

Schedule of Events & Activities Landow House January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Landow House Room Locator Ly – Lobby Th – Landow Theater 2nd FL – Second Floor “ Dining Room” Cf – Café Area AR – Art Room Basement Activities are subject to change with notice				1 10:30 AM Virtual Shabbat Service New Year’s Day
2 1:00 PM Virtual Explorations (Channel 975) 2:00 PM Sunday Afternoon Matinee (Channel 975) 4:00 PM Virtual Yoga (Channel 975) 8:00 PM Movie (Channel 975)	3 10:00 AM Total Fitness – 2 ND Fl 10:40 AM Hydration & Music Relaxation – 2 nd 10:30 AM Scenic Ride “ Rock Creek Park” 2:00 PM Movie Music with the Trio – Th 3:30 PM Landow House Players – 2 nd Fl 4:30 PM Current Events – Cf 4:30 PM Arm Chair Travels – 2 nd FL	4 10:00 AM Total Fitness – 2 ND Fl 10:40 AM Hydration & Music Relaxation – 2 nd Fl 11:00 AM Word Games – 2 nd Fl 2:30 PM Piano Tunes with John Oliver – Th 3:00 PM Walking Club – Ly 3:00 PM One on One Visits with Yolene 4:00 PM Literature Corner – 2 nd Fl	5 10:00 AM Total Fitness – 2 ND Fl 11:00 AM Art Workshop – AR 1:30 PM Seasonal Music with Lauren & Joanna – Th 2:30 PM Art Workshop – AR 2:45 PM Movie “Father of The Bride” – Th 4:00 PM Art Workshop 6:30 PM Bertram MC Leish- Th	6 10:00 AM Chair Zumba with Sharon – 2 nd Fl 11:00 AM Performer Portrait: Carole King– Th 1:30 PM Accordion Music with Dave Lovins – TH 2:30 PM BCAT Brain Games- Ly 3:00 PM Exercise with Marcus – 2 nd Fl 4:00 PM Story Crafting with Carol – 2 nd FL	7 10:00 AM Total Fitness – 2 ND Fl 10:45 AM Morning Meditation – 2 nd Fl 11:30 AM Current Events – 2 nd Fl 1:30 PM Haikus for Jews with Carol – 2 nd Fl 3:00 PM Happy Hour – Cf 4:00 PM Shabbat Services – Ly	8 10:30 AM – 12:00 PM Shabbat Service with Rabbi Suskin – Theater
9 11:00 AM Morning Stretch – 2 ND Fl 11:30 AM Name that Tune – 2 nd Fl 2:00PM Music Appreciation & Dance with Victor – Th 3:30 PM Current Events – 2 nd Fl 4:00 PM Art History Series Through the Eyes of the Artist: “ Gustav Klimt” YouTube Video Series – 2 nd Fl	10 10:00 AM Total Fitness – 2 ND Fl 10:40 AM Hydration & Music Relaxation – 2 nd 10:30 AM Scenic Ride “ Sugar Loaf Mountain View” 2:00 PM Musical Story Crafting with the Trio – Th 3:30 PM PBS Documentary Jewish History – 2 nd Fl 4:30 PM Jewish History Video Discussion – 2 nd Fl	11 10:00 AM Total Fitness – 2 ND Fl 10:40 AM Hydration & Music Relaxation – 2 nd 11:00 AM Word Games – 2 nd Fl 2:00 PM Let’s Talk Torah with Rabbi Arlene – 2 nd Fl 3:00 PM Walking Club – Ly 3:00 PM BCAT Brain Games - LY 4:00 PM Karaoke Social– 2 nd Fl	12 10:00 AM Total Fitness – 2 ND Fl 11:00 AM Poetry In the Moment- 2 nd Fl 11:00 AM Art Workshop – AR 1:30 PM Ring the New Year with Waltzes 2:30 PM Art Workshop – AR 4:00 PM Intergenerational Conversations – 2 nd Fl 4:00 PM Art Workshop – AR 6:30 PM Music Trivia with Jerry Roman – TH	13 10:00 AM Chair Zumba with Sharon – 2 nd Fl 11:00 AM The Life and Music Of Ella Fitzgerald – Th 1:30 PM Ron Howard – TH 2:30 PM BCAT Brain Games- Ly 3:00 PM Exercise with Marcus – 2 nd Fl 4:00 PM Story Crafting with Carol – 2 nd FL	14 10:00 AM Total Fitness – 2 ND Fl 10:45 AM Morning Meditation – 2 nd Fl 11:30 AM Current Events – 2 nd Fl 1:30 PM Strauss’s Die Fledermaus with Kurt & Jiyoung – Th 3:00 PM Happy Hour - Cf 4:00 PM Shabbat Services – Ly	15 10:30 AM – 12:00 PM Shabbat Service with Rabbi Suskin – Theater
