

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>9:30 Morning Greetings (All) 1</p> <p>10:15 Balloon Volleyball (4E)</p> <p>10:45 Hand Massages (4S) (1E)</p> <p>11:30 Cranium Crunches (1E)</p> <p>2:30 Music Performance (SH)</p>	<p>Labor Day</p> <p>10:30 Music Performance with Peter Bergin (SH) 2</p> <p>11:15 Activity with Aida (1E)</p> <p>1:30 Activity with Aida (3E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:15 Activity with Aida (3E)</p> <p>2:30 Watercolor Painting (4E)</p> <p>3:00 Activity with Aida (4E)</p> <p>3:45 Wii Sports (4S)</p> <p>4:00 Activity with Aida (1E)</p>	<p>10:00 Hand Spa (4S)</p> <p>10:30 Lotto Fun (2E)</p> <p>10:30 Poker Club (C) 3</p> <p>10:30 Hand Spa (1E)</p> <p>11:15 Piano Tunes with Raisa (3E)</p> <p>11:15 Hand Spa (4E)</p> <p>1:30 Poetry Club</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Piano Tunes with Raisa (3S)</p> <p>2:00 Dancercise: The Tango! (2S)</p> <p>2:30 Cranium Crunches (4E)</p> <p>3:00 Creativity with Raisa (3E)</p> <p>3:15 Garden Conversations (4S)</p> <p>4:00 Hand Massage (3S)</p> <p>4:00 Knitting Club (2E)</p> <p>6:00 Music with Brian (1E)</p> <p>6:45 Music with Brian (2S)</p>	<p>10:15 Bingo (ZEDR)</p> <p>10:30 Cranium Crunches (2S)</p> <p>10:30 Current Events (4E) 4</p> <p>10:30 Newspaper/Book Deliveries (3S)</p> <p>11:15 Conversation Cards (2E)</p> <p>11:15 Word-From-A-Word (4S)</p> <p>1:30 Russian Music (3E)</p> <p>11:30 Garden Memories (1E)</p> <p>2:00 Memory Rhythms (1E)</p> <p>2:00 Garden Visits (2E)</p> <p>2:00 Bible Study with Rabbi (2S)</p> <p>2:30 Memory Rhythms (3E)</p> <p>2:30 Fruit Salad Picnic (4E)</p> <p>3:00 Hebrew 101 (2S)</p> <p>3:30 Memory Rhythms (4E)</p> <p>3:30 Garden Visits (3S)</p> <p>3:45 Weight Training (4S)</p> <p>4:15 Evening Music (1E)</p>	<p>10:15 Newspaper/Book Deliveries (3S) 5</p> <p>10:30 The Art Express (1E)</p> <p>10:30 Modern Art with Emily (ZSRR)</p> <p>11:00 Songs by Heart (3E)</p> <p>11:15 Hand Massages (2E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Beading with Aida (4S)</p> <p>3:00 Piano Tunes with Raisa (4E)</p> <p>3:00 The Daily Chronicle (2E)</p> <p>3:30 Beading Club (ZSRR)</p>	<p>10:00 Morning Greetings (2E) 6</p> <p>10:15 Tai Chi for Relaxation (4E)</p> <p>10:30 Power Yoga (1E)</p> <p>10:30 Move to the Music (2S)</p> <p>11:00 Reiki with Rachel Kaufman (4S)</p> <p>11:15 Classical Music (3S)</p> <p>2:30 Oneg Shabbat with Rabbi Dan (SH)</p> <p>8:00 Shabbat Shalom- Candle Lighting Rockville, MD</p>	<p>10:00 Shabbat Services (SH) 7</p> <p>10:30 Shabbat Chats (2E)</p> <p>11:00 Piano Tunes with Raisa (3E)</p> <p>2:00 Dominoes (4E)</p> <p>3:00 Sing Along with Raisa (1E)</p> <p>4:00 Conversation Cards (4S)</p>
