

**SUN MON TUE WED THUR FRI SAT**

						10:00 4th Floor Oneg Shabbat (4W) 10:00 Oneg Shabbat (5W) 10:15 Bingo (4T) 10:45 Oneg Shabbat (5N) 11:00 Yoga with Cheryl (4N) 11:15 Music History (5W) 2:00 Beading Class with Lee (5T) 2:30 Shabbat in Song (SH) 3:30 Friday Evening Services (SY) 5:40 Shabbat Shalom- Candle Lighting Rockville, MD	<b>1</b>	9:30 Shabbat Services- If you are unable to attend, please tune to channel 975 (SH) 10:30 Trivia (5W) 11:15 Table Game (5N) 1:45 Lobby Visit (4W) 2:30 Classical Cinemas (4N) 3:30 Shabbat Services (SY)	<b>2</b>					
10:30 Bingo (4T) 2:30 Music Performance with Rearview Mirror (SH)	10:00 Aim and Toss (5N) 10:15 Bingo (4T) 10:30 Tai Chi (4W) 10:30 Hand Spa (4N) 11:15 Daily Chronicle (5W) 11:15 HER-story: A Discussion on Inspirational Women (4N) 11:15 Table Game (4W) 2:00 News Report with Jerry (4T) 2:30 Hebrew's Coffee and Music with Gary and the Groove (L) 3:15 Christian Bible Study with Michele (5T)	<b>3</b>	10:00 Aim and Toss (5N) 10:15 Bingo (4T) 10:30 Tai Chi (4W) 10:30 Hand Spa (4N) 11:15 Daily Chronicle (5W) 11:15 HER-story: A Discussion on Inspirational Women (4N) 11:15 Table Game (4W) 2:00 News Report with Jerry (4T) 2:30 Hebrew's Coffee and Music with Gary and the Groove (L) 3:15 Christian Bible Study with Michele (5T)	<b>4</b>	Shrove Tuesday/Mardi Gras 10:30 Bingo with B'nai Israel Sisterhood (SH) 10:30 Mixed Media Art Class with Lee (4T) 12:00 Healing Strings (4T) 2:00 Rabbi's Discussion (5T) 2:30 Tour de New Orleans with the Dixie Land Band (SH) 6:00 Music with Eduardo (4N) 6:45 Music with Eduardo (4W)	<b>5</b>	Ash Wednesday 10:00 Balloon Volley (4N) 10:30 Social Visits (5W) 10:30 Ash Wednesday Hymns with Darrin (C) 10:45 Headlines and Politics w/Paul & Sandra (5T) 11:15 Manicures (4W) 11:15 Lobby Visit (5N) 1:50 Shakespeare (5T) 2:00 Ash Wednesday Service with Michele (C) 2:00 Men's Schmooze Group (4T) 3:15 Therapeutic Coloring (5W) 3:30 Health Trivia (5N) 3:30 Cranium Crunches (4W) 3:30 Songs by Heart (4T)	<b>6</b>	10:00 Balloon Volley (5N) 10:00 Celtic Eternity Charm Craft (4W) 10:00 Thursday Visits (5W) 10:15 Bingo (4T) 10:30 Music Memories (4N) 11:15 Daily Chronicle (5W) 11:15 Mindful Meditation (4N) 11:15 Sittercise (4W) 11:15 Word from a Word (4T) 12:00 Healing Strings (5T) 2:00 Painting Class with Lee (4T) 2:00 Movie Matinee: "You, Me, and Dupree" (5W) 2:00 Movie Matinee: "Crazy Rich Asians" (4N) 2:00 Movie Matinee: "Night at the Museum" (5N) 2:00 Movie Matinee: "Saboteur" (4W)	<b>7</b>	10:00 Cognitive Fun! (5N) 10:15 Bingo (4T) 10:30 Therapeutic Coloring (4N) 10:30 Hand Spa (5W) 11:15 Table Game (4W) 11:15 Group Chat (5N) 11:15 Yoga with Cheryl (5W) 2:00 Beading Class with Lee (5T) 2:00 Oneg Shabbat with Rabbi Roth (SH) 3:15 Reiki with Rachel (BG) 3:30 Friday Evening Services (SY) 5:50 Shabbat Shalom- Candle Lighting Rockville, MD	<b>8</b>	9:30 Shabbat Services- If you are unable to attend, please tune to channel 975 (SH) 10:30 Trivia (5W) 11:15 Table Game (4W) 1:45 Lobby Visit (4N) 2:30 Cinema Time (5N) 3:30 Shabbat Services (SY)	<b>9</b>
