

SUN	MON	TUE	WED	THUR	FRI	SAT	
		10:30 Morning Exercise (3S) 10:30 Looking Back at 2018 (2S) 10:30 Morning Music with Raisa (4E) 10:30 Morning Fitness (1E) 11:15 Trivia (4S) 11:15 New Year's Forecast (2E) 11:15 Sit & Be Fit! (3E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Sing Along with Raisa (3E) 2:00 Hand Spa (3S) 2:00 Name that Tune! (2E) 2:00 Hand Spa (1E) 3:00 Evening Stretches (4S) 3:00 Word Games (2S) 3:00 Piano Music (3E) 4:00 Evening Stretches (4E) 4:00 Evening Music with Raisa (1E) 6:00 Music with Jeanette (1E) 6:45 Music with Jeanette (2S)	1 10:15 Bingo (2SDR) 10:15 Hand Spa (4E) 10:30 Painting Class with Lee (2S RR) 10:30 Sing Along with Raisa (3S) 10:30 Therapeutic Coloring (1E) 11:15 Hand Spa (4S) 11:15 Trivia (3E) 1:30 Memory Rhythms (1E) 2:00 Midday Stretch (4E) 2:00 Hand Spa (2E) 2:30 Memory Rhythms (3E) 3:00 Midday Stretch (4S) 3:00 Move to the Music! (3S) 3:30 Memory Rhythms (4E) 4:00 Sing Along with Raisa (2S)	2 10:00 Morning Visits (1E) 10:30 Winter Trivia (2S) 10:30 Morning Stretches (3S) 10:30 Mixed Media Art Class with Lee (4E) 11:00 Songs by Heart (4E) 11:15 Room Visits with Nancy (2E) 11:15 Balloon Volleyball (3E) 11:15 Hand Spa (4S) 1:30 Creativity with Clarence (1E) 2:00 Bingo (2S RR) 2:00 Birthday Party (2E) 2:00 Birthday Party (2E) 3:00 Balloon Volleyball (4S) 3:00 Winter Trivia (2E) 4:00 Nail Spa (3S) 4:00 Journey through Music (3E) 6:30 Ladies Night (SH)	3 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (3S, 4S) 2:00 Movie Matinee: "Mamma Mia Returns" (SH) 4:40 Candle Lighting - Shabbat Shalom!	4 10:00 Shabbat Services (SH) 10:30 Keep Moving (2S) 11:00 VM Songs (3E) 1:45 Hand Spa (1E) 4:15 Shabbat Chats (2E)	
9:30 Morning Hello's (All) 10:00 Music & Move (4E) 10:45 VM Fun Facts (2E) 11:30 Trivia Time (3S) 2:30 Music Performance with "Time for a Change Band" (SH)	6 10:30 Morning Exercise (3S) 10:30 Golden Yoga (4E) 10:30 Fun Facts (2S) 11:15 Golden Yoga (4S) 11:15 Current Events (2E) 11:15 Morning Stretches (3E) 1:30 Creativity with Clarence (1E) 2:00 Bingo (2S RR) 2:00 Current Events (4E) 2:00 Fun Facts (2E) 2:15 Hand Spa (3E) 3:00 Room Visits (4S) 3:00 Shakespeare (2S) 3:00 Afternoon Trivia (3S) 4:00 Room Visits (1E)	7 10:30 Morning Exercise (3S) 10:30 Golden Yoga (4E) 10:30 Fun Facts (2S) 11:15 Golden Yoga (4S) 11:15 Current Events (2E) 11:15 Morning Stretches (3E) 1:30 Creativity with Clarence (1E) 2:00 Bingo (2S RR) 2:00 Current Events (4E) 2:00 Fun Facts (2E) 2:15 Hand Spa (3E) 3:00 Room Visits (4S) 3:00 Shakespeare (2S) 3:00 Afternoon Trivia (3S) 4:00 Room Visits (1E)	8 10:30 Dancing with the Stars (3E) 10:30 Morning Exercise (3S) 10:30 News to Know (2S) 10:30 Move to the Music! (4E) 10:30 Balloon Volleyball (1E) 11:15 Beading with Aida (4S) 11:15 Morning Songs (3S) 11:15 Synonyms (2E) 11:15 What Makes You Happy? (3E) 2:00 Bingo (2S RR) 2:00 Art with Ekaterina and Aida (3S) 2:00 