

SUN	MON	TUE	WED	THUR	FRI	SAT							
		New Year's Day 11:00 Singing Jewish Songs with Michael (AC 1) 3:30 Trivia (AC-1) 7:00 Dr. Jenner's Hot Topics (AC - 1)	1	10:00 Tai Chi (AC-1) 11:00 Total Conditioning (AC 1) 1:30 Art w/ Lee (AC - 2) 3:00 Balance & Core Exercise DVD (AC-1) 7:00 Ron Howard Performing 50's, 60's,70's! (Café / Lobby)	2	10:00 Aerobics with Lenora (AC 1) 1:00 Resistance Training w/ Carlton (AC 1) 3:00 Yoga w/ Karen (AC - 1) 6:30 Brain Games with Dana (AC - 2) 8:00 Bingo! (C)	3	9:30 Free Coffee! (Cafe) 9:45 Zumba (AC - 1) 11:00 The Beat Goes On - Drumming Group (AC - 1) 12:00 Lunchtime Book Club (AC 2) 1:00 Wire Sculpting w/ Juliet (AC2) 3:00 Balance & Core Exercise DVD (AC-1) 7:30 Shabbat Service with Sabrina (AC - 1) 8:30 Oneg Shabbat (AC - 1)	4	10:00 Shabbat Service (AC - 1) 1:30 Mildred's Musicale (AC - 1) 7:30 Evening Cinema (AC - 1)	5		
10:00 Exercise DVD (AC 1) 3:00 Exercise DVD (AC - 1) 7:30 Evening Cinema (AC - 1) 8:00 The Plummer's in Concert (AC 1)	6	10:30 Weekly Review w/ Sandi (C) 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 2) 2:00 Humor Circle (Cafe) 8:00 Bingo! (C)	7	10:00 Aerobics with Lenora (AC 1) 11:00 Newcomers Tea (AC - 2) 11:00 Singing Jewish Songs with Michael (AC 1) 1:00 Resistance Training w/ Carlton (AC 1) 2:00 Lifelong Learning with Dana (AC 1) 3:30 Trivia (AC-1) 7:30 Chorus (AC - 1)	8	10:00 Tai Chi (AC-1) 11:00 Total Conditioning (AC 1) 1:30 Art w/ Lee (AC - 2) 3:00 Balance & Core Exercise DVD (AC-1) 7:00 Dr. Jenner's Lecture, "Madam C.J. Walker" (AC 1)	9	10:00 Aerobics with Lenora (AC 1) 10:30 Thursday w/ Social Worker Laurie (AC - 2) 1:00 Resistance Training w/ Carlton (AC 1) 2:00 January Birthday Party with Steve Little! (C) 3:00 Yoga w/ Karen (AC - 1) 4:00 Dance w/ Shadiyah (L) 6:30 Stories of Wisdom with Sabrina (AC 1) 8:00 Bingo! (C)	10	9:30 Free Coffee! (Cafe) 9:45 Zumba (AC - 1) 11:00 Caron Dale Sing a long (AC 1) 1:00 Alcohol Ink Art on Tiles w/ Yolanda (AC 2) 3:00 Balance & Core Exercise DVD (AC-1) 7:30 Shabbat Service with Marvin (AC - 1) 8:30 Oneg Shabbat (AC - 1)	11	10:00 Shabbat Service (AC - 1) 1:30 Mildred's Musicale (AC - 1) 6:00 Fun with Music and Art with Ally (AC 2) 7:30 Evening Cinema (AC - 1)	12
10:00 Exercise DVD (AC 1) 10:15 Christian Services (Wass-C) 11:15 Christian Services (SK-C) 3:00 Exercise DVD (AC - 1)	13	10:30 Weekly Review w/ Sandi (C) 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 2) 3:00 Holistic Skills to Nurture Self Care w/ Marilyn (AC 2) 4:00 Jewish Art Education (AC - 1) 8:00 Bingo! (C)	14	10:00 Aerobics with Lenora (AC 1) 11:00 Town Hall (AC1 & AC 2) 1:00 Resistance Training w/ Carlton (AC 1) 2:00 Writing Family Stories with Ben Turner (AC 2) 3:30 Trivia (AC-1) 6:30 Farkle with Israel & Friends (AC-2) 7:30 Chorus	15	10:00 Tai Chi (AC-1) 11:00 Total Conditioning (AC 1) 1:00 Superfood with Kelly (Cafe) 1:30 Art w/ Lee (AC - 2) 3:00 Balance & Core Exercise DVD (AC-1) 8:00 Winter Ball with the Glenn Pearson Band (DR)	16	10:00 Aerobics with Lenora (AC 1) 11:30 Jokereno (AC 1) 1:00 Resistance Training w/ Carlton (AC 1) 3:00 Yoga w/ Karen (AC - 1) 6:30 Brain Games with Dana (AC - 2) 8:00 Bingo! (C)	17	9:30 Free Coffee! (Cafe) 9:45 Zumba (AC - 1) 11:00 The Beat Goes On - Drumming Group (AC - 1) 1:00 Wire Sculpting w/ Juliet (AC2) 3:00 Balance & Core Exercise DVD (AC-1) 7:30 Shabbat Service with Sabrina (AC - 1) 8:30 Oneg Shabbat (AC - 1)	18	10:00 Shabbat Service (AC - 1) 1:30 Mildred's Musicale (AC - 1) 7:30 Evening Cinema (AC - 1)	19
