

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM Million Dollar American Princesses: Queens of the Screen Smithsonian Channel 1:30 PM Music Entertainment with Myca Townes (SF) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service Berger (TH)	<b>2 EREV TISHA B’AV</b> 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 9:00 PM Havdalah Service (Café)
<b>3 TISHA B’AV</b> 10:30 AM Tisha B'av with Dr. Alan Breitler (SF) 1:30 PM Rabbah Arlene: “Transforming baseless hatred into unconditional love” (SF) 2:30 PM Afternoon Movie “The Book Thief” TH	<b>4</b> 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Old English Proverbs and Meanings with Mariah (CY) 2:00 PM The Crown Netflix Series (SF) 3:00 PM Living