

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|--|--|--|--|---|---|
| | <p>10:30 Chair One Fitness (3E) 10:30 Weight Training (4E) 10:30 No "Fooling" (2S) 11:15 Weight Training (4S) 11:15 Chair One Fitness (1E) 11:15 April News (2E) 11:15 Hand Spa (2S) 2:00 Bingo (ZSRR) 2:00 Hand Spa (3E) 2:00 Whistle a Happy Tune (2E) 2:15 Current Events (4E) 3:00 Shakespeare (2S) 3:00 National Humor Month (2E/3E) 3:15 Word-From-A-Word (4S) 3:15 Spring Fashion (4E) 4:15 Hand Spa (1E)</p> | <p>10:30 Mixed Media Art with Aida (4S) 10:30 Morning Music with Raisa (3E) 10:30 April News (2S) 10:45 Echoes of Nature (4E) 11:00 Hand Spa (1E) 11:15 Morning Music with Raisa (2S) 11:15 Word Games (2E) 11:15 Table Games (3E) 1:30 Cranium Crunches (1E) 2:00 Bingo (ZSRR) 2:00 Beading with Aida (4E) 2:00 Art with Ekaterina and Raisa (2S) 2:30 Birthday Party (2E) 3:30 Sit & Be Fit! (4S) 3:30 Crosswords (2S) 3:30 Newspaper Delivery (2E/3E) 4:15 The Daily Chronicle (4S) 4:15 Piano Scales with Raisa (1E) 6:00 Music with Jeanette (1E) 6:45 Music with Jeanette (2S)</p> | <p>10:15 Hand Spa (4S) 10:15 Bingo (ZSDR) 10:15 Room Visits (3E) 10:30 Cherry Blossom Looks (2E) 11:00 Famous Russian Ballet Dancers (3E) 10:40 Painting Class (ZSRR) 10:45 Morning Visits (1E) 11:00 Songs by Heart (2S) 11:15 Hand Spa (4E) 1:30 Memory Rhythms (1E) 2:30 Social Visits (2E) 2:00 Bible Study (2S) 2:30 Memory Rhythms (3E) 2:30 Russian Public Affairs (ZSDR) 3:00 Spring Trivia (4S) 3:15 Balloon Volleyball (2S) 3:30 Memory Rhythms (4E) 4:00 Evening Visits (2E) 4:00 Evening Stretches (1E)</p> | <p>10:30 Puzzle Mania (4E) 10:30 Beading Club (ZSRR) 10:30 World Tour (2S) 10:30 Creativity with Clarence (1E) 10:30 Coloring for Relaxation (3E) 11:00 Plant Clinic (2E) 11:15 Spanish 101 (4S) 11:15 Room Visits (4E) 2:00 Bingo (ZSRR) 2:00 Movie Matinee: "Crazy Rich Asians" (SH)</p> | <p>10:00 Oneg Shabbat (1E, 2S) 10:30 Oneg Shabbat (2E, 3E) 11:15 Oneg Shabbat (4E, 4S) 2:30 Drum Circle (SH) 7:15 Shabbat Shalom- Candle Lighting Rockville, MD</p> | <p>10:00 Shabbat Services (SH) 10:30 Shabbat Chats (2E) 11:00 Piano Tunes with Raisa (3E) 2:00 Dominoes (4E) 3:00 Sing Along with Raisa (1E) 4:00 Social Hour (4S)</p> |
| <p>9:30 Morning Greetings (All) 10:30 Bingo with WHC Mitzvah Day Volunteers (SH) 2:30 Music Performance with The Smile Bringers (SH)</p> | <p>10:30 Chair One Fitness (3E) 10:30 Morning Fitness (4E) 10:30 Room Visits (2E) 11:00 Plant Clinic (2S) 11:15 Morning Fitness (4S) 11:15 Chair One Fitness (1E) 11:15 The Daily Chronicle (2E) 1:30 Poetry Club (1E) 2:00 Bingo (ZSRR) 2:00 Easter Service (C) 2:30 Echoes of Nature (2S) 3:00 Birthday Party (3E) 3:30 The Daily Chronicle (4E) 4:15 Evening Stretches (1E)</p> | <p>10:30 Mixed