Afternoon Piano Music (4E) 2:00 Birthday Party (2S) 2:00 Hand Spa (1E) 2:30 Discussions with Rabbi (2S) 2:45 Scattergories (4S) 3:00 Regal Russian Cinemas (2S) 3:30 Hand Spa (2E) 3:30 Nail Spa (2E) 4:00 Evening Music & Social Visits (1E) 4:30 Room Visits (4S) 6:00 Music with Jeanette (3E) 6:45 Music with Jeanette (3S)	9 10:15 Bingo (2SDR) 10:15 Hand Spa (4E) 10:30 Painting Class with Lee (2S RR) 10:30 Coloring for Relaxation (3E) 10:30 Famous Faces (2S) 10:30 Sit & Be Fit! (3S) 10:30 Morning Visits (1E) 11:00 Plant Clinic (2E) 11:15 Hand Spa (4S) 11:15 Cranium Crunches (3S) 11:15 Famous Russian Musicians (3E) 11:15 Weight Training (1E) 1:30 Memory Rhythms (1E) 2:00 Step it Up! Fitness (4E) 2:00 Hand Spa (2E) 2:30 Memory Rhythms (3E) 3:00 Russian Program with Vladimir (SDR) 3:00 Step it Up! Fitness (4S) 3:00 Winter Sensory Basket (2E) 3:00 Dining Committee Meeting (2S DR) 3:30 Memory Rhythms (4E) 3:30 Room Visits (3E) 4:00 Evening Music & Social Visits (2S) 4:30 Explore Klezmer with Raisa (1E)	10 10:00 Morning Visits (1E) 10:30 Numero (4E) 10:30 Gymnastics (3E) 10:30 Name that Tune! (2S) 10:30 Beading Club (2S RR) 10:30 Mixed Media Art Class with Lee (1E) 11:15 Numero (4S) 11:15 Morning Exercise (3S) 11:15 Crosswords (2E) 2:00 Bingo (2S RR) 2:30 Natalie Porter Presents: "A Tribute to Sinatra" (SH) 4:15 Social Visits (3S) 4:15 Evening Music with Raisa (3E)	11 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (3S, 4S) 2:30 Music with Svetlana (SH) 4:45 Candle Lighting - Shabbat Shalom!	12 10:00 Shabbat Services (SH) 10:30 VM Music (3E) 11:00 Exercise (4E) 1:45 Dominoes (3S) 4:15 VM Games (2S)
9:30 Morning Hello's (All) 10:00 Balloon Volley (1E) 10:45 Music & Move (3E) 11:15 Christian Services (C) 11:30 Trivia Time (4S) 2:30 Music Performance with Ron Howard (SH)	13 10:15 Ball Games (3E) 10:30 Morning Visits (3S) 10:30 Weight Training (4E) 10:30 Morning Greetings (2E) 11:00 Songs by Heart (3S) 11:00 Plant Clinic (2S) 11:15 Weight Training (4S) 2:00 Bingo (2S RR) 2:00 Songs by Heart (1E) 2:00 Current Events (4E) 2:00 Music Memories (2E) 2:15 Hand Spa (3E) 3:00 Cranium Crunches (4S) 3:00 Reading Club (3E) 3:00 Yiddish by the Book (2S) 3:00 Winter Trivia (4E) 4:00 Evening Art (1E)	14 10:30 Morning Stretches (3E) 10:30 Morning Exercise (3S) 10:30 Famous Jewish Musicians (4E) 10:30 Therapeutic Coloring (1E) 11:00 Songs by Heart (2E) 11:15 Morning Stretches (4S) 11:15 Hits of the 50s-60s (3S) 11:15 Sing Along with Raisa (3E) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Art with Ekaterina and Aida (3S) 2:00 Piano Music (4E) 2:00 Hand Spa (1E) 2:30 Discussions with Rabbi (2S) 2:45 Family Feud (4E) 3:00 Sensory Visits (3E) 3:00 Humor Games (2S) 3:00 Room Visits (2E) 4:00 Social Visits (1E) 4:15 Trivia (4S) 6:00 Music with Jeanette (4E) 6:45 Music with Jeanette (4S)	15 10:15 Bingo (2SDR) 10:15 Hand Spa (4E) 10:30 Coloring for Relaxation (3E) 10:30 Painting Class with Lee (2S RR) 10:30 Morning Stretches (2S) 10:30 Ball Games (3S) 10:30 Morning Visits (1E) 10:30 Hand Spa (4S) 11:15 Table Games (3S) 11:15 Word From A Word! (2E) 11:15 Move to the Music! (3E) 11:15 Morning Fitness (1E) 1:30 Memory Rhythms (1E) 2:00 Hot Tea & Trivia! (4E) 2:00 Trivia (2E) 2:30 Memory Rhythms (3E) 2:30 "Old New Year" Russian History Program (SDR) 3:00 Hot Tea & Trivia! (4S) 3:00 Nail Spa (2E) 3:00 Sing Along with Raisa (2S) 3:30 Memory Rhythms (4E) 3:30 Room Visits (3E) 4:00 Social Visits (2S) 4:00 Evening Music & Social Visits (1E)	16 10:00 Morning Visits (1E) 10:30 Morning Stretches (4E) 10:30 Ball Games (3E) 10:30 Hand Spa (2S) 10:30 Morning Visits (3S) 10:30 Mixed Media Art Class with Lee (1E) 11:15 Morning Stretches (4S) 11:15 Morning Exercise (3S) 11:15 Crosswords (2E) 11:15 Russian Poetry (3E) 11:15 Beading with Aida (4E) 2:00 Bingo (2S RR) 2:30 Piano Performance with Dr. Ruth (SH) 6:30 Ladies Night (SH)	17 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (3S, 4S) 2:00 Movie Matinee: "Selma" (SH) 4:55 Candle Lighting - Shabbat Shalom!	18 10:00 Shabbat Services (SH) 10:30 Keep Moving (2S) 11:00 VM Songs (3E) 1:45 Hand Spa (1E) 4:15 Shabbat Chats (2E)	19 10:00 Shabbat Services (SH) 10:30 VM Music (3E) 11:00 Exercise (4E) 1:45 Dominoes (3S) 4:15 VM Games (2S)
9:30 Morning Hello's (All) 10:00 Music & Move (4E) 10:45 VM Fun Facts (2E) 11:30 Trivia Time (3S) 2:30 Music Performance with Glen Echoes Quartet (SH)	20 Martin Luther King Day 10:30 Intergenerational Tu B'Shvat Seder with Rabbi (SH) 1:30 MLK Jr. Day Social (1E) 2:00 Bingo (2S RR) 2:00 Martin Luther King Jr. Memorial (4E) 2:00 It's MLK Jr. Day! (2S) 2:15 Sensory Visits (3E) 3:00 Martin Luther King Jr. Memorial (4S) 3:00 Reading Club (3S) 3:00 MLK Jr. Memories (2E) 3:30 Room Visits (4E)	21 10:30 Bingo with B'nai Israel Sisterhood (SH) 1:30 Mixed Media/Painting Class with Lee (4S) 2:00 Bingo (2S RR) 2:00 Art with Ekaterina and Aida (3S) 2:00 Piano Tunes with Raisa (4E) 2:00 Cocoa Party (2S) 2:00 Hand Spa (1E) 2:30 Discussions with Rabbi (2S) 2:45 Room Visits (4S) 3:00 Regal Russian Cinemas (3E) 3:30 Dancing as Art (3S) 3:30 Afternoon Stretches (3S) 3:30 Nail Spa (2E) 4:00 International Music Hour (1E) 4:15 Evening Visits (4S)	22 10:15 Bingo (2SDR) 10:15 Hand Spa (4E) 10:30 Coloring for Relaxation (3E) 10:30 Painting Class with Lee (2S RR) 10:30 Morning Stretches (2S) 10:30 Sing Along with Raisa (3S) 10:30 Morning Visits (1E) 11:00 Plant Clinic (2E) 11:15 Hand Spa (4S) 11:15 Room Visits (3S) 11:15 Sit & Be Fit! (3E) 11:15 Weight Training (1E) 1:30 Memory Rhythms (1E) 2:30 Jazz Concert with Vladimir and Kristina (SH) 2:30 Memory Rhythms (3E) 3:30 Memory Rhythms (4E) 4:30 Evening Stretches (3S) 4:30 Evening Stretches (1E)	23 10:00 Morning Visits (1E) 10:15 Golden Yoga (4S) 10:30 Gymnastics (3E) 10:30 Music Memories (2S) 10:30 Beading Club (2S RR) 10:30 Mixed Media Art Class with Lee (1E) 11:15 Chair Yoga (4E) 11:15 Morning Exercise (3S) 11:15 Word Games (2E) 2:00 Bingo (2S RR) 2:30 Martin Luther King Jr. Day Music Performance with the Starvation Army Band (SH) 3:15 Resident Council (C) 4:00 Table Games (3E) 4:15 Hand Spa (2S)	24 10:30 Oneg Shabbat with Rabbi Dan (SH) 5:00 Candle Lighting - Shabbat Shalom!	