

| SUN | MON | TUE | WED | THUR | FRI | SAT | |
|---|--|--|---|--|--|--|--|
| ROOM KEY AC - 1 - Activity Center - 1 AC - 2 - Activity Center - 2 C - Café DR - Dining Room L - Lobby P - Patio Wass-C - Wasserman Conservatory WC - Wellness Center | | | 9:45 Spiro Fitness (AC 1) 11:00 Total Conditioning w/ Martine for Arthritis (AC 1) 12:00 Private Piano Lessons (AC 1) 1:30 Art (AC - 2) 2:00 Rootbeer Floats, Corn Hole, Bocce Ball, Volley Ball on the Patio (P) 7:00 Yom HaShoah Service -Holocaust Memorial Day (AC 1) | 1 National Day of Prayer Yom HaShoah 11:00 Resistance Bands Exercise (AC 1) 2:00 Jolereno (AC2) 3:00 Making Signs for Low Income Housing Rally (AC2) 3:00 Yoga w/ Karen (AC - 1) 3:00 Blood Pressure Check (WC) 4:00 Humor Circle (Cafe) 6:30 Brain Games with Dana (AC2) 8:00 Bingo! (C) | 2 9:00 Film Director, Chris Rufo Speaking at 9 am...Free Coffee served! (AC 1) 9:30 Movie, "Age of Champions" Showing (AC 1) 1:00 Tie Dye Scarves with Ronnie (AC 2) 3:00 Kentucky Derby Horse Racing Party with Mint Juleps, & Hat Contest! (AC 1) 7:30 Shabbat Service with Sabrina (AC 1) 8:30 Oneg Shabbat (AC - 1) | 3 10:00 Shabbat Service (AC - 1) 1:30 Mildred's Musicale (AC - 1) 7:00 Theater Games with Ally (Cafe) | 4 |
| 10:00 Funtastic Fitness w/ Lenora (AC 1) 2:00 Exercise DVD (AC 1) 3:00 Teen Angel Project Presents A Broadway Show! (AC-1 and AC-2) 5:00 AC Reserved for Private Event 8:00 Evening Movie, "Sunshine Cleaning" (AC 1) | 5 9:45 Spiro Fitness (AC 1) 10:30 Weekly Review w/ Sandi (C) | 6 11:00 Words From A Word Game (AC - 2) 1:00 Alcohol Ink Art Coasters with Yolanda (AC 2) 1:00 Shakespeare with Anne (AC 1) 3:00 Music & Movement with Sandi & Cathy (AC 1) 7:00 Hot Topics with Dr. Jenner (AC 1) 8:00 Bingo! (C) | 7 11:00 Newcomer's Tea (AC 2) 11:00 Singing Jewish Songs with Michael (AC 1) 2:00 Knit & Nibble (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 2:30 Blood Pressure Check (WC) 3:00 Alcohol Ink Coasters Part II Class (AC 2) 3:30 Trivia (AC-1) 4:00 Why Weight? Nutrition Support Group (AC 2) 7:00 Yom HaZikaron Service-Israeli Memorial Day Service (AC 1) | 8 Yom HaZikaron 9:45 Spiro Fitness (AC 1) 11:00 Total Conditioning w/ Martine for Arthritis (AC 1) 12:00 Private Piano Lessons (AC 1) 1:30 Art (AC - 2) 2:00 Games Galore (Cafe) 6:30 Bereavement Group led by Sabrina (Wasserman) 7:30 Yom HaAztmaut - Israeli Independence Day Music with Caron Dale and Sabrina (AC1) | 9 Yom HaAztmaut 10:30 Thursday w/ Social Worker Laurie (AC - 2) 1:00 Balance Boost with Carlton (AC 1) 2:00 Bunco! (AC 2) 3:00 Gardening (P) 3:00 Yoga w/ Karen (AC - 1) 3:00 Blood Pressure Check (WC) 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 Book Club (AC 2) 1:00 Friday Afternoon Movie with Popcorn (AC 1) 2:00 5th Floor Block Party! (5th Floor Laundry Room) 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) 7:30 Saturday Evening Cinema (AC 1) |
| Mother's Day 10:15 Christian Services (Wass-C) 10:30 Mother's Day Brunch (DR) 11:00 Mother's Day Brunch RSVP by May 7 at Front Desk. \$15 for guests not on 6/7 Day Meal Plan (DR) 11:15 Christian Services (SK-C) 2:00 Exercise DVD (AC 1) 7:30 Sunday Night Movie (AC 1) | 12 9:45 Spiro Fitness (AC 1) 10:30 Weekly Review w/ Sandi (C) | 13 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 1) 3:00 Music & Movement with Sandi & Cathy (AC 1) 4:00 Jewish Art Education (AC 1) 7:00 Lecture by Natalie "Minnesota" (AC 1) 8:00 Bingo! (C) | 14 11:00 Art for Israel with Heidi (AC 2) 11:00 Singing Jewish Songs with Michael (AC 1) 1:00 Balance Boost with Carlton (AC 1) 2:00 Writing Family History Stories with Ben