Media Art with Aida (4S) 10:30 Table Games (3E) 10:30 Yoga Stretch (2S) 11:00 Power Yoga (1E) 11:15 Let's Sing Together (4E) 11:15 Who, What, Where? (2E) 11:15 Sing Along with Ekaterina (3E) 1:30 Cranium Crunches (1E) 2:00 Bingo (ZSRR) 2:00 Spanish 102 (4E) 2:00 Birthday Party (2S) 2:15 40s and 50s Music Memories (1E) 3:15 Crafting with Ekaterina and Raisa (2S) 3:30 Nail Spa (2E) 4:00 Spanish 102 (4S) 6:00 Music with Jeanette (3E)</p> | <p>10:15 Hand Spa (4E) 10:15 Bingo (ZSDR) 10:15 Social Visits (3E) 10:30 Morning Hello's (2E) 10:30 Sit & Be Fit (2S) 10:30 Morning Visits (1E) 10:45 Echoes of Nature (3E) 11:00 Songs by Heart (1E) 11:15 Hand Spa (4S) 11:15 Why is It? (2S) 11:15 Russian Crosswords (2E) 1:30 Memory Rhythms (1E) 2:00 Explore the Outdoors (2E) 2:00 Bible Study (2S) 2:30 Memory Rhythms (3E) 2:30 Russian Sing Along with Vladimir (ZSDR) 3:00 Beauty Plus (4S) 3:00 Dining Committee Meeting (2S DR) 3:00 Crosswords (2S) 3:30 Memory Rhythms (4E) 4:00 Hand Spa (1E)</p> | <p>10:30 Civil Rights Memorial Day (4E) 10:30 Beading Club (2S RR) 10:30 Creativity with Clarence (1E) 10:30 Ball Games (3E) 11:00 Crosswords (2E) 11:15 Civil Rights Memorial Day (4S) 11:15 Chair One Fitness (4E) 2:00 Bingo (ZSRR) 2:30 Music Performance with Dr. Ruth (SH) 6:30 Ladies Night (SH)</p> | <p>10:00 Morning Stretches (2S) 10:30 Gardening 101 (4E) 10:30 Spring Melodies (4S) 10:30 Cosmonaut Day (3E) 10:30 Music Memories (2E) 11:00 Hand Spa (1E) 11:15 Current Events (4S) 11:15 Table Games (2E) 2:30 Oneg Shabbat with Rabbi Roth (SH) 2:30 Poker Class (C) 2:30 Reiki with Rachel (4S) 7:25 Shabbat Shalom- Candle Lighting Rockville, MD</p> | <p>10:00 Shabbat Services (SH) 10:30 Shabbat Chats (2S) 11:00 Move to the Music! (3E) 2:00 Afternoon Fitness (1E) 3:00 Afternoon Trivia (4E) 4:00 Sing Along with Raisa (4S)</p> |
| <p>Palm Sunday 9:30 Morning Greetings (All) 10:00 Spring Things (1E) 10:45 Yiddish 101 (2S) 11:15 Christian Services (C) 11:30 Broadway Tunes (4E) 2:30 Music Performance with the Rearview Mirror (SH)</p> | <p>10:00 Morning Hello's (1E) 10:30 Golden Yoga (4E) 10:30 Russian Ballads with Vladimir (3E) 10:45 Echoes of Nature (2E) 11:00 Love Song Special with Vladimir (2S) 11:15 Golden Yoga (4S) 1:30 Poetry Club (1E) 1:30 Hand Spa (3E) 1:45 Garden Strolls (4E) 2:00 Bingo (ZSRR) 2:00 Make Your Own Sundae! (2S) 2:30 Russian History Fun Facts (2E/3E) 3:00 Hand Spa (4E) 3:15 Garden Strolls (4S) 3:30 Table Games (2E) 4:00 Art with Aida (1E)</p> | <p>10:30 Bingo with B'nai Israel Sisterhood (SH) 2:00 Bingo (ZSRR) 2:00 The Daily Chronicle (4E) 2:00 Hand Spa (1E) 2:00 Art with Ekaterina and Raisa (2S) 3:00 Ice Cream Floats (2E) 3:00 Ice Cream Party (3E) 4:00 Trivia Time (4S) 4:00 Evening Music