Daylight Saving Time starts 10:00 Morning Visits (5N) 10:15 Christian Services (C) 10:30 Music Memories (5W) 11:00 Let's Stretch (4W) 11:30 Gentle Touch (4N) 2:30 Music Performance with John Oliver (SH)	10:00 Workout Fun! (5N) 10:00 Morning Visits (5N) 10:30 Tai Chi (4W) 10:30 Hand Spa (4N) 11:15 Current News Headlines (5W) 11:15 Notable Quotes from Women (4N) 11:15 Balloon Volley (4W) 1:30 Dominoes (5WDR) 2:00 News Report with Jerry (4T) 2:30 Zumba with Latisha (BG) 2:45 Gentle Touch (5N) 3:15 Christian Bible Study with Michele (5T) 3:30 Interesting Facts (5N) 3:30 Sit & Be Fit (5W) 3:30 Yahrtzee (4W)	<b>10</b>	10:00 Workout Fun! (5N) 10:00 Morning Visits (5N) 10:30 Tai Chi (4W) 10:30 Hand Spa (4N) 11:15 Current News Headlines (5W) 11:15 Notable Quotes from Women (4N) 11:15 Balloon Volley (4W) 1:30 Dominoes (5WDR) 2:00 News Report with Jerry (4T) 2:30 Zumba with Latisha (BG) 2:45 Gentle Touch (5N) 3:15 Christian Bible Study with Michele (5T) 3:30 Interesting Facts (5N) 3:30 Sit & Be Fit (5W) 3:30 Yahrtzee (4W)	<b>11</b>	10:30 Mixed Media Art Class with Lee (4T) 10:30 Purim Mask Decorating with the Milton Gottman Jewish Day School (5H) 1:30 Bridge (5WDR) 1:45 Manicures (4N) 2:00 Rabbi's Discussion (5T) 2:00 Animal-Assisted Therapy (5H) 2:30 Today in History Discussion (5W) 2:30 Snack Social (4W) 2:45 Manicures (4N) 3:00 Food Committee Meeting (5T) 3:15 Sweet Treat Social (4N) 3:30 What's Trending Now? (5N) 3:30 Name that Tune! (5W) 6:00 Music with Eduardo (5W) 6:45 Music with Eduardo (5N)	<b>12</b>	10:00 Health Corner (5N) 10:00 Echoes of Nature (4W) 10:30 Ribbon Dancing (4N) 10:30 News Trend! (5W) 10:45 Headlines and Politics w/Paul & Sandra (5T) 11:00 Echoes of Nature (4N) 11:15 ShamROCK Craft (4W) 11:15 Comedy Series (5N) 1:50 Shakespeare (5T) 2:00 Men's Schmooze Group (4T) 2:30 Funny News (5W) 2:30 Rummikub (4N) 2:30 Bingo (3D) 3:30 History Trivia (5N) 3:30 Cranium Crunches (4W) 3:30 Songs by Heart (5T) 3:45 Table Game (4N) 6:30 Bereavement Support Group (C)	<b>13</b>	10:00 Finishing Lines! (5N) 10:00 Manicures (5W) 10:15 Bingo (4T) 11:15 Cranium Crunches (5W) 11:15 Word from a Word (4T) 2:00 Painting Class with Lee (4T) 2:30 Music Performance with the Matt Daniel Band (SH)	<b>14</b>	10:00 Hot Topics! (5N) 10:00 Table Game (4W) 10:15 Bingo (4T) 10:30 Gentle Touch (4N) 10:30 Morning Chat (5W) 11:00 Yoga with Cheryl (5N) 11:15 Name that Tune! (4W) 11:15 Hand Spa (5N) 2:00 Beading Class with Lee (5T) 2:00 Oneg Shabbat with Rabbi Dan (SH) 3:15 Reiki with Rachel (BG) 3:30 Friday Evening Services (SY) 6:55 Shabbat Shalom- Candle Lighting Rockville, MD	<b>15</b>	9:30 Shabbat Services- If you are unable to attend, please tune to channel 975 (SH) 10:30 Trivia (5W) 11:15 Table Game (5N) 1:45 Lobby Visit (4N) 2:30 Cinema Time (4W) 3:30 Shabbat Services (SY)	<b>16</b>
