

SUN	MON	TUE	WED	THUR	FRI	SAT
<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			10:00 Oneg Shabbat (2S) <b>1</b> 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (3S, 4S) 2:30 Drum Circle (SH) 5:10 Candle Lighting - Shabbat Shalom!	10:00 Shabbat Services (SH) <b>2</b> 10:30 Morning Music (3E) 11:00 Jingo (3S) 1:30 Piano Tunes (1E) 2:30 Echoes of Nature (C) 4:30 Shabbat Chats (2E)
9:30 Morning Hello's (All) <b>3</b> 10:00 Move to the Music! (4E) 10:45 Trivia (2S) 11:30 The Daily Chronicle (4S) 2:30 Music Performance with Rearview Mirror (SH)	10:30 Morning Fitness (3S) <b>4</b> 10:30 Weight Training (4E) 10:30 Winter Olympics (3E) 10:30 Balloon Volleyball (1E) 10:30 Fabulous February (2S) 11:00 Fabulous February (2E) 11:15 Explore Reiki with Autumn (4S) 11:15 Ball Games (3S) 11:15 The Sound of Music (3E) 1:30 Afro-American Music Memories (1E) 2:00 Bingo (2S RR) 2:00 Word Search (4E) 2:30 Jazz Performance with Peter and Anna (SH) 2:30 Echoes of Nature (4S) 4:15 Hand Spa (1E)	10:30 Morning Stretches (3S) <b>5</b> 10:30 Cranium Crunches (3E) 10:30 Lunar NY Greetings (2E) 10:30 Morning Fitness (1E) 10:30 Winter Tunes (4E) 11:00 Year of the Boar (2S) 11:15 Beading with Aida (4S) 11:15 Morning Songs (3S) 11:15 Famous Russian Musicians (3E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Winter Tunes (4S) 2:00 Room Visits (4E) 2:00 Birthday Party (2S) 2:45 Current Events (4E) 3:00 Art with Aida & Raisa (3SDR) 3:30 Crosswords (2E) 4:30 Hand Spa (4S) 4:30 Evening Music with Raisa (1E) 6:00 Music with Eduardo (1E) 6:45 Music with Eduardo (2S)	10:15 Bingo (2SDR) <b>6</b> 10:15 Coloring for Relaxation (3E) 10:30 Famous Faces (2S) 10:30 Painting Class with Lee (2S RR) 10:30 Therapeutic Coloring (1E) 10:30 Sit & Be Fit (3S) 11:00 Plant Clinic (2E) 11:15 Hand Spa (4S) 11:15 Famous Russian Painters (3S) 11:15 Remember This (3E) 1:30 Memory Rhythms (1E) 2:00 Discussions with Rabbi (2S) 2:00 Room Visits (4E) 2:00 Table Games (2E) 2:30 Birthday Party with Vladimir (3S) 2:30 Memory Rhythms (3E) 3:00 Room Visits (4E) 3:00 Hand Spa (1E) 3:00 Nail Spa (2E) 3:00 Piano Music (2S) 3:30 Memory Rhythms (4E) 4:00 Trivial Pursuit (3S) 4:00 Evening Music with Raisa (1E)	10:00 Morning Visits (1E) <b>7</b> 10:30 In Focus: Quincy Jones (4E) 10:30 News to Know (2S) 10:30 Morning Senses & Stretches (3E) 10:30 Mixed Media Art Class with Lee (1E) 11:00 Floor Visits (2E) 11:15 In Focus: Quincy Jones (4S) 11:15 Morning Exercise (3S) 1:30 Afro American Art Program (1E) 2:00 Bingo (2S RR) 2:00 Balloon Volleyball (4E) 3:00 News to Know: Russia (3SDR) 3:00 Balloon Volleyball (4S) 3:00 Room Visits (2E) 3:30 Crosswords (2S) 4:00 Winter Olympics! (2S) 4:00 Russian Sing Along with Raisa (3E)	10:00 Yoga Stretch (2S) <b>8</b> 10:30 Classical Cinemas (4E) 10:30 Morning Visits (3E) 10:30 Winter Weekends (1E) 11:15 News Briefs (2E) 11:15 Classical Cinemas (4S) 11:15 Yoga (3S) 2:00 Oneg Shabbat with Rabbi Dan (SH) 5:20 Candle Lighting - Shabbat Shalom!	10:00 Shabbat Services (SH) <b>9</b> 10:30 Shabbat Greetings (2E/2S) 11:00 Morning Music (3E) 11:30 Trivia (3S) 2:00 Sing Along with Raisa (3S) 3:00 Piano Tunes with Raisa (4S) 4:00 Shabbat Chats (1E) 4:15 VM Games (2S)
