

SUN	MON	TUE	WED	THUR	FRI	SAT	
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	10:15 Bingo (2SDR) 10:15 Hand Spa (4S) 10:30 Balloon Volleyball (1E) 10:30 It's May Day! (2S) 10:30 Morning Music (2E) 10:45 Echoes of Nature (3E) 11:15 Hand Spa (4E) 11:15 May News (2E) 11:15 Sit and Be Fit (1E) 1:30 Memory Rhythms (1E) 1:30 Holocaust Memorial Service (SH) 2:30 Memory Rhythms (3E) 3:15 Let's Read Together (2E) 3:30 Memory Rhythms (4E) 3:30 May Trivia (4S) 3:30 Chair One Fitness (3E) 3:30 Crosswords (2S) 4:15 Hand Spa (2E) 4:15 Evening Visits (1E)	1 National Day of Prayer 10:15 Parachute (3E) 10:30 Garden Strolls (4E) 10:30 Creativity with Clarence (1E) 11:00 Plant Clinic (2E) 11:15 Garden Strolls (4S) 11:15 Art Works! (3E) 1:30 Garden Visits (1E) 2:00 Bingo (2SRR) 2:00 Watercolor Painting (4E) 2:00 Yoga Stretches (2E) 2:30 Music Memories with Vladimir Fridman (2SDR) 3:15 Watercolor Painting (4S) 4:15 Evening Stretches (1E) 4:15 Remembering Springtime (3E) 6:30 Ladies Night (SH)	2 10:30 Oneg Shabbat (1E, 2S, 3E, 4E) 11:15 Oneg Shabbat (2E, 4S) 3:00 Nat'l Space Day Sing-Along (4E) 3:00 Garden Essentials (3E) 3:00 Garden Looks (2S) 3:15 Explore Outdoors (1E) 4:00 Table Games (2E) 7:45 Shabbat Shalom- Candle Lighting Rockville, MD	3 10:00 Shabbat Services (SH) 10:30 Shabbat Music (3E) 11:15 Spring Sing-Alongs (4E) 2:00 Outdoor Recreation (1E) 3:30 Music Trivia (4S) 4:15 Piano Tunes (2S)	4
Cinco de Mayo 10:30 Holocaust Memorial Brunch (SH) 2:30 Music Performance with Queen Nancy (SH)	5 National Nurses Day 10:15 Scaaf Dancing (3E) 10:30 Hand Spa (1E) 10:30 Weight Training (4E) 10:45 Echoes of Nature (2S) 11:00 Songs by Heart (3E) 11:15 Spring Manicures (2E) 11:15 Weight Training (4S) 1:30 Hand Spa (1E) 2:00 Bingo (2SRR) 2:00 Birthday Party (2E) 2:15 Current Events (4E) 2:30 Brain Games (3E) 3:00 Shakespeare (2S) 3:15 Word-From-A-Word (4S) 3:15 Chicken Noodle Soup for the Golden Soul (2E) 4:15 Evening Stretches (1E)	6 10:30 Piano Tunes with Raisa (4E) 10:30 Balloon Volleyball (1E) 10:30 Morning Hello's (2E) 10:30 Crafting Club with Aida (4S) 11:00 Plant Clinic (2S) 11:15 Stretch and Flex (3E) 1:30 Cranium Crunches (1E) 2:00 Bingo (2SRR) 2:00 Art with Ekaterina and Raisa (2S) 2:00 May Fashion (1E) 3:15 Russian Comedy Hour (2E) 3:15 Piano Tunes (3E) 4:00 The Daily Chronicle (4S) 4:00 Let's Sing Together (4E) 6:00 Music with Eduardo (1E) 6:45 Music with Eduardo (2S)	7 10:30 Balloon Volleyball (4E) 10:00 Garden Visits (1E) 10:00 Chair One Fitness (3E) 10:00 Hand Spa (4S) 10:00 Hebrew 101 (2S) 10:15 Bingo (2SDR) 10:45 Echoes of Nature (4E) 12:00 Encore Luncheon (SH) 1:30 Memory Rhythms (1E) 2:30 Memory Rhythms (3E) 3:00 Dining Committee Meeting (2S DR) 3:00 Cinco de Mayo Festival (SH) 3:30 Memory Rhythms (4E)	8 10:30 Beading Club (2S RR) 10:30 In Focus: Discover Israel! (4E) 10:30 Happy Victory Day! (3SDR) 10:30 Art Talk with Clarence (1E) 10:30 Yoga Stretch (2S) 11:15 In Focus: Discover Israel! (4S) 11:15 Crosswords (2E) 2:00 Bingo (2SRR) 2:00 Avirah Israeli Dance Performance (SH) 3:30 Explore Outdoors (3E) 4:15 Chicken Noodle Soup for the Golden Soul (2E) 4:15 Love Song Special (1E)	9 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 2:00 Movie Matinee: "War Bride" (SH) 7:50 Shabbat Shalom- Candle Lighting Rockville, MD	10 10:00 Shabbat Services (SH) 10:30 Morning Music (4E) 11:15 Morning Exercise (3E) 2:00 Ball Toss (1E) 3:30 Table Games (4S) 4:15 News to Know (2E/2S)	11