St. Patrick's Day 9:30 Sunday Visits (5N) 10:15 Sunday Boogie (5W) 10:45 Dancing Fun (4W) 11:30 Sunday Trivia (4N) 2:30 Music Performance with Bob Boguslaw (SH)	10:00 Easy Fitness (5N) 10:15 Bingo (4T) 10:30 Tai Chi (4W) 10:30 Name that Tune! (4N) 11:15 Finish the Proverb! (5W) 11:15 St. Patrick's Truth or Blarney Trivia (4N) 11:15 Table Game (4W) 11:15 Ribbon Dancing (4W) 1:30 Dominoes (5WDR) 1:45 Book Reading: "Becoming" by Michelle Obama (4N) 2:00 News Report with Jerry (4T) 2:30 Excerpts from Chicken Noodle Soup for the Golden Soul (5W) 2:45 Gentle Touch (5N) 3:15 Christian Bible Study with Michele (5T) 3:30 Daily Chronicle (5N) 3:30 Ribbon Dancing (5W) 3:30 Word-A-Melon (4W)	<b>17</b>	10:00 Easy Fitness (5N) 10:15 Bingo (4T) 10:30 Tai Chi (4W) 10:30 Name that Tune! (4N) 11:15 Finish the Proverb! (5W) 11:15 St. Patrick's Truth or Blarney Trivia (4N) 11:15 Table Game (4W) 11:15 Ribbon Dancing (4W) 1:30 Dominoes (5WDR) 1:45 Book Reading: "Becoming" by Michelle Obama (4N) 2:00 News Report with Jerry (4T) 2:30 Excerpts from Chicken Noodle Soup for the Golden Soul (5W) 2:45 Gentle Touch (5N) 3:15 Christian Bible Study with Michele (5T) 3:30 Daily Chronicle (5N) 3:30 Ribbon Dancing (5W) 3:30 Word-A-Melon (4W)	<b>18</b>	10:00 Tuesday Chat (5N) 10:30 Mindful Meditation (4W) 10:30 Therapeutic Coloring (4N) 10:30 Lobby Visits (5W) 10:30 Mixed Media Art Class with Lee (4T) 11:15 Tai Chi (4N) 11:15 Music History (5N) 12:00 Healing Strings (5NDR) 1:30 Bridge (5WDR) 1:45 Manicures (4W) 2:00 Rabbi's Discussion (5T) 2:00 Animal-Assisted Therapy (5H) 2:30 Sports Report (5W) 2:30 March Birthday Celebration (4W) 2:45 Manicures (5N) 3:15 March Birthday Bash (4N) 3:30 Celebrity News (4N) 3:30 Music Memories (5W) 6:30 Jewish Day School Vocal Performance (5H)	<b>19</b>	10:00 Echoes of Nature (5N) 10:30 Table Game (4W) 10:30 Balloon Volley (4N) 10:30 Therapeutic Coloring (5W) 10:45 Headlines and Politics w/Paul & Sandra (5T) 11:00 Echoes of Nature (5N) 11:15 The Story of Jopous Purim (4N) 11:15 Manicures (4W) 11:15 Wednesday Visit (5N) 1:50 Shakespeare (5T) 2:00 Men's Schmooze Group (4T) 2:30 March Birthday Party (5N) 2:30 Bingo (3D) 3:15 Therapeutic Coloring (5W) 3:30 Birthday Bash for March (5N) 3:30 Mincha Maariv with Creative Megillah Reading (5T) 3:30 Songs by Heart (4T) 3:45 Table Game (4N) 6:30 Full Megillah Reading with Rabbi Rafael (5T)	<b>20</b>	Purim 10:00 Purim 1011 (5N) 10:00 Marble Painting (4W) 10:00 Manicures (5W) 10:15 Bingo (4T) 10:30 Music Memories (4N) 10:30 Creative Megillah Reading with Rabbi Dan (5Y) 11:15 Purim Trivia (5W) 11:15 Mindful Meditation (4N) 11:15 Sittercise (4W) 12:00 Healing Strings (5NDR) 1:30 Full Megillah Reading with Rabbi Shlomo of Chabad (5H) 2:00 Painting Class with Lee (4T) 2:30 Purim Celebration (5H)	<b>21</b>	10:00 4th Floor Oneg Shabbat (4W) 10:00 Oneg Shabbat (5W) 10:15 Bingo (4T) 10:30 Comedy Series (5W) 10:45 Oneg Shabbat (5N) 11:15 Lobby Visit (5N) 1:45 Music Memories (5N) 1:45 Book Reading: "Becoming" by Michelle Obama (C) 2:00 Beading Class with Lee (5T) 2:30 March Trivia (4W) 2:30 Sittercise (5N) 3:15 Gentle Touch (5W) 3:15 Fancy Nails (4N) 3:30 Slapjack (4W) 3:30 Friday Evening Services (SY) 7:00 Shabbat Shalom- Candle Lighting Rockville, MD	<b>22</b>	9:30 Shabbat Services- If you are unable to attend, please tune to channel 975 (SH) 10:30 Trivia (4W) 11:15 Table Game (5N) 1:45 Lobby Visit (4N) 2:30 Cinema Time (5W) 3:30 Shabbat Services (SY)	<b>23</b>