10:00 Exercise DVD (AC 1) 3:00 Exercise DVD (AC - 1) 7:30 Evening Cinema (AC - 1)	20	Martin Luther King Day Tu Bishvat 10:30 Weekly Review w/ Sandi (C) 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 2) 2:00 Tu Bishvat Seder (AC 1) 8:00 Bingo! (C)	21	10:00 Aerobics with Lenora (AC 1) 11:00 Singing Jewish Songs with Michael (AC 1) 12:30 Line Dancing (AC1) 1:00 Resistance Training w/ Carlton (AC 1) 2:00 Lifelong Learning with Dana (AC 1) 3:30 Trivia (AC-1) 7:30 Chorus	22	10:00 Tai Chi (AC-1) 11:00 The String Trio (AC1) 1:30 Art w/ Lee (AC - 2) 3:00 Balance & Core Exercise DVD (AC-1) 7:30 Hometown USA Barbershop Quartet (AC1)	23	10:00 Aerobics with Lenora (AC 1) 10:30 Thursday w/ Social Worker Laurie (AC - 2) 1:00 Resistance Training w/ Carlton (AC 1) 3:00 Yoga w/ Karen (AC - 1) 4:00 Dance w/ Shadiyah (L) 6:30 Stories of Wisdom with Sabrina (AC 1) 8:00 Bingo! (C)	24	9:30 Free Coffee! (Cafe) 9:45 Zumba (AC - 1) 11:00 Dr. Jenner's Lecture, "History of Poland" (AC 1) 1:00 Jewelry Class with Yolanda (AC 2) 3:00 Balance & Core Exercise DVD (AC-1) 3:30 Chinese Ink Art with Matthew (AC 2) 7:30 Shabbat Services with David (AC - 1) 7:30 Shabbat Service with David (AC - 1) 8:30 Oneg Shabbat (AC - 1)	25	10:00 Shabbat Service (AC - 1) 1:30 Mildred's Musicale (AC - 1) 7:30 Evening Cinema (AC - 1)	26
10:00 Exercise DVD (AC 1) 3:00 Theater Games with Ally (AC 1) 7:00 Terry Lee Ryan in Concert (L)	27	10:30 Weekly Review w/ Sandi (C) 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 2) 2:00 10th Floor Block Party! (10th Floor Lounge) 2:00 Humor Circle (Cafe) 3:00 Holistic Skills to Nurture Self Care w/ Marilyn (AC 2) 8:00 Bingo! (C)	28	10:00 Aerobics with Lenora (AC 1) 10:00 Exercise DVD (AC - 1) 11:00 Singing Jewish Songs with Michael (AC 1) 12:30 Line Dancing (AC1) 1:00 Resistance Training w/ Carlton (AC 1) 2:00 Writing Family Stories with Ben Turner (AC 2) 3:30 Trivia (AC-1) 7:30 Chorus	29	10:00 Tai Chi (AC-1) 11:00 Total Conditioning (AC 1) 1:30 Art w/ Lee (AC - 2) 3:00 Balance & Core Exercise DVD (AC-1) 7:00 Seth Kibel & Sean Lane Performing! (AC - 1) 8:00 Lecture with Natalie (Cafe)	30	9:45 Exercise DVD (AC - 1) 10:00 Aerobics with Lenora (AC 1) 11:30 Jokereno (AC 1) 1:00 Resistance Training w/ Carlton (AC 1) 3:00 Yoga w/ Karen (AC - 1) 6:30 Wisdom Stories with Sabrina (AC 2) 8:00 Bingo! (C)	31	ROOM KEY AC - 1 - Activity Center - 1 AC - 2 - Activity Center - 2 C - Café DR - Dining Room L - Lobby Wass-C - Wasserman Conservatory			

January 2019

Revitz House Activities Calendar

6111 Montrose Road Rockville, MD 20852 301-881-7400



Charles E. Smith
LIFE COMMUNITIES