Ternner (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 3:30 Trivia (AC-1) 4:00 Why Weight? Nutrition Support Group (AC 2) 7:30 Chorus (AC 1) | 15 9:45 Spiro Fitness (AC 1) 11:00 String Trio (AC 1 and AC 2) 12:00 Private Piano Lessons (AC 1) 1:00 Superfood with Kelly (Cafe) 1:30 Art (AC - 2) 2:00 Spring Festival (Wasserman Courtyard) 3:00 Music & Movement with Sandi & Cathy (AC 1) 7:00 The Roaring Twenties by Dr. Jenner (AC 1) | 16 10:00 Family Feud with JDS Students (Cafe) 11:00 Town Hall (AC 1 and AC 2) 1:00 Balance Boost with Carlton (AC 1) 2:00 Birthday Party with John Oliver (Cafe) 3:00 Yoga w/ Karen (AC - 1) 3:00 Blood Pressure Check (WC) 4:00 Humor Circle (Cafe) 6:30 Brain Games with Dana (AC2) 8:00 Bingo! (C) | 17 9:30 Free Coffee! (Cafe) 9:45 Zumba (AC - 1) 11:00 Drum Circle (AC 1) 2:00 4th Floor Block Party! (4th Floor Laundry Room) 7:30 Shabbat Service with Harvey Lebson (AC 1) 8:30 Oneg Shabbat (AC - 1) | 18 10:00 Shabbat Service (AC - 1) 1:30 Mildred's Musicale (AC - 1) 7:00 Theater Games with Ally (Cafe) |
| 10:00 Funtastic Fitness w/ Lenora (AC 1) 2:00 Exercise DVD (AC 1) 7:30 Starvation Army Band (AC 1 and AC2) | 19 9:45 Spiro Fitness (AC 1) 10:30 Weekly Review w/ Sandi (C) | 20 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 1) 3:00 Terry Lee Ryan in Concert (Cafe) 4:00 JDS Students Visit (Cafe) 8:00 Bingo! (C) | 21 11:00 Singing Jewish Songs with Michael (AC 1) 1:00 Balance Boost with Carlton (AC 1) 2:00 Knit & Nibble (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 2:30 Blood Pressure Check (WC) 3:30 Trivia (AC-1) 4:00 Why Weight? Nutrition Support Group (AC 2) 6:30 Farkle with Israel and Friends (Cafe) 7:00 Brain Stretch with Natalie (AC 1) | 22 9:45 Spiro Fitness (AC 1) 11:00 Total Conditioning w/ Martine for Arthritis (AC 1) 12:00 Private Piano Lessons (AC 1) 1:30 Art (AC - 2) 2:00 Games Galore (Cafe) 3:00 Music & Movement with Sandi & Cathy (AC 1) 7:30 Lag B'Omer Party! (AC1 & AC 2) | 23 10:30 Thursday w/ Social Worker Laurie (AC - 2) 1:00 Balance Boost with Carlton (AC 1) 2:00 Jokereno! (AC 2) 3:00 Yoga w/ Karen (AC - 1) 3:00 Blood Pressure Check (WC) 4:00 Dance w/ Shadiyah (L) 5:00 Memorial Day Cookout! (Patio & DR) 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 (AC1) 1:00 Friday Afternoon Movie (AC 1) 7:30 Shabbat Services 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 Saturday Evening Cinema (AC 1) |
| 10:00 Funtastic Fitness w/ Lenora (AC 1) 2:00 Exercise DVD (AC 1) 7:45 Barbershop Quartet (AC 1) | 26 Memorial Day 9:45 Exercise DVD (AC 1) 7:30 Rearview Mirror Live in Concert! (AC1 and AC2) | 27 | 28 11:00 Singing Jewish Songs with Michael (AC 1) 1:00 Balance Boost with Carlton (AC 1) 2:00 Writing Family History Stories with Ben Ternner (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 2:30 Blood Pressure Check (WC) 3:30 Trivia (AC-1) 4:00 Why Weight? Nutrition Support Group (AC 2) 7:30 Chorus (AC 1) | 29 9:45 Spiro Fitness (AC 1) 11:00 Total Conditioning w/ Martine for Arthritis (AC 1) 12:00 Private Piano Lessons (AC 1) 1:30 Art (AC - 2) 2:00 Games Galore (Cafe) 7:00 Lecture with Natalie (AC 1) | 30 11:00 Bunco ! (Cafe) 2:00 Word Soup! (Cafe) 3:00 Yoga w/ Karen (AC - 1) 3:00 Blood Pressure Check (WC) 4:00 Humor Circle (Cafe) 6:30 Wisdom Stories with Sabrina (AC 1) 8:00 Bingo! (C) | 31 9:30 Free Coffee! (Cafe) 9:45 Zumba (AC - 1) 11:00 Drum Circle (AC 1) 7:30 Shabbat Service with Mel Gelman (AC 1) 8:30 Oneg Shabbat (AC - 1) | |

May 2019

Revitz House Activities Calendar

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



Charles E. Smith
LIFE COMMUNITIES