Mother's Day 9:45 The Daily Chronicle (All) 11:15 Christian Services (C) 2:30 Music Performance with Ron Howard (SH)	12 11:00 Songs by Heart (4E) 2:00 Bingo (2SRR) 2:30 Ladies Day Spa Special (SH) 2:30 Echoes of Nature (4S)	13 10:30 Outdoor Fitness (4E) 10:30 Crafting Club (4S) 10:30 World Tour (2S) 11:00 Garden Visits (1E) 11:15 Stretch and Flex (3E) 11:15 That's Broadway! (2E) 2:00 Bingo (2SRR) 2:00 Art with Ekaterina and Raisa (2S) 2:00 Hand Spa (1E) 2:00 Beading with Aida (4E) 2:00 Birds and Blooms (2E) 3:15 Ice Cream Soiree (3E) 3:15 Garden Visits (4S) 3:15 Birds and Blooms (2S) 4:00 Hand Spa (2E) 4:00 International Music Hour (1E) 6:00 Music with Eduardo (3E) 6:45 Music with Eduardo (3S)	14 10:15 Bingo (2SDR) 10:15 Hand Spa (4E) 10:30 Power Yoga (1E) 10:30 The Word Is... (2S) 10:35 Painting Class with Ekaterina and Aida (2SRR) 11:00 Morning Music with Raisa (3E) 11:15 Hand Spa (4S) 11:15 Garden Clinic (2E) 1:30 Memory Rhythms (1E) 2:00 Rabbi's Bible Study (2S) 2:30 Memory Rhythms (3E) 2:30 Spring Festival and Traveling Farm (Wasserman Courtyard) 3:30 Memory Rhythms (4E)	15 10:30 Tai Chi for Relaxation (4E) 10:30 Chair One Fitness (3E) 10:30 Creativity with Clarence (1E) 10:30 Cranium Crunches (2S) 11:00 Plant Clinic (2E) 11:15 Tai Chi for Relaxation (4S) 11:15 Piano Tunes (3E) 11:15 Chair One Fitness (1E) 2:00 Bingo (2SRR) 2:00 Book Signing Presentation with Bob Leavy (SH) 4:00 Courtyard Chats (2S) 4:30 Evening Stretches (2E) 4:30 Classical Serenades (1E) 6:30 Ladies Night (SH)	16 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 2:30 Music Performance with Svetlana (SH) 7:55 Shabbat Shalom- Candle Lighting Rockville, MD	17 Armed Forces Day 10:00 Shabbat Services (SH) 10:30 Shabbat Music (3E) 11:15 Knitting Club (2E) 2:00 Outdoor Recreation (1E) 3:30 Ball Toss (4S) 4:15 We Sing with Spring (2S)	18
9:30 Morning Greetings (All) 10:00 Tune Time (2S) 10:30 Movin' & Groovin' (1E) 11:00 Broadway Songs (4E) 11:30 World Tour (4S) 2:30 Music Performance with Two for the Show (SH)	19 10:30 Chair One Fitness (3E) 10:30 Morning Hellos (2E) 10:30 Harp Harmonies with Kara Welch (4E) 11:00 Plant Clinic (2S) 11:00 Songs by Heart (1E) 11:15 Balloon Volley (1E) 11:15 Harp Harmonies with Kara Welch (4S) 11:15 Hand Spa (2E) 1:30 Hand Spa (1E) 2:00 Bingo (2SRR) 2:30 Presentation with Natalie (SH)	20 10:30 Bingo with B'nai Israel Sisterhood (SH) 2:00 Bingo (2SRR) 2:00 Hand Spa (1E) 2:00 Custom Sundaes (2E) 2:30 Health 101: Diabetes Information Session (SH) 4:15 May Recipes (3E) 4:15 Hand Spa (2S) 4:15 Piano Trivia (1E) 6:00 Music with Eduardo (4E) 6:45 Music with Eduardo (4S)	21 10:15 Bingo (2SDR) 10:15 Hand Spa (4S) 10:30 Balloon Volleyball (1E) 10:30 Hump Day Humor (2S) 10:30 Social Visits (2E) 10:35 Painting Class with Ekaterina and Aida (2SRR) 11:15 Hand Spa (4E) 11:15 