9:30 Morning Hello's (All) <b>10</b> 10:00 Hand Spa (1E) 10:45 Move to the Music! (3E) 11:15 Christian Services (C) 11:30 Trivia Time (4S) 2:30 Music Performance with Andrea Hancock (SH)	10:30 Morning Exercise (3S) <b>11</b> 10:30 Morning Fitness (4E) 10:30 Meet & Greet (2E) 11:00 Shakespeare (2S) 11:15 Morning Fitness (4S) 11:15 Coloring for Relaxation (3E) 11:15 Nail Spa (2E) 1:30 Creativity with Clarence (1E) 2:00 Bingo (2S RR) 2:00 Current Events (4E) 2:00 Current Events (2E) 2:30 Echoes of Nature (1E) 2:30 Creative Art with Ekaterina and Raisa (3S) 3:00 Places We Love (4E) 3:30 Memory Rhythms (4S) 4:00 Hand Spa (1E) 6:00 Classical Cinemas (1E) 6:15 Monday Night Football (2E)	10:30 Morning Stretches (3S) <b>12</b> 10:30 Cranium Crunches (3E) 10:30 News Briefs (2S) 10:30 Balloon Volleyball (1E) 10:30 Piano Scales with Raisa (4E) 11:00 Crosswords (2E) 11:15 The Daily Chronicle (4S) 11:15 Morning Songs (3S) 11:15 Room Visits (3E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Hebrew Vocabulary 101 (4E) 2:00 Hand Spa (1E) 2:00 Birthday Party (2E) 2:00 Beading with Aida (3S) 2:30 Birthday Party (3E) 2:45 Room Visits (4S) 3:00 Word-From-A-Word (2S) 4:00 Hand Spa (4S) 4:00 Evening Music & Social Visits (3E) 6:00 Music with Eduardo (3E) 6:45 Music with Eduardo (3S)	10:15 Bingo (2SDR) <b>13</b> 10:15 Hand Spa (4E) 10:15 Coloring for Relaxation (3E) 10:30 Famous Faces (2E) 10:30 Painting Class with Lee (2S RR) 10:30 Morning Songs (3S) 11:15 Crosswords (2S) 11:15 Hand Spa (4S) 11:15 Table Games (3S) 11:15 Strength Training (1E) 11:15 Classical Music Hour (3E) 1:30 Memory Rhythms (1E) 2:00 Discussions with Rabbi (2S) 2:00 The Daily Chronicle (2E) 2:30 Memory Rhythms (3E) 3:00 Dining Committee Meeting (2S DR) 3:15 Chinese New Year Performance by CASA (SH) 3:30 Memory Rhythms (4E)	10:00 Morning Visits (1E) <b>14</b> 10:30 Languages of Love (4E) 10:30 Ball Games (3E) 10:30 Beading Club (2S RR) 10:30 Mixed Media Art Class with Lee (1E) 10:45 Echoes of Nature (3E) 11:00 Word-Fram-A-Word (2E) 11:15 Languages of Love (4S) 11:15 Morning Exercise (3S) 2:00 Bingo (2S RR) 2:30 Sweetheart Social Cookie Decorating (SH) 4:15 Social Visits (2S) 4:15 Social Visits (3E) 6:30 Ladies Night (SH)	10:00 Oneg Shabbat (2S) <b>15</b> 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (3S, 4S) 11:15 Yoga (4E) 2:00 Movie Matinee: "Loving" (SH) 5:25 Candle Lighting - Shabbat Shalom!	10:00 Shabbat Services (SH) <b>16</b> 10:30 Shabbat Music (2E/2S) 11:00 Morning Music (3E) 2:00 Piano Tunes (4E) 3:00 Puzzle Mania (4S) 4:00 Evening Music & Social Visits (1E) 4:15 Shabbat Chats (2E)
9:30 Morning Hello's (All) <b>17</b> 10:00 Move to the Music! (4E) 10:45 The Daily Chronicle (2S) 11:30 Table Games (2E) 2:30 Music Performance with John Oliver (SH)	Presidents' Day <b>18</b> 10:30 Coffee Talk (3S) 10:30 Golden Yoga (4E) 10:30 Sensory Season (3E) 10:30 Which President? (2S) 11:15 Golden Yoga (4S) 11:15 Morning Stretches (3S) 11:15 Presidential Trivia (2E) 11:15 Sing Along with Aida (1E) 1:30 Therapeutic Coloring (1E) 2:00 Bingo (2S RR) 2:00 Americana in Song (2E) 2:30 President's Day Music Performance with Richard Ries (SH) 3:00 Crosswords (2S) 3:30 Memory Rhythms (4S) 4:30 Hand Spa (1E)	10:30 Bingo with B'nai Israel Sisterhood (SH) <b>19</b> 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Winter Tunes (3E) 2:00 Power Yoga (1E) 2:00 Snack Social (2S) 2:00 The Daily Chronicle (2E) 2:30 Art with Ekaterina and Aida (3S) 2:45 Therapy Gym (4E/4S) 3:00 Sing Along with Raisa (4S) 3:30 Paper Delivery (2E/3S) 3:30 Easy Listening (2E) 4:00 Trivia (4E) 4:00 Musical Chats (1E) 6:00 Music with Eduardo (4E) 6:45 Music with Eduardo (4S)	10:15 Bingo (2SDR) <b>20</b> 10:15 Hand Spa (4E) 10:15 Winter Designs (3E) 10:30 Yoga Stretches (2S) 