10:00 Morning Visits (5N) 10:15 Christian Services (C) 10:30 Music Memories (5W) 11:00 Let's Stretch (4W) 11:30 Gentle Touch (4N) 2:30 Youth Entertainment (SH)	10:00 Catch and Throw (5N) 10:15 Bingo (4T) 10:30 Tai Chi (4W) 10:30 Hand Spa (4N) 11:15 Finishing Lines! (5W) 11:15 March Crossword Puzzle (4N) 11:15 Balloon Volley (4W) 2:30 Resident Council Meeting (5H) 3:15 Christian Bible Study with Michele (5T)	<b>24</b>	10:00 Catch and Throw (5N) 10:15 Bingo (4T) 10:30 Tai Chi (4W) 10:30 Hand Spa (4N) 11:15 Finishing Lines! (5W) 11:15 March Crossword Puzzle (4N) 11:15 Balloon Volley (4W) 2:30 Resident Council Meeting (5H) 3:15 Christian Bible Study with Michele (5T)	<b>25</b>	10:30 Poetry Reflections (4W) 10:30 Gentle Touch & Music (4N) 10:30 Manicures (5W) 10:30 Mixed Media Art Class with Lee (4T) 11:15 Tai Chi (4N) 11:15 Puzzle Mania (4W) 11:15 Music History (5N) 1:30 Bridge (5WDR) 1:45 Table Topics (4N) 2:00 Rabbi's Discussion (5T) 2:00 News Report with Jerry (4T) 2:30 Memorial Service for Dora (5H) 3:00 Hands-on Experience with Flamenco Dancing (5H)	<b>26</b>	10:00 Chair One Fitness! (5N) 10:30 Memory Blast! (4W) 10:30 Guess the Artist! (4N) 10:30 Sensory Visit (5W) 10:45 Headlines and Politics w/Paul & Sandra (5T) 11:00 Zumba with Latisha (BG) 11:15 Gentle Touch (4W) 11:15 Hand Spa (5N) 1:50 Shakespeare (5T) 2:00 Men's Schmooze Group (4T) 2:30 Snack Social (5N) 2:30 Rummikub (4N) 2:30 Bingo (3D) 3:15 Songs by Heart (5T) 3:30 Snack Social (5W) 3:30 Cranium Crunches (4W) 3:45 Movie Time (4N)	<b>27</b>	10:00 Lobby Visit (5W) 10:15 Bingo (4T) 10:45 Table Game (4W) 2:00 Painting Class with Lee (4T) 2:30 Natalie Presents: "Ladies First!" (BG)	<b>28</b>	10:00 Did You Know? (5N) 10:00 4th Floor Oneg Shabbat (4W) 10:00 Oneg Shabbat (5W) 10:15 Bingo (4T) 10:45 Outdoor Visit (5W) 10:45 Oneg Shabbat (5N) 11:15 Fact or Fiction! (5W) 1:45 Table Topics (4W) 2:00 Healthy Living Discussion (5N) 2:00 Beading Class with Lee (5T) 2:00 Book Club (4T) 3:00 Sports Talk (4T) 3:30 Cranium Crunches (4N) 3:30 Sports Talk (4T) 3:15 Gentle Touch (5W) 3:15 Manicures (4N) 3:30 Uno (4W) 3:30 Friday Evening Services (5Y) 7:10 Shabbat Shalom- Candle Lighting Rockville, MD	<b>29</b>	9:30 Shabbat Services- If you are unable to attend, please tune to channel 975 (SH) 10:30 Trivia (5W) 11:15 Table Game (4W) 1:45 Lobby Visit (5N) 2:30 Classical Cinemas (4N) 3:30 Shabbat Services (SY)	<b>30</b>
9:30 Sunday Visits (5N) 10:15 Sunday Groove (5W) 10:45 Sunday Dance Fun (4W) 11:30 Finishing Lines (4N) 2:30 Music Performance with Brian Rudolph (SH)	<b>ROOM KEY</b> 4T - 4th Floor Dining/Tower 4N - 4th Floor North 4NDR - 4th Floor North Dining Room	<b>31</b>	<b>ROOM KEY</b> 4T - 4th Floor Dining/Tower 4N - 4th Floor North 4NDR - 4th Floor North Dining Room	4W - 4th Floor West 5T - 5th Floor Dining/Tower 5N - 5th Floor North 5NDR - 5th Floor North Dining Room	5W - 5th Floor West 5WDR - 5th Floor West Dining Room BG - Brain Gym C - Conservatory L - Lobby	SH - Social Hall SY - Synagogue								

**March 2019**  
Wasserman Resident Programs

