

SUN	MON	TUE	WED	THUR	FRI	SAT	
						10:00 Shabbat Services (SH) 10:30 Morning Music (3E) 11:15 Summer Sing Along with Raisa (4E) 2:00 Reminiscing Summer (1E) 3:30 Music Trivia (4S) 4:15 Shabbat Music (2E/2S)	
10:30 Happy 50th Anniversary to Charles E. Smith Life Communities! 2:30 Opening Minds Through Art Show (SH)	3 10:30 June Greetings (2E) 10:30 Balloon Volleyball (4E) 10:30 Chair One Fitness (3E) 10:45 Echoes of Nature (1E) 11:00 Plant Clinic (2E) 11:00 Songs by Heart (4S) 11:15 Table Games (2E) 1:30 Hand Spa (3E) 2:00 Bingo (2SRR) 2:00 Hand Spa (2E) 2:00 Art Expressions (4E) 2:00 Hand Spa (1E) 2:30 Summer Sensory Visits (3E) 3:00 Shakespeare (2S) 3:00 Chicken Noodle Soup for the Golden Soul (4S) 3:30 Russian Fun Facts (2E/4E) 4:00 Evening Stretches (1E)	4 10:30 Cranium Crunches (1E) 10:30 June Updates (2S) 10:45 Summer Sing Along with Raisa (4E) 11:15 Morning Stretches (3E) 11:15 In a Word... (2E) 11:15 Beading with Aida (4S) 1:30 Poetry Club (1E) 2:00 Bingo (2SRR) 2:00 Birthday Party (2E) 2:00 Garden Strolls (4E) 2:30 Summer Serenades with Vladimir (3EDR) 3:00 Art Expressions (4S) 3:30 Crosswords (2S) 4:00 Math Games (3E) 4:15 Trivia (4S) 4:15 Knitting Club (2E) 6:00 Music with Brian (1E) 6:45 Music with Brian (2S)	5 10:00 Coloring for Relaxation (3E) 10:15 Bingo (2SRR) 10:15 Hand Spa (4S) 10:30 Painting Class with Ekaterina (2SRR) 10:30 Reading Club (2E) 11:00 Power Yoga (1E) 11:15 Hand Spa (4E) 11:15 Outdoor Stretches (3E) 1:30 Memory Rhythms (1E) 2:30 Time Travel with Emily Dickinson (5H) 2:30 Memory Rhythms (3E) 2:30 Echoes of Nature (4E) 3:30 Memory Rhythms (4E) 4:00 Brain Games (3E) 4:00 Hand Spa (2S) 4:00 Garden Walk & Talk (1E)	6 10:30 Art Express with Clarence (1E) 10:30 Hand Spa (2E) 10:30 Outdoor Recreation (4E) 10:30 Yoga Stretches (2S) 10:45 Echoes of Nature (4S) 11:00 Plant Clinic (2E) 11:15 Piano Tunes (3E) 11:15 Corn Hole Toss (4E) 2:00 Bingo (2SRR) 2:30 Music Trivia with Dr. Ruth (5H) 4:15 Summer Fashion (1E) 4:15 Famous Russian Poetry (3E)	7 10:30 Oneg Shabbat with Rabbi Dan (SH) 2:30 Drum Circle (Social Hall/SK Garden) 8:10 Shabbat Shalom-Candle Lighting Rockville, MD	8 Shavuot Begins at Sundown 10:00 Shabbat Services (SH) 10:30 Move to the Music (4E) 11:15 Balloon Volleyball (1E) 2:00 Reading Club (3E) 3:00 Table Games (4S) 4:15 Good Friends, Good Convo (2E/2S)	
10:00 Shavuot Service with Yizkor & Cheeseecake Kiddush (SH) 11:15 Christian Services (C) 2:00 Beauty Plus (4S) 4:00 June Easy Does It Trivia (2S)	9 10:30 Mighty Monday (2S) 10:30 Weight Training (4E) 10:30 Chair One Fitness (3E) 11:15 Mighty Monday (2E) 11:15 Get Fit! (1E) 11:15 Weight Training (4S) 11:15 Garden Visits (4E) 1:30 Healthy Heart Discussion (1E) 1:30 Hand Spa (3E) 2:00 Bingo (2SRR) 2:00 Birds and Blooms (2S) 2:00 Garden Strolls (4E/4S) 2:30 Sort It Out (3E) 3:15 Outdoor Recreation (3E) 3:30 Birds and Blooms (2E) 4:00 Evening Music (1E)	10 10:30 Balloon Volleyball (1E) 10:30 Hand Spa (4E) 10:30 Trendy Tuesday (2S) 11:15 Morning Dancing for Energy (3E) 11:15 Trendy Tuesday (2E) 11:15 June Easy Does It Trivia (4S) 1:30 Cranium Crunches (1E) 