Gardening Group (2E) 11:15 Spring Collages (3E) 1:30 Memory Rhythms (1E) 2:00 All That Jazz (4E) 2:00 1st and 3rd Floor Teaching Kitchen (SH) 2:00 Rabbi Bible Study (2S) 2:30 Memory Rhythms (3E) 3:00 Corn Hole Toss (4S) 3:00 Crosswords (2S) 3:30 Memory Rhythms (4E) 3:30 Russian News To Know (3SDR) 4:00 Classical Cinemas (2E) 4:00 Activity with Raisa (1E)	22 10:30 Beading Club (2S RR) 10:30 Spring & Spices (4E) 10:30 Chair One Fitness (3E) 10:30 Art Talk with Clarence (1E) 11:15 Spring & Spices (4S) 11:15 Chair One Fitness (4E) 1:30 Cranium Crunches (1E) 2:00 Bingo (2SRR) 2:30 Resident Council (SH) 2:30 Birthday Party with Vladimir Fridman (3E) 4:00 Conversation Cards (2S) 4:00 Knitting Club (2E)	23 10:00 Morning Exercise (3E) 10:00 Yoga Stretches (2S) 10:15 Hand Spa (4E) 10:45 Tunes You Love (2E) 10:45 Sit & Be Fit! (1E) 11:00 Reiki with Hemali Vora (4S) 11:00 Russian Current Events (3E) 1:30 Classical Cinemas (3E) 3:00 Oneg Shabbat with Ilan Haber (SH) 8:00 Shabbat Shalom- Candle Lighting Rockville, MD	24 10:00 Shabbat Services (SH) 10:30 Shabbat Music (3E) 11:15 Dominoes (4E) 2:00 Garden Visits (1E) 3:30 Outdoor Music & Recreation (4S) 4:15 Shabbat Visits (2E/2S)	25
9:45 Morning Greetings (All) 11:15 Christian Services (C) 2:30 Music Performance with the Tacy Foundation (SH)	26 Memorial Day 10:30 Sing Along with Ekaterina (3E) 10:30 Morning Fitness (4E) 10:30 Holiday Trivia (2S) 11:15 Spring Manicures (3E) 11:15 Chair One Fitness (1E) 11:15 Morning Fitness (4S) 11:15 Holiday Memories (2E) 2:00 Bingo (2SRR) 2:30 Memorial Day Ice Cream Social with Jeanette Harris (SH)	27 10:30 Outdoor Recreation (4E) 10:30 Poetry Club (1E) 10:30 Guess That Tune! (2S) 11:15 Chicken Noodle Soup for the Golden Soul (4S) 11:15 Spring in Russia (3E) 11:15 Crosswords (2E) 1:30 Hand Spa (1E) 2:00 Bingo (2SRR) 2:00 Hebrew 101 (2E) 2:00 Corn Hole Toss (4E) 2:00 Poker Club (C) 2:00 Ice Cream Sodas (2S) 3:00 Social Visits (2E) 3:00 Sing Along with Raisa (3E) 4:00 Trivia (4S) 4:00 Journey through Music (1E)	28 10:15 Bingo (2SDR) 10:15 Hand Spa (4E) 10:30 Morning Stretches (1E) 10:30 Spring Greetings (2E) 10:35 Painting Class with Ekaterina and Aida (2SRR) 10:45 Table Games (3E) 11:00 Songs by Heart (2S) 11:00 Garden Visits (1E) 11:15 Hand Spa (4S) 1:30 Memory Rhythms (1E) 2:00 Garden Visits (2E) 2:00 Happiest Hour (4E) 2:00 Rabbi's Bible Study (2S) 2:30 Memory Rhythms (3E) 2:30 Russian Sing Along with Vladimir Fridman (2SDR) 3:00 Afternoon Fitness (2S) 3:00 Famous Russian Musicians (3E) 3:00 Happiest Hour (4S) 3:30 Memory Rhythms (4E) 4:00 Evening Fitness (1E) 4:00 Knitting Club (2E)	29 10:30 Tai Chi for Relaxation (4E) 10:30 Chair One Fitness (3E) 10:30 Creativity with Clarence (1E) 10:30 Music Trivia (2S) 11:15 Tai Chi for Relaxation (4S) 11:15 Lotto Fun (4E) 11:15 Painting with Ekaterina (2E) 2:00 Bingo (2SRR) 3:00 Tap Dance Performance (SH)	30 10:00 Oneg Shabbat (2S) 10:30 Oneg Shabbat (1E, 2E, 3E, 4E) 11:15 Oneg Shabbat (4S) 2:00 Movie Matinee: "Skyscraper" (SH) 8:10 Shabbat Shalom- Candle Lighting Rockville, MD	31	

May 2019

Smith-Kogod Resident Programs



Charles E. Smith
LIFE COMMUNITIES