

December 2022



Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Location SF Second Floor Lb Lobby TH Theater AR Art Room Cafe Cafe PR Private Dining Room				10:00 AM Exercise Video with Carol (SF) 10:30 AM Scenic Ride (Lb) 11:00 AM Meditation with Carol (SF) 2:00 PM Memory Exercise with Julie BCAT (PD) 2:00 PM BCAT Stories (SF) 3:30 PM Exercise Class with Marcus (SF) 4:00 PM Story Crafting with Carol (SF)	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Yiddish Moment with Alan (SF) 1:30 PM The Best of Waltzes! with Jiyoung (Th) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services (Th) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah (Lb)
4	5	6	7	8	9	10
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Bingo (SF) 3:00 PM Travels Around the World (SF)	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Word Games with Carol (SF) 11:00 AM Starbucks Run Outing (LB) 1:30 PM Dvorak's F minor Piano Trio (Th) 3:00 PM Nature Videos with Carol (SF) 4:00 PM Reminiscing Stories (BCAT) (SF)	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Mind Joggers with Claudia (SF) 2:00 PM Memory Exercise with Julie BCAT (PD) 3:30 PM Exercise Class with Marcus (SF) 4:00 PM You Be the Judge Stories (SF) 6:45 PM Scrabble & Rummikub (Café)	10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 11:00 AM Current Events & Discussions with Judy Cohen (SF) 2:00 PM Piano Tunes with Bertram McLeish (Th) 2:45 PM Art Workshop with Carol (AR) 3:00 PM Documentary "The Automat" (Th) 4:00 PM Art Workshop with Carol (AR)	10:00 AM Zumba Class with Sharon (SF) 11:00 AM Jazz with Judy & Lauren (Th) 2:00 PM Memory Exercise with Julie BCAT (PD) 2:00 PM BCAT Stories (SF) 3:30 PM Exercise Class with Marcus (SF) 4:00 PM Story Crafting with Carol (SF)	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Yiddish Moment with Alan (SF) 1:30 PM Showcasing Jewish Pianist Daniel Barenboim with Jiyoung (Th) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (Th)	10:30 AM Shabbat Services (Th) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah (Lb)
11	12	13	14	15	16	17
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 2:00 PM Dance with Victor (SF) 3:30 PM Travels Around the World (SF)	10:00 AM Exercise with Yolene (SF) 10:00 AM Just for Us program to the National Art Gallery (LB) 11:00 AM Echos of Nature (SF) 1:30 PM Landow's Favorite Songs 2022 with The Trio (Th) 3:00 PM Reminiscing Stories (BCAT) (SF) 4:00 PM Peppermint Tea & Chocolates Social (Cafe) 7:00 PM Movie Night Classics (SF)	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Mind Joggers with Claudia (SF) 2:00 PM Memory Exercise with Julie BCAT (PD) 3:00 PM Torah Talk with Rabba Arlene (SF) 3:30 PM Walking Club with Marcus (LB) 4:00 PM Dear Abby Yiddish Style (SF) 6:45 PM Evening Holiday Lights Drive (LB)	10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 11:00 AM Poetry in The Moment with Dana (SF) 1:30 PM Classical Music of Triumph and Celebration ! (Th) 2:30 PM Afternoon Movie New Release "Ms. Harris Goes to Paris" (Th) 2:45 PM Art Workshop with Carol (AR) 4:00 PM Art Workshop with Carol (AR) 6:30 PM Music Trivia with Jerry Roman	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Connecting Classical & Pop Music with Lauren (SF) 2:00 PM Memory Exercise with Julie BCAT (PD) 2:00 PM Holiday Flower Arranging Class (SF) 3:30 PM Exercise Class with Marcus (SF) 4:00 PM Story Crafting with Carol (SF)	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Yiddish Moment with Alan (SF) 1:30 PM Stories behind your Favorite Hanukkah song with Lauren! (Th) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (Th)	10:30 AM Shabbat Services (Th) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah (Lb)