10:30 Painting Class with Lee (2S RR) 10:30 Sit & Be Fit (3S) 11:00 Songs by Heart (2E) 11:15 Hand Spa (4S) 11:15 Room Visits (3S) 11:15 Strength Training (1E) 11:15 Sit & Be Fit! (3E) 1:30 Memory Rhythms (1E) 2:00 Discussions with Rabbi (2S) 2:00 Puzzle Palooza (4E) 2:00 Afternoon Trivia (2E) 2:30 Memory Rhythms (3E) 3:00 Nail Spa (3S) 3:15 Nail Spa (2S) 3:30 Memory Rhythms (4E) 4:00 Jingo Game (3E)	10:00 Morning Stretch (4E) <b>21</b> 10:00 Morning Visits (1E) 10:30 Time to Travel (2S) 10:30 Reading Club (3E) 10:30 Mixed Media Art Class with Lee (1E) 11:00 Plant Clinic (2E) 11:15 Morning Exercise (3S) 1:30 Creativity with Clarence (1E) 2:00 Bingo (2S RR) 2:00 Oscar Buzz (2S) 2:30 Russian Army Day Celebration with Vladimir (3SDR) 3:00 Happy Hour (2E) 3:00 Afternoon Fitness (2S) 4:00 Evening Visits (4S) 4:00 Evening Music with Raisa (1E)	10:30 Oneg Shabbat with Rabbi Dan (SH) <b>22</b> 2:30 Patriotic Music Performance with the Starvation Army Band (SH) 5:35 Candle Lighting - Shabbat Shalom!	10:00 Shabbat Services (SH) <b>23</b> 10:30 Music Matters (4E) 11:00 Dominoes (3E) 2:00 Musical Chats with Raisa (4S) 3:00 Sing Along with Raisa (1E) 4:00 Shabbat Chats (2E/2S) 4:15 VM Games (2S)
9:30 Morning Hello's (All) <b>24</b> 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 Bob Boguslaw (SH)	10:30 Morning Exercise (3S) <b>25</b> 10:30 Morning Stretches (4E) 10:30 The Oscar Goes To... (2E) 11:00 Sing Alongs (3E) 11:00 Plant Clinic (2S) 11:15 Morning Stretches (4S) 1:30 Sensory Season (1E) 1:30 Balloon Volleyball (1E) 2:00 Bingo (2S RR) 2:00 Hand Spa (3E) 2:30 Echoes of Nature (4E) 2:30 Creative Art with Ekaterina and Raisa (3S) 3:00 Art with Aida (4E) 3:30 Russian Poetry (3E) 3:30 Memory Rhythms (4S) 4:00 Classical Music Hour (1E) 6:00 Classical Cinemas (2S) 6:15 Snack Social (2E/2S)	10:30 Morning Visits (3S) <b>26</b> 10:30 Cranium Crunches (3E) 10:30 Folktales and Fables (2S) 10:30 Morning Visits (1E) 10:30 Famous Classical Composers (4E) 11:15 Hand Spa (4S) 11:15 Morning Songs (3S) 11:15 Folktales and Fables (2E) 11:15 Balloon Volleyball (1E) 11:15 Sing Along with Raisa (3E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Hand Spa (1E) 2:30 Classical Concert with the Yanovich Family (SH) 2:45 Name that Sound! (4E) 3:00 Activity with Raisa (3E) 4:00 Famous Faces (4S) 4:15 Evening Stretches (1E)	10:15 Bingo (2SDR) <b>27</b> 10:15 Hand Spa (4E) 10:15 Winter Designs (3E) 10:30 Painting Class with Lee (2S RR) 10:30 Sensory Stimulation (1E) 10:30 Social Visits (3S) 10:45 Echoes of Nature (2S) 11:00 Songs by Heart (3S) 11:15 Hand Spa (4S) 11:15 Cranium Crunches (1E) 11:15 World Music (3E) 11:30 Crosswords (2E) 1:30 Memory Rhythms (1E) 2:00 Discussions with Rabbi (2S) 2:00 Happiest Hour (4E) 2:00 Room Visits (2E) 2:30 Russian History (3SDR) 3:00 Happiest Hour (4S) 3:00 Nail Spa (2E) 3:00 Activity with Raisa (1E) 3:30 Memory Rhythms (4E) 4:00 Evening Stretches (3S) 4:00 Evening Stretches (1E)	10:00 Morning Visits (1E) <b>28</b> 10:30 In Focus: Mary McLeod Bethune (4E) 10:30 Dancing (3E) 10:30 Beading Club (2S RR) 10:30 Mixed Media Art Class with Lee (1E) 10:45 Echoes of Nature (3S) 11:00 Trivial Pursuit (2E) 11:15 In Focus: Mary McLeod Bethune (4S) 11:15 Trivial Pursuit (3S) 1:30 Afro American Music Memories (1E) 2:00 Bingo (2S RR) 2:30 Resident Council (SH) 3:00 Cranium Crunches (2E) 4:00 The Daily Chronicle (2S) 4:00 Russian Poetry (3E) 6:30 Ladies Night (SH)		

# February 2019

Smith-Kogod Resident Programs