16 11:00 AM Morning Stretch – 2 ND Fl 11:30 AM Name that Tune – 2 nd Fl 1:30 PM Performance by Harper Denhard – Th 3:00 PM Current Events – 2 nd Fl 4:00 PM Art History Series :Through the Eyes of the Artist: “Romare Bearden YouTube Video Series – 2 nd Fl	17 10:00 AM Total Fitness – 2 ND Fl 11:00 AM Tu Bishvat Seder “YouTube Video” 2 nd Fl 2:00 PM Protest Music with Jiyoung & Joanna – TH 3:30 PM Landow House Players – 2 nd Fl Floor 4:30 PM Current Events – Cf 4:30 PM Arm Chair Travels – 2 nd FL Tu Bishvat Martin Luther King Jr. Day	18 10:00 AM Total Fitness – 2 ND Fl 10:40 AM Hydration and Music Relaxation – 2 nd 11:00 AM Word Games – 2 nd Fl 2:30 PM Guitar Performance by Vladimir – Th 3:00 PM Walking Club – Ly 4:00 PM Literature Corner – 2 nd Fl	19 10:00 AM Total Fitness – 2 ND Fl 11:00 AM Art Workshop – AR 1:30 PM Celebrating Betty White with Bernie & Joanna – Th 2:30 PM Art Workshop – AR 2:45 PM Movie “Lady in Gold” – Th 4:00 PM Art Workshop – AR	20 10:00 AM Chair Zumba with Sharon – 2 nd Fl 11:00 AM Name that Tune – 2 nd Fl 1:30 PM Concert with Bob Clark – TH 2:30 PM BCAT Brain Games- Ly 3:00 PM Exercise with Marcus – 2 nd Fl 4:00 PM Story Crafting with Carol – 2 nd FL	21 10:00 AM Total Fitness – 2 ND Fl 10:45 AM Morning Meditation – 2 nd Fl 11:30 AM Current Events – 2 nd Fl 1:30 PM Folks Songs with Jiyoung – Th 3:00 PM Happy Hour - Cf 4:00 PM Shabbat Services – Ly	22 10:30 AM – 12:00 PM Shabbat Service with Rabbi Covel– Theater
23 11:00 AM Morning Stretch – 2 ND Fl 11:30 AM Name that Tune – 2 nd Fl 1:30 PM Sapphires “Go Mambo” – Th 3:00 PM Current Events – 2 nd Fl 4:00 PM Art History Series :Through the Eyes of the Artist “ Edgar Degas” YouTube Video Series – 2 nd Fl	24 10:00 AM Total Fitness – 2 ND Fl 10:30 AM Scenic Ride “DC Monuments” 2:00 PM Landow House Players – 2 nd Fl 3:30 PM PBS Documentary Jewish History – 2 nd Fl 4:30 PM Jewish History Video Discussion – 2 nd Fl	25 10:00 AM Total Fitness – 2 ND Fl 10:40 AM Hydration & Music Relaxation – 2 nd 11:00 AM Word Games – 2 nd Fl 2:00 PM Let’s Talk Torah with Rabbi Arlene – 2 nd Fl 3:00 PM Walking Club – Ly 3:00 PM BCAT Brain Games – LY 4:00 PM Karaoke Social–2 nd Fl	26 10:00 AM Workout with Lori – 2 ND Fl 11:00 AM Art Workshop – AR 1:30 PM Olympics 2022 “Music for Figure Skating “ – Th 2:30 PM Art Workshop – AR 2:45 PM Movie “ 4:00 PM Art Workshop – AR	27 10:00 AM Chair Zumba with Sharon – 2 nd Fl 11:00 AM Rock & Roll with Lauren & Hazel– Th 1:30 PM Charles Sullivan – Th 2:30 PM BCAT Brain Games- Ly 3:00 PM Exercise with Marcus – 2 nd Fl 4:00 PM Story Crafting with Carol – 2	28 10:00 AM Total Fitness – 2 ND Fl 10:45 AM Morning Meditation – 2 nd Fl 11:00 AM Resident Council – Th 1:30 PM Music of Gilbert and Sullivan – Th 3:00 PM Happy Hour - Cf 4:00 PM Shabbat Services – Ly	29 10:30 AM – 12:00 PM Shabbat Service with Rabbi Berger– Theater
30 11:00 AM Morning Stretch – 2 ND Fl 11:30 AM Name that Tune – 2 nd Fl 1:30 PM Music with Wendell Rakosky -Th 3:00 PM Current Events – 2 nd F 4:00 PM Art History Series – 2 nd Fl	31 10:00 AM Total Fitness – 2 ND Fl 10:30 AM Scenic Ride “Potomac Drive” 2:00 PM Helaine Patt With Iris Piano Trio – Th 3:30 PM Landow House Players –2 nd Fl 4:30 PM Current Events – Cf					