18 Chanukah First Candle	19 Chanukah Second Candle	20 Chanukah Third Candle	21 Chanukah Fourth Candle	22 Chanukah Fifth Candle	23 Chanukah Sixth Candle	24 Chanukah Seventh Candle
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Travels Around the World (SF) 3:00 PM Tacy Foundation Recitals Performances (Th) 4:00 PM Cookies Social (Cafe) 4:45 PM Chanukah First Lighting (LB)	10:00 AM Exercise Video with Carol (SF) 11:00 AM Word Games with Carol (SF) 11:30 AM Lunch Outing "Mosaic Cuisine" in Rockville (LB) 1:30 PM Celebrating Hanukkah with The Trio (Th) 3:00 PM Nature Videos with Carol (SF) 4:00 PM Reminiscing Stories (BCAT) (SF) 4:45 PM Chanukah Second Lighting (LB) 7:00 PM Hanukkah Party with the "Classy Jazz Band"	10:00 AM Exercise Video with Carol 11:00 AM "The Art of Hanukkah" Lecture by The Jewish Art Education Nancy Kotz 2:00 PM Memory Exercise with Julie BCAT (PD) 2:30 PM Guitar Music with Vladimir (Th) 3:30 PM Exercise Class with Marcus (SF) 4:00 PM Literature Corner with Carol (SF) 4:45 PM Chanukah Third Lighting (LB) 6:45 PM Scrabble & Rummikub (Café)	10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 11:00 AM Current Events with Judy Cohen (SF) 2:00 PM Documentary: "The Four Seasons Lodge" (SF) 4:45 PM Chanukah Fourth Day Lighting (Lb) 7:00 PM Karaoke Night Sing Along with Ann & Joy (SF)	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Meditation with Carol (SF) 2:00 PM Memory Exercise with Julie BCAT (PD) 2:00 PM Experiencing Art: Paintings and Photographs that deal with light and darkness" with Carol (SF) 3:30 PM Exercise Class with Marcus (SF) 4:00 PM Story Crafting with Carol (SF) 4:45 PM Chanukah Fifth Day Lighting (Lb)	10:00 AM Exercise Video with Carol 11:00 AM Yiddish Moment with Alan (SF) 2:00 PM Music Entertainment (Th) 3:00 PM Landow House Happy Hour/Birthday Celebrations (Café) 4:00 PM Shabbat Service (Th) 4:45 PM Chanukah Sixth Day Lighting (Lb)	10:30 AM Shabbat Services (Th) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 4:45 PM Chanukah Seventh Day Lighting 6:45 PM Havdalah (Lb)
25 Chanukah Eight Candle	26 Chanukah Eight Candle	27	28	29	30	31
10:00 AM Chair Dance with Marcy (SF) 10:45 AM Poetry Corner with Marcy (SF) 2:00 PM Music Entertainment with Daniela Fujigaki (SF) 4:45 PM Chanukah Eight Day Lighting (Lb) 6:30 PM Chanukah Special with Senorita Sunshine (SF)	10:00 AM Exercise Video with Carol (SF) 11:00 AM Word Games with Carol (SF) 2:00 PM Top 20 songs from Movie Classics(SF) 3:00 PM Reminiscing Stories (BCAT) (SF) 4:00 PM Coffee,Hot Chocolate & Donuts Social (Cafe) 7:00 PM Movie Night Classics (SF)	10:00 AM Strengthening Class with Claudia (SF) 10:30 AM Scenic Drive (LB) 2:00 PM Memory Exercise with Julie BCAT (PD) 3:00 PM Torah Talk with Rabba Arlene (SF) 3:30 PM Walking Club with Marcus (LB) 4:00 PM Literature Corner with Carol (SF) 6:45 PM Scrabble & Rummikub (Café)	10:00 AM Exercise Class with Claudia (SF) 11:00 AM Trivia Games with Claudia (SF) 2:00 PM Resident Council (Th)	10:00 AM Chair Dance with Marcy (SF) 10:30 AM Documentary: Itzhak (SF) 2:00 PM Memory Exercise with Julie BCAT (PD) 2:00 PM Music Entertainment with Diana Quinn (Th) 3:30 PM Exercise Class with Marcus (SF)	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Yiddish Moment with Alan (SF) 1:45 PM Documentary: Body & Soul "The State of the Jewish Nation" (Th) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (Th)	10:30 AM Shabbat Services (Th) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah (Lb)