundation (SH)	10:30 Room Visits (2E) 10:30 Morning Fitness (4E) 11:00 Plant Clinic (2S) 11:00 Sing Alongs with Ekaterina (3E) 11:15 Morning Fitness (4S) 11:15 Spring Fashion (1E) 1:30 Creativity with Clarence (1E) 1:30 Bird Watching with Aida (3E) 2:00 Bingo (2S RR) 2:00 Fresh Fruit Parfaits (2E) 2:30 Songs of Love with Vladimir Fridman (2SRR) 3:00 Hand Spa (2E) 3:30 Crosswords (2S) 3:30 Memory Rhythms (4S) 4:00 Evening Stretches (1E)	10:15 Table Games (3E) 10:30 Name that Tune (2S) 10:30 Balloon Volleyball (1E) 10:30 Piano Tunes (2E) 11:15 Crosswords (2E) 11:15 Spanish 101 (4S) 11:15 Creative Art with Raisa (3E) 11:15 Morning Visits (4E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Hands-on Experience with Flamenco Dancing (SH) 4:30 Golden Trivia (4S) 4:30 Evening Visits (1E)	10:00 Power Yoga (1E) 10:15 Bingo (2S RR) 10:15 Coloring for Relaxation (3E) 11:15 Hand (4E) 10:30 Painting Class with Lee (2S RR) 10:30 Yoga with Raisa (3S) 11:00 Songs by Heart (4E) 11:15 Room Visits (2S) 11:15 Photo Booth! (2S) 11:15 Hand Spa (4E) 11:15 Bookclub (1E) 1:30 Memory Rhythms (1E) 2:00 Social Visits (3E) 2:00 Bible Study with Rabbi (2S) 2:30 Memory Rhythms (3E) 3:00 Hand Spa (1E) 3:00 Spring Recipes (4S) 3:00 Russian Recipes (4E) 3:00 Social Visits (1E) 3:30 Memory Rhythms (4E) 4:15 All that Jazz (4E) 4:15 Russian Crosswords (2S)	10:00 Morning Visits (1E) 10:30 Dancing with the Stars (3E) 10:30 Yoga Stretches (2S) 10:30 Beading Club (2S RR) 10:30 Mixed Media Art Class with Lee (1E) 11:00 Word Smart (2E) 2:00 Bingo (2S RR) 2:30 Coloring for Relaxation (4E) 3:00 International Music Hour (4S) 3:00 Hand Spa (2E) 3:15 Resident Council (SH) 3:30 Sensory Visits (3E) 4:00 Reading Bag (2E/2S) 4:15 All that Jazz (4E) 4:15 Evening Music (3E)	National Vietnam War Veterans Day 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 7:10 Shabbat Shalom- Candle Lighting Rockville, MD	<b>10:00 Shabbat Services (SH)</b> 10:30 Shabbat Chats (2S) 11:15 Move to the Music! (3E) 2:00 Spring Sensory Basket (1E) 3:00 Who Wants to Be a Millionaire? (4E) 4:00 Social Hour (2E/2S)
9:30 Morning Greetings (All) 10:00 Move & Groove (1E) 10:45 Hand Spa (2E) 11:15 Christian Services (C) 11:30 Spring Trivia (4E) 2:30 Music Performance with the Kelsey's (SH)	<b>ROOM KEY</b> 1E - 1 East 2E - 2 East 2S - 2 South 2S DR - 2S Dining Room	2S RR - 2S Recreation Room 3E - 3 East 3S - 3 South 4E - 4 East 4S - 4 South	C - Conservatory SH - Social Hall			

March 2019  
Smith-Kogod Resident Programs