<p>9:30 Morning Greetings (All) 8</p> <p>10:15 Morning Fitness (3S)</p> <p>11:15 Christian Services (C)</p> <p>2:30 Music Performance with Ron Howard (SH)</p>	<p>10:00 Morning Visits (2S)</p> <p>10:30 September Serenades with Vladimir (3E) 9</p> <p>10:30 Harp Harmonies with Kara Welch (4E)</p> <p>11:15 Harp Harmonies with Kara Welch (4S)</p> <p>11:30 The Daily Chronicle (2E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Afternoon Fitness (3S)</p> <p>2:15 Activity with Aida (3E)</p> <p>2:30 Back to School Trivia (4E)</p> <p>3:00 Shakespeare (2S)</p> <p>3:30 Fruit Salad Picnic (4S)</p> <p>4:00 Remembering Moon Songs (1E)</p> <p>4:00 Hand Massages (3E)</p>	<p>10:15 Hand Spa (1E)</p> <p>10:30 Social Visits (2E) 10</p> <p>10:30 Sit & Be Fit! (3S)</p> <p>10:30 Poker Club (C)</p> <p>11:00 Plant Clinic (2S)</p> <p>11:00 Songs by Heart (4E)</p> <p>11:15 Morning Exercise (3E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Birthday Party (2S)</p> <p>2:00 Garden Conversations (1E)</p> <p>2:00 Hand Spa (4S)</p> <p>3:00 Outdoor Recreation (3E)</p> <p>3:15 Garden Visits (4E)</p> <p>3:30 Hand Spa (2E)</p> <p>4:00 Trivia Challenge (3S)</p> <p>4:00 Evening Music (2S)</p> <p>6:00 Music with Brian (3E)</p> <p>6:45 Music with Brian (3S)</p>	<p>Patriot Day</p> <p>10:00 Morning Stretches (2S)</p> <p>10:00 The Daily Chronicle (2E) 11</p> <p>10:00 Hand Spa (4S)</p> <p>10:00 Newspaper/Book Deliveries (3S)</p> <p>10:15 Bingo (ZEDR)</p> <p>11:00 9/11 Memorial Service with Rabbi Dan (SH)</p> <p>1:30 Memory Rhythms (1E)</p> <p>2:00 Conversation Cards (2E)</p> <p>2:00 Bible Study with Rabbi (2S)</p> <p>2:30 Memory Rhythms (3E)</p> <p>2:30 Garden Strolls (4E)</p> <p>3:00 Hand Spa (3S)</p> <p>3:00 Hebrew 101 (2S)</p> <p>3:30 Memory Rhythms (4E)</p> <p>3:30 Hand Spa (4S)</p> <p>4:00 Hand Spa (3E)</p> <p>4:15 Garden Visits (1E)</p>	<p>10:15 Weight Training (4E)</p> <p>10:30 Hand Spa (2E) 12</p> <p>10:30 Sing Along with Raisa (3S)</p> <p>10:30 Modern Art with Emily (ZSRR)</p> <p>1:00 Songs by Heart (2S)</p> <p>11:15 Piano Tunes with Raisa (1E)</p> <p>11:15 Hand Spa (3E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Plant Clinic (2E)</p> <p>2:00 Piano Tunes with Raisa (4E)</p> <p>2:00 Current Events (3S)</p> <p>2:30 Hand Spa (4S)</p> <p>3:00 Love Song Special (1E)</p> <p>3:30 Garden Visits (3E)</p> <p>3:30 Garden Visits (2S)</p> <p>6:30 Ladies Night (SH)</p>	<p>10:30 Mixed Media Art with Lee Workshop (ZSRR) 13</p> <p>10:30 Oneg Shabbat with Rabbi Dan (SH)</p> <p>2:00 September Review (2S)</p> <p>2:00 Hand Spa (4S)</p> <p>2:00 Sit & Be Fit! (1E)</p> <p>3:00 Creativity with Raisa (3E)</p> <p>3:30 News Wrap (2E)</p> <p>3:30 Hand Spa (4E)</p> <p>4:00 Shabbat Visits (3S)</p> <p>8:00 Shabbat Shalom- Candle Lighting Rockville, MD</p>	<p>10:00 Shabbat Services (SH) 14</p> <p>10:30 Shabbat Chats (2S)</p> <p>11:15 Move to the Music (3E)</p> <p>2:00 Afternoon Fitness (1E)</p> <p>3:00 JINGO (4E)</p> <p>4:15 Sing Along with Raisa (4S)</p>