25 10:00 Shabbat Services (SH) 10:30 VM Music (3E) 11:00 Exercise (4E) 1:45 Dominoes (3S) 4:15 VM Games (2S)	26 10:00 Shabbat Services (SH) 10:30 VM Music (3E) 11:00 Exercise (4E) 1:45 Dominoes (3S) 4:15 VM Games (2S)
9:30 Morning Hello's (All) 10:00 Balloon Volley (1E) 10:45 Music & Move (3E) 11:15 Christian Services (C) 11:30 Trivia Time (4S) 2:30 Music Performance with Brian Rudolph (SH)	27 10:30 Ball Games (3S) 10:30 Morning Fitness (4E) 10:30 Morning Stretches (2E) 11:00 Plant (2S) 11:15 Morning Fitness (4S) 11:15 Sing Along with Ekaterina (3S) 11:15 Magazine Reviews (1E) 1:30 Creativity with Clarence (1E) 2:00 Bingo (2S RR) 2:00 Happiest Hour (4E) 2:00 Soda Shop (2E) 2:00 Hand Spa (3E) 3:00 Happiest Hour (4S) 3:00 Reading Club (3E) 3:15 New in the News with Aida (4E) 3:30 Crosswords (2S) 4:00 Beading with Aida (1E)	28 10:30 Morning Exercise (3S) 10:30 Current Events (2S) 10:30 Morning Music with Raisa (4E) 10:30 Balloon Volleyball (1E) 11:15 Trivia (4S) 11:15 Famous Faces (2E) 11:15 Morning Trivia (3E) 1:30 Mixed Media/Painting Class with Lee (4S) 1:30 Sensory Stimulation (1E) 2:00 Bingo (2S RR) 2:00 Art with Ekaterina and Aida (3S) 2:00 Piano Scales with Raisa (2S) 2:00 Dominoes (2E) 2:30 Discussions with Rabbi (2S) 2:45 National Puzzle Day! (4E) 3:00 Snack Social (3S) 3:30 Hand Spa (3S) 4:00 Journey through Music (1E) 4:15 Room Visits (4S)	29 10:15 Bingo (2SDR) 10:15 Hand Spa (4E) 10:30 Painting Class with Lee (2S RR) 10:30 Coloring for Relaxation (3E) 10:30 Morning Stretches (2S) 10:30 Morning Stretches (3S) 10:30 Morning Fitness (1E) 11:15 Hand Spa (4S) 11:15 Cranium Crunches (3S) 11:15 On Broadway! (2E) 11:15 Piano Scales with Raisa (3E) 1:30 Memory Rhythms (1E) 2:30 Winter Wonderland Cafe (SH) 2:30 Memory Rhythms (3E) 3:30 Memory Rhythms (4E)	30 10:00 Morning Visits (1E) 10:30 Ella Fitzgerald Review (4E) 10:30 Gymnastics (3E) 10:30 Morning Stretches (2S) 10:30 Morning Visits (2E) 10:30 Activity with Raisa (3S) 10:30 Mixed Media Art Class with Lee (1E) 11:15 Ella Fitzgerald Review (4S) 11:15 Morning Exercise (3S) 11:15 Crosswords (2E) 11:15 Dominoes (3E) 11:15 New in the News with Aida (4E) 2:00 Bingo (2S RR) 2:00 Birthday Party with Aida & Raisa (1E) 2:00 Reading Cart (2E) 2:30 4th Floor Teaching Kitchen (SH) 2:30 Russian Program (SDR) 3:00 Reading Cart (2S) 3:15 Hand Spa (2E) 4:00 Evening Music with Raisa (3E) 4:15 Hand Spa (2S)	31 ROOM KEY 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	

January 2019
Smith-Kogod Resident Programs