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<p>2 1:00 PM Virtual Explorations (Channel 975) 2:00 PM Sunday Afternoon Matinee (Channel 975) 4:00 PM Virtual Yoga (Channel 975) 8:00 PM Movie (Channel 975)</p>	<p>3 10:00 AM Morning Meditation 10:30 AM Reminiscing Music 1920’S 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Artistic Pursuits 3:00 PM Chair Exercise 4:15 PM Songbook Creation with Lauren</p>	<p>4 10:00 AM Morning Meditation 10:30 AM Sing – Along 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Drum Circle with Joanna 3:30 PM Exercise with Marcus 4:30 PM Music for Reminiscing</p>	<p>5 10:00 AM Morning Meditation 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Musical Story Crafting 3:30 PM Chair Exercise 4:30 PM Top Table Games 6:30 PM Bertram MC Leish- TH</p>	<p>6 10:00 AM Morning Meditation 11:00 AM Accordion Music with Dave Lovins 2:00 PM Daily Chronicle 3:30 PM Chair Exercise 4:30 PM Music for Reminiscing</p>	<p>7 10:00 AM Total Fitness – 2ND Fl 10:45 AM Morning Meditation – 2nd Fl 11:30 AM Current Events – 2nd Fl 1:30 PM Haikus for Jews with Carol – CF 3:30 PM Drumming for Wellness 4:00 PM Shabbat Services – Ly</p>	<p>8 10:30 AM – 12:00 PM Shabbat Service with Rabbi Suskin – Theater</p>
<p>9 10:00 AM Morning Stretch – 2ND Fl 10:30 AM Sensory Games– CN 3rd Fl 2:00PM Music Appreciation & Dance with Victor – Th 3:30 PM Current Events – 2nd Fl 4:00 PM Table Games</p>	<p>10 10:00 AM Morning Meditation 10:30 AM Reminiscing Music 1930’S 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Artistic Pursuits 3:00 PM Chair Exercise 4:15 PM Songbook Creation with Lauren</p>	<p>11 10:00 AM Morning Meditation 10:30 AM Sing – Along 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Drum Circle with Joanna 2:00 PM Let’s Talk Torah with Rabbi Arlene – 2nd Fl 3:30 PM Exercise with Marcus 4:30 PM Music for Reminiscing</p>	<p>12 10:00 AM Morning Meditation 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Musical Story Crafting 3:30 PM Chair Exercise 4:00 PM Top Table Games 6:30 PM Music Trivia with Jerry Roman – TH</p>	<p>13 10:00 AM Morning Meditation 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Ron Howard – TH 2:00 PM Daily Chronicle 3:30 PM Chair Exercise 4:30 PM Music for Reminiscing</p>	<p>14 10:00 AM Total Fitness – 2ND Fl 10:45 AM Morning Meditation – 2nd Fl 11:30 AM Current Events – 2nd Fl 1:30 PM Strauss’s Die Fledermaus with Kurt & Jiyoung – Th 3:30 PM Drumming for Wellness 4:00 PM Shabbat Services – Ly</p>	<p>15 10:30 AM – 12:00 PM Shabbat Service with Rabbi Suskin – Theater</p>
<p>16 10:00 AM Morning Stretch – 2ND Fl 10:30 AM Sensory Games– CN 3rd Fl 1:30 PM Performance by Harper Denhard – Th 3:00 PM Current Events – 2nd Fl 4:00 PM Table Games</p> <p>Tu Bishvat</p>	<p>17 10:00 AM Morning Meditation 10:30 AM Reminiscing Music 1940’S 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Artistic Pursuits 3:00 PM Chair Exercise 4:00 PM Sing- Along</p> <p>Tu Bishvat</p> <p>Martin Luther King Jr. Day</p>	<p>18 10:00 AM Morning Meditation 10:30 AM Sing – Along 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Drum Circle with Joanna 3:30 PM Exercise with Marcus 4:30 PM Music for Reminiscing</p>	<p>19 10:00 AM Morning Meditation 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Computer Games 3:30 PM Chair Exercise 4:30 PM Music for Reminiscing</p>	<p>20 10:00 AM Morning Meditation 11:00 AM Sensory Games – CN 3rd Fl 1:30 PM Concert with Bob Clark – TH 2:00 PM Daily Chronicle 3:30 PM Chair Exercise 4:30 PM Music for Reminiscing</p>	<p>21 10:00 AM Total Fitness – 2ND Fl 10:45 AM Morning Meditation – 2nd Fl 11:30 AM Current Events – 2nd Fl 1:30 PM Folks Songs with Jiyoung – Th 3:30 PM Drumming for Wellness 4:00 PM Shabbat Services – Ly</p>	<p>22 10:30 AM – 12:00 PM Shabbat Service with Rabbi Covel– Theater</p>
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