<p>9:30 Morning Greetings (All) 15</p> <p>10:45 The Daily Chronicle (2E)</p> <p>11:30 Trivia Time (3S)</p> <p>2:30 Music Performance with Chip & Andrea (SH)</p>	<p>10:00 Newspaper/Book Deliveries (3S) 16</p> <p>10:30 Tricky Trivia (2S)</p> <p>10:30 Weight Training (4E)</p> <p>10:45 Echoes of Nature (1E)</p> <p>11:15 Crosswords (2E)</p> <p>11:15 Weight Training (4S)</p> <p>1:30 Hand Massages (3E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:30 Music Performance with Darrin Carter (SH)</p>	<p>10:00 Hand Massages (3S)</p> <p>10:00 Morning Music (3E) 17</p> <p>10:00 Hand Spa (4S)</p> <p>10:30 September Tunes (2S)</p> <p>10:30 Poker Club (C)</p> <p>10:45 Echoes of Nature (4E)</p> <p>11:00 Balloon Volleyball (1E)</p> <p>11:15 Time Travel (2E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:30 Spelling Bee Tournament (SH)</p> <p>6:00 Music with Brian (4E)</p> <p>6:45 Music with Brian (4S)</p>	<p>10:15 Bingo (ZEDR)</p> <p>10:15 Hand Spa (4E) 18</p> <p>10:30 Yoga Stretches (2S)</p> <p>10:30 September Fashion (1E)</p> <p>10:30 Memory Games (3S)</p> <p>11:15 Yoga Stretches (2E)</p> <p>11:15 September Fashion (4E)</p> <p>11:15 Wii Fitness (4S)</p> <p>11:15 International Music Hour (3E)</p> <p>1:30 Memory Rhythms (1E)</p> <p>2:00 Beading with Aida (2E)</p> <p>2:30 Memory Rhythms (3E)</p> <p>2:30 Watercolor Painting (4E)</p> <p>3:00 Hand Spa (4S)</p> <p>3:00 Hebrew 101 (2S)</p> <p>3:30 Memory Rhythms (4E)</p> <p>4:15 Hand Spa (3S)</p> <p>4:15 Social Visits (1E)</p> <p>6:30 Loss of Independence Support Group (C)</p>	<p>10:00 Morning Music (4E) 19</p> <p>10:00 Hand Spa (4S)</p> <p>10:30 World Tour (2S)</p> <p>10:30 Social Visits (3E)</p> <p>10:30 Modern Art with Emily (ZSRR)</p> <p>11:15 On Broadway! (2E)</p> <p>11:15 Morning Exercise (3S)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:30 Autumn Music Celebration with Dr. Ruth (SH)</p>	<p>10:00 Oneg Shabbat (2S) 20</p> <p>10:30 Oneg Shabbat (1E, 2E, 3E, 4E)</p> <p>11:15 Oneg Shabbat (4S)</p> <p>2:00 Movie Matinee: "Ms. Doubtfire" (SH)</p> <p>8:00 Shabbat Shalom- Candle Lighting Rockville, MD</p>	<p>10:00 Shabbat Services (SH) 21</p> <p>10:30 Shabbat Chats (4S)</p> <p>11:15 Balloon Volleyball (3E)</p> <p>2:00 Garden Visits (1E)</p> <p>3:00 Bingo (2S)</p> <p>4:15 Shabbat Music (4E)</p>
<p>9:30 Morning Greetings (All) 22</p> <p>11:15 Christian Services (C)</p> <p>2:30 Music Performance with Tacy Foundation (SH)</p>	<p>10:00 Meet & Greet (2E) 23</p> <p>10:45 Echoes of Nature (2S)</p> <p>11:00 Songs by Heart (1E)</p> <p>1:30 Cranium Crunches (1E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Snack Social (2E)</p> <p>2:30 September Serenades with Vladimir (3E)</p> <p>2:30 Trivia Time (3S)</p>	<p>10:00 Hand Spa (4E) 24</p> <p>10:30 Bingo with the B'nai Israel Sisterhood (SH)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Holiday Apple Cake (2S)</p> <p>2:00 Knitting Club (2E)</p> <p>2:30 1st Floor Teaching Kitchen (SH)</p> <p>3:15 Sit & Be Fit! (3S)</p> <p>3:30 Nail Spa (2E)</p> <p>3:30 Hand Spa (4S)</p> <p>4:15 Evening Music (3E)</p>	<p>10:15 Bingo (ZEDR)</p> <p>10:30 Yoga Stretches (2S) 25</p> <p>10:30 Balloon Volleyball (1E)</p> <p>10:30 Hand Spa (4S)</p> <p>10:30 Newspaper/Book Deliveries (3S)</p> <p>11:15 Plant Clinic (2E)</p> <p>11:15 Hand Spa (4E)</p> <p>11:15 Piano Tunes with Raisa (3E)</p> <p>1:30 Memory Rhythms (1E)</p> <p>2:00 Dining Committee Meeting (SH)</p> <p>2:00 Bible Study with Rabbi (2S)</p> <p>2:30 Memory Rhythms (3E)</p> <p>2:30 Weight Training (4S)</p> <p>2:30 Resident Council (SH)</p> <p>3:30 Memory Rhythms (4E)</p>	<p>10:15 Morning Exercise (3S)</p> <p>10:30 The Art Express (1E) 26</p> <p>10:30 Modern Art with Emily (ZSRR)</p> <p>10:45 Echoes of Nature (3E)</p> <p>11:00 Plant Clinic (2E)</p> <p>1:30 Apples, Honey, and Shofar Presentation (ZSDR)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:15 Apples, Honey, and Shofar Presentation (ZSDR)</p> <p>2:45 Apples, Honey, and Shofar Presentation (4EDR)</p> <p>4:00 Holiday Visits (All)</p> <p>6:30 Ladies Night (SH)</p>	<p>10:00 Time Travel (2S) 27</p> <p>10:00 Social Visits (3S)</p> <p>10:30 Humor Corner (2E)</p> <p>10:30 Morning Music (3E)</p> <p>11:15 Piano Scales with Raisa (4E)</p> <p>3:00 Oneg Shabbat with Rabbi Glazer (SH)</p> <p>4:00 Hand Spa (4S)</p> <p>8:00 Shabbat Shalom- Candle Lighting Rockville, MD</p>	<p>10:00 Shabbat Services (SH) 28</p> <p>10:30 Morning Music (2S)</p> <p>11:15 Crafting Club (3E)</p> <p>2:00 Autumn Sensory Baskets (1E)</p> <p>3:00 Piano Tunes with Raisa (4E)</p> <p>4:15 Shabbat Chats (4S)</p>
<p>Rosh Hashanah Begins at Sundown</p> <p>10:00 Rosh Hashanah Morning Service with the Shofar (Progressive) (SH) 29</p> <p>2:00 Holiday Trivia (2S)</p> <p>3:00 Holiday Visits (2E)</p> <p>3:30 Holiday Visits (3S/4S)</p> <p>6:30 Rosh Hashanah Evening Service (Progressive) (SH)</p>	<p>10:30 Social Visits (2E) 30</p> <p>10:30 Rosh Hashanah Review (4E)</p> <p>10:30 What is Rosh Hashanah? (3S)</p> <p>11:00 Hand Spa (1E)</p> <p>11:00 Birds & Blooms (2S)</p> <p>11:15 Rosh Hashanah Review (4S)</p> <p>11:15 Holiday Music (3E)</p> <p>1:30 Balloon Volleyball (1E)</p> <p>2:00 Bingo (ZSRR)</p> <p>2:00 Holiday Review (2S)</p> <p>2:00 Garden Visits (3S)</p> <p>2:30 Weight Training (4E)</p> <p>3:00 Holiday Table Games (2E)</p> <p>3:30 Holiday Visits (3E)</p> <p>3:30 Weight Training (4S)</p>	<p>ROOM KEY</p> <p>1E - 1 East</p> <p>2E - 2 East</p> <p>2S - 2 South</p> <p>3E - 3 East</p> <p>3S - 3 South</p> <p>4E - 4 East</p>	<p>4S - 4 South</p> <p>C - Conservatory</p> <p>SH - Social Hall</p>			

September 2019

Smith-Kogod Resident Programs



Charles E. Smith
LIFE COMMUNITIES