with Raisa (3E) 6:00 Music with Jeanette (4E) 6:45 Music with Jeanette (4S)</p> | <p>10:15 Hand Spa (4S) 10:15 Bingo (ZSDR) 10:15 Social Visits (3E) 10:30 Yoga Stretch (2S) 10:30 Basketball (4E) 10:40 Painting Class (ZSRR) 11:00 Garden Visits (1E) 11:15 Hand Spa (4E) 11:15 Word Games (2E) 11:15 Basketball (3E) 1:30 Memory Rhythms (1E) 2:00 Chicken Noodle Soup for the Golden Soul (2E) 2:00 Bible Study (2S) 2:30 Harp Harmonies with Kara Welch (4E) 3:00 Memory Rhythms (3E) 3:00 Afternoon Stretches (1E) 3:00 Crosswords (2S) 3:00 Dominoes (2S) 3:15 Harp Harmonies with Kara Welch (4S) 4:00 Hand Spa (2S) 4:00 Evening Stretches (4E)</p> | <p>10:30 Bottomless Brunch (4E) 10:30 The Passover Cookbook (2S) 10:30 Art Talk with Clarence (1E) 10:30 Table Games (3E) 11:00 Plant Clinic (2E) 11:15 Bottomless Brunch (4S) 11:15 Chair One Fitness (2S) 2:00 Bingo (ZSRR) 2:00 Movie Matinee: "Fried Green Tomatoes" (SH) 6:30 Ladies Night (SH)</p> | <p>Passover begins at sundown Good Friday 10:00 Oneg Shabbat (2S, 4E) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 1:30 Cranium Crunches (1E) 2:00 Celebrate Passover (3E) 2:00 Current Events (4E) 2:00 Passover 101 (2S) 2:30 Garden Visits (1E) 3:00 Family Feud (4S) 3:00 Easy Listening (3E) 3:00 Passover 101 (2E) 5:00 Passover Seder (SH) 7:30 Shabbat Shalom- Candle Lighting Rockville, MD</p> | <p>10:00 Shabbat Services (SH) 10:30 Shabbat Chats (4S) 11:15 Dominoes (3E) 2:00 Garden Visits (1E) 3:00 Who Wants to Be a Millionaire? (2S) 4:00 Social Visits (2E) 5:00 Passover Seder (SH)</p> |
| <p>Easter Sunday 9:30 Spring Greetings (All) 10:00 Room Visits (2E) 11:00 Easter Service (SH) 2:30 Social Visits (1E) 3:30 Garden Strolls (4E) 11:45 Easter Luncheon (SH)</p> | <p>Easter Monday Earth Day 10:00 Room Visits (2E) 10:30 Table Games (3E) 10:30 Tai Chi for Relaxation (4E) 11:00 Plant Clinic (2S) 11:15 Tai Chi for Relaxation (4S) 11:15 Chair One Fitness (1E) 11:15 Chicken Noodle Soup for the Golden Soul (2E) 1:30 Earth Day Service Project (1E) 2:00 Bingo (ZSRR) 2:00 Nature Collage (4E) 2:15 April Easy Does it Trivia (2S) 2:30 Echoes of Nature (4S) 3:00 Earth Day Party (2E) 3:00 Afternoon Trivia (4E) 3:30 Earth Day Party (3E) 4:00 Nature Collage (1E)</p> | <p>10:30 Ball Games (4E) 10:30 The Holiday Table (2S) 11:00 Cranium Crunches (1E) 11:15 Holiday Recipes (4S) 11:15 Holiday Trivia (3E) 11:15 Holiday Games (2E) 11:15 Sing Along with Ekaterina (3E) 1:30 Hand Spa (1E) 2:00 Bingo (ZSRR) 2:00 Brain Games (4E) 2:00 Egg Decorating with Ekaterina and Raisa (2S) 3:00 Nail Spa (2E) 3:30 Afternoon Stretches (1E) 3:30 William Shakespeare Day (3E) 4:00 Classical Cinemas (4S) 4:15 Social Visits (1E)</p> | <p>10:15 Hand Spa (4E) 10:15 Bingo (ZSDR) 10:15 Room Visits (3E) 10:30 Garden Strolls (4S) 10:30 Morning Stretch (2S) 10:30 Room Visits (2E) 10:30 Chair One Fitness (3E) 11:00 Morning Stretches (1E) 11:15 Hand Spa (4S) 11:15 What's New? (2E) 11:15 Famous Russian Actors (3E) 2:00 Hand Spa (2E) 3:00 Garden Tour (2S) 3:30 Remembering Springtime (4S) 3:30 Explore Outdoors with Ekaterina and Raisa (3E) 4:00 Chicken Noodle Soup for the Golden Soul (2S) 4:00 Evening Visits (1E)</p> | <p>10:30 Tai Chi for Relaxation (4E) 10:30 Beading Club (2S RR) 10:30 World Tour (2S) 10:30 Healthy Heart Discussion (1E) 10:30 Coloring for Relaxation (3E) 11:15 Tai Chi for Relaxation (4E) 11:15 Crosswords (2E) 11:15 Room Visits (4E) 2:00 Bingo (ZSRR) 2:30 Outdoor Visits (2E/2S) 2:30 Resident Council (SH) 3:00 Nail Spa (2S) 3:00 April Easy Does it Trivia (4E) 3:30 Sensory Visits (3E) 4:00 Charades (4S) 4:00 Let's Reminisce! (1E)</p> | <p>10:00 Oneg Shabbat (2S, 4E) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 1:30 Poetry Club (1E) 1:45 Tai Chi for Relaxation (4E) 2:15 Spring Cleaning with Raisa & Ekaterina (ZSRR) 2:30 Tai Chi for Relaxation (4S) 3:30 Classical Cinemas (3E) 7:35 Shabbat Shalom- Candle Lighting Rockville, MD</p> | <p>10:00 Shabbat Services (SH) 10:30 Morning Exercise (2S) 11:15 Classical Music Hour (3E) 2:00 Spring Sensory Basket (1E) 3:00 Piano Tunes with Raisa (4E) 4:00 Shabbat Chats (4S)</p> |
| <p>9:30 Morning Greetings (All) 10:00 Room Visits (2E) 10:45 Sunday Stretches (4S) 11:15 Christian Services (C) 11:30 Let's Reminisce! (2S) 2:30 Music Performance: Mini Musicals on the Move "The Music Man" (SH)</p> | <p>10:30 Hand Spa (4S) 10:30 Morning Stretches (3E) 10:30 Guess that Tune! (2S) 10:45 Echoes of Nature (1E) 11:00 Songs by Heart (2E) 11:15 Chair One Fitness (1E) 11:15 Spring Cleaning (1E) 1:30 Hand Spa (1E) 1:30 Activity with Aida (3E) 2:00 Bingo (ZSRR) 2:15 Spring & Spices (4E) 2:15 Hand Spa (3E) 3:00 Hand Spa (2E) 3:15 Spring & Spices (4S) 3:30 Birds and Blooms (2S) 4:00 Move & Groove (1E)</p> | <p>10:30 Hand Spa (4E) 10:30 Morning Stretches (3E) 10:30 Yoga Stretch (2S) 11:00 Power Yoga (1E) 11:15 Hand Spa (4S) 11:15 Do You Want to Be a Millionaire? (4E) 11:15 Spring Fashion (2E) 11:15 Brain Games (3E) 2:00 Bingo (ZSRR) 2:00 Mixed Media Art with Aida (4S) 2:00 Art with Ekaterina and Raisa (2S) 2:00 Art with Ekaterina and Raisa (2S) 3:15 Spring's Favorite Flowers (2E) 3:30 Dancing with the Stars (3E) 4:15 Let's Reminisce! (4E) 4:30 Musical Chats (1E)</p> | <p>ROOM KEY 1E - 1 East 2E - 2 East 2S - 2 South 2S DR - 2S Dining Room</p> | <p>2S RR - 2S Recreation Room 3E - 3 East 4E - 4 East 4S - 4 South C - Conservatory SH - Social Hall</p> | | |

April 2019

Smith-Kogod Resident Programs



Charles E. Smith
LIFE COMMUNITIES