2:00 Bingo (2SRR) 2:00 Collage Art (4E) 2:00 2nd Floor Teaching Kitchen (SH) 2:00 Hand Massage (1E) 3:00 Ice Cream Party (3E) 3:30 Word-from-A-Word (2S) 3:30 Summer Spices (4S) 4:00 Social Visits (2E) 6:00 Music with Brian (3E) 6:45 Music with Brian (3S)	11 10:00 Painting Class with Ekaterina (3E) 10:15 Bingo (2SRR) 10:15 Hand Spa (4S) 10:45 Bible Study with Rabbi (2S) 11:00 Songs by Heart (3E) 11:00 Poetry & Sunshine (1E) 11:00 Wacky Wednesday (2E) 11:15 Hand Spa (4E) 11:30 Wacky Wednesday (2S) 1:30 Memory Rhythms (1E) 2:00 Hand Massage (1E) 2:00 The Daily Chronicle (2E) 2:30 Memory Rhythms (4S) 2:30 Echoes of Nature (3E) 3:00 Dining Committee Meeting (2S DR) 3:00 Birthday Party (2E) 3:30 Sensory Visits (1E) 3:30 Memory Rhythms (4E)	12 10:30 Parachute Game (3E) 10:30 Art Express with Clarence (1E) 10:30 Cranium Crunches (4E) 10:30 Modern Art with Emily (2SRR) 11:00 Throwback Thursday (2E) 11:15 Scarf Dancing (3E) 11:15 Word-From-A-Word (4S) 1:30 Hand Spa (1E) 2:00 Bingo (2SRR) 2:30 Music Performance with The Matt Daniels Band (SH) 6:30 Ladies Night (SH)	13 Flag Day 10:00 Freaky Friday (2S) 10:30 Morning Visits (1E) 10:30 Freaky Friday (2E) 10:30 Summer Spices (4E) 11:00 Garden Visits (1E) 11:15 Corn Hole Toss (4S) 2:30 Oneg Shabbat with Rabbi Roth (SH) 8:15 Shabbat Shalom- Candle Lighting Rockville, MD	14 10:00 Shabbat Services (SH) 2:00 Independent Recreation/Leisure (All)	15 10:00 Shabbat Services (SH) 10:30 Outdoor Fitness (3E) 11:30 Jewish Stores (2E) 2:00 Art Express with Raisa (1E) 3:30 Play Lotto (4E) 4:15 Sing Along with Raisa (2S)
Father's Day 10:15 Garden Visits (3E) 11:00 Garden Strolls (2S) 2:30 Music Performance with John Oliver (SH) 5:00 Father's Day Dinner Menu (All)	16 10:30 News To Know (2E) 10:30 Reiki with Hemali Vora (4S) 10:30 Chair One Fitness (3E) 11:00 Plant Clinic (2S) 11:00 Songs by Heart (1E) 11:15 Chair One Fitness (4E) 2:00 Bingo (2SRR) 2:30 Fellas Field Day (SK Courtyard)	17 10:30 Bingo with B'nai Israel Sisterhood (SH) 2:00 Bingo (2SRR) 3:00 Birthday Party (3E) 3:30 Crosswords (2S) 3:30 Hand Spa (2E) 4:15 International Music (1E) 6:00 Music with Brian (4E) 6:45 Music with Brian (4S)	18 10:00 Coloring for Relaxation (3E) 10:15 Bingo (2SRR) 10:30 Painting Class with Ekaterina (2SRR) 10:30 Harp Harmonies with Kara Welch? (1E) 10:30 Morning Greetings (2E) 11:15 How Does Our Garden Grow? (2S) 11:15 Hand Spa (4S) 11:15 Music & Move (4E) 1:30 Memory Rhythms (1E) 2:30 Memory Rhythms (3E) 3:00 How Does Our Garden Grow? (2E) 3:30 Russian History Program (3SRR) 3:30 Memory Rhythms (4E) 3:30 All That Jazz (4S) 6:30 Bereavement Group (C)	19 10:00 Hand Spa (2E) 10:30 Hand Spa (3E) 10:30 Art Express with Clarence (1E) 10:30 Tai Chi for Balance (4E) 10:30 Modern Art with Emily (2SRR) 10:45 Echoes of Nature (2S) 11:00 Knitting Club (2E) 11:15 Hand Spa (4S) 2:00 Bingo (2SRR) 2:30 Ocean's Day (SH) 3:30 Classical Cinemas (3E, 4E)	20 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 2:00 Movie Matinee: "De-Lovely" (SH) 8:20 Shabbat Shalom- Candle Lighting Rockville, MD	21 10:00 Shabbat Services (SH) 10:30 Outdoor Fitness (3E) 11:30 Jewish Stores (2E) 2:00 Art Express with Raisa (1E) 3:30 Play Lotto (4E) 4:15 Sing Along with Raisa (2S)	22 10:00 Shabbat Services (SH) 10:30 Morning Music (4E) 10:30 Morning Music (1E) 11:15 Let's Sing Together (3E) 2:00 Explore Outdoors (1E) 3:00 Bingo (4S) 4:15 Piano Tunes (2S)
