

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:30 AM Shabbat Services with Cantor Ben (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Service (Café)
2 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Lemonade & Iced Tea Social (L&C)	3 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Art Class with Claudia (AR) 2:00 PM Remembering the Life of Grace Kelly with Mariah 3:00 PM One on One Visits 3:00 PM Mahjong Players (Café) 4:00 PM Outdoor Games (weather permitting) (CY)	4 10:00 AM Strengthening Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 11:15 AM Lunch Outing at Clyde's Towers Oaks (LB) 2:30 PM Fashion Show Rehearsal (Participants Only) 3:30 PM Bingo (SF) 3:30 PM Open Gym	5 10:00 AM Exercise with Mariah (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana (SF) 2:00 PM Music Entertainment with Ed Schafer 3:00 PM Landow House Happy Hour (Café) 4:00 PM Aging with Awareness: Understanding Sensory Changes and Staying Connected with Dan (SF)	6 10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM JCC Campers (TH) 1:30 PM Afternoon Movie: Summertime (1955) (TH) 3:00 PM One on One's Visits 3:15 PM Current Events with Judy Cohen (SF) 3:30 PM Open Gym	7 10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 2:00 PM Music Entertainment with Gabriel Hutter (SF) 4:00 PM Shabbat Service (TH)	8 10:30 AM Shabbat Services Marcia Friedman (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Service (Café)
9 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Lemonade & Iced Tea Social (L&C)	10 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Echoes of Nature (SF) 2:00 PM My Life Journey: Biography on Dr. Alan Breitler (SF) 3:00 PM One on One Visits 3:00 PM Mahjong Players (Café) 4:00 PM Outdoor Games (weather permitting) (CY)	11 10:00 AM Strengthening Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:30 PM Bingo (SF) 3:30 PM Open Gym	12 10:00 AM Workout with Claudia (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana (SF) 2:00 PM Landow Women's Club (SF) 3:00 PM Monthly Birthday Celebrations Social (SF) 4:00 PM Mental Health with Marilyn: Authentically You. Seminar with Dan: (SF)	13 10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Landow Newsfeed (SF) 1:30 PM Afternoon Movie: Holiday for Lovers (1959) (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym 3:30 PM Ice Cream Social	14 10:00 AM Tai Chi Class with Claudia (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 2:00 PM Music Entertainment with Myca Townes 4:00 PM Shabbat Service (TH)	15 10:30 AM Shabbat Services with Cantor Ben Kintisch (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Service (Café)
16 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Lemonade & Iced Tea Social (L&C)	17 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Art Class with Claudia (AR) 1:30 PM Summer on Broadway, with the Trio (TH) 3:00 PM One on One Visits 3:00 PM Mahjong Players (Café) 4:00 PM Bebop Pioneers of the 1940'a with Mariah: Charlie Parker (SF)	18 10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Follies Rehearsal with Jiyoung (TH) 3:30 PM Open Gym 3:30 PM Bingo (SF)	19 10:00 AM Exercise with Mariah (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana (SF) 2:00 PM Fashion Show at Landow 3:00 PM Landow House Happy Hour (Café) 4:00 PM Sleep Well, Age Well: Better Sleep for Healthy Aging. Seminar with Dan (SF)	20 10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Landow Newsfeed (SF) 1:30 PM Afternoon Classic Movies: Till the Clouds Rolls By (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	21 10:00 AM Strengthening Exercise with Nyah (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM Writing to music with Lauren and Nyah (SF) 4:00 PM Shabbat Service (TH)	22 10:30 AM Shabbat Services with Rabbi Bruce (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Service (Café)
23 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Lemonade and Cookies Social (Café)	24 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Art Class with Claudia (AR) 2:00 PM Guitar Music with Vladimir (TH) 3:00 PM One on One Visits 4:00 PM Outdoor Games (weather permitting) (CY)	25 10:00 AM Strengthening Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Follies Rehearsal with Jiyoung (TH) 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:30 PM Bingo (SF) 3:30 PM Open Gym	26 10:00 AM Exercise with Mariah (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana (SF) 1:30 PM Liberace, the Glitter Man, with Joanna (TH) 2:30 PM Resident Council	27 10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Current Events with Judy (SF) 1:30 PM Afternoon Classic Movies: French Rivera Romance (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym 3:30 PM Ice Cream Social (Café)	28 10:00 AM Tai Chi Class with Claudia (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM Music from the Mountains with Lauren (TH) 4:00 PM Shabbat Service (TH)	29 10:30 AM Shabbat Services with Rabbah Arlene Berger (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Service (Café)
30 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Tacy Foundation	31 10:00 AM Exercise with Mariah (SF) 11:00 AM Art Class with Claudia (AR) 1:30 PM Inspirations Behind Your Favorite Songs with the trio 3:00 PM One on One Visits 3:00 PM Mahjong Players (Café) 4:00 PM Outdoor Games (weather permitting) (CY)					