9:30 Morning Greetings (All) 10:00 The Daily Chronicle (4E) 10:45 Hand Spa (2S) 11:15 Christian Services (C) 2:30 Music Performance with Darrin Carter (SH)	23 10:30 What's New? (2S) 10:30 Get Fit! (4S) 10:30 Chair One Fitness (3E) 11:00 Songs by Heart (4E) 11:15 World Tour (2E) 11:15 Chair One Fitness (1E) 1:30 Cranium Crunches (1E) 1:45 Hand Massage (3E) 2:00 Bingo (2SRR) 2:00 Snack Social (2S) 2:30 Reminiscing Summer (3E) 3:00 Hand Spa (4E) 3:30 That's Broadway! (2E) 3:30 Puzzle Mania (2S) 4:00 Beauty Plus (4S)	24 10:15 Explore Outdoors (4S) 10:30 Sounds Like Summer Music (4E) 11:00 Hand Spa (1E) 11:15 Scarf Dancing (3E) 11:15 Nail Spa (2E) 11:15 Hebrew 101 (2E) 11:15 Chair One Fitness (1E) 2:00 Cranium Crunches (1E) 2:00 Hand Massage (3E) 2:00 Bingo (2SRR) 2:00 Snacks Social (2S) 2:30 Reminiscing Summer (3E) 3:00 Hand Spa (4E) 3:30 That's Broadway! (2E) 3:30 Puzzle Mania (2S) 4:00 Beauty Plus (4S)	25 10:00 Coloring for Relaxation (3E) 10:15 Bingo (2SRR) 10:30 Painting Class with Ekaterina (2SRR) 10:30 Balloon Volley (1E) 10:30 Yoga Stretch (2S) 10:30 Sing Along with Raisa (4S) 11:15 The Joys of Yiddish (2E) 2:00 The Daily Chronicle (2E) 2:30 Memory Rhythms (1E) 2:00 Bible Study with Rabbi (2S) 2:00 The Daily Chronicle (2E) 2:30 Romantic Melodies with Vladimir (3SRR) 2:30 Memory Rhythms (3E) 3:00 Hand Spa (4S) 3:00 Name That Tune! (2S) 3:30 Memory Rhythms (4E) 4:00 Hand Spa (3E) 4:00 Journey Through Music (1E)	26 10:30 Dance Party (4E) 10:15 Bingo (2SRR) 10:30 Art Express with Clarence (1E) 10:30 Modern Art with Emily (2SRR) 11:00 Crosswords (2E) 11:15 Music & Stretch (4S) 11:15 Morning Exercise (3E) 1:30 Garden Visits (1E) 2:00 Bingo (2SRR) 2:00 Snack Social (2E) 2:30 Resident Council (SH) 3:30 Garden Visits (2S) 3:30 Summer Sensory Basket (3E) 3:30 Beading with Aida (4E) 4:15 International Music Hour (4S) 6:30 Ladies Night (SH)	27 10:30 Balloon Volleyball (4S) 10:30 Dominoes (3E) 10:30 Summer Fun (2S) 11:15 Piano Tunes (1E) 11:15 Chair One Fitness (4E) 11:15 Garden Looks (2E) 2:30 Yoga with Cheryl (3E) 3:00 Oneg Shabbat with Rabbi Haber (SH) 8:20 Shabbat Shalom- Candle Lighting Rockville, MD	28 10:00 Shabbat Services (SH) 10:30 Morning Music (4E) 11:15 Let's Sing Together (3E) 2:00 Explore Outdoors (1E) 3:00 Bingo (4S) 4:15 Piano Tunes (2S)	29 10:00 Shabbat Services (SH) 10:30 Morning Music (4E) 11:15 Let's Sing Together (3E) 2:00 Explore Outdoors (1E) 3:00 Bingo (4S) 4:15 Piano Tunes (2S)
9:30 The Daily Chronicle (All) 10:00 Motown Music Memories (1E) 10:45 Hand Massage (3E) 11:30 Social Visits (2E) 2:30 Music Performance with Seniorita Sunshine (SH)	30 ROOM KEY 1E - 1 East 2E - 2 East 2S - 2 South 2S DR - 2S Dining Room	3E - 3 East 3S - 3 South 4E - 4 East 4S - 4 South C - Conservatory	SH - Social Hall				

June 2019

Smith-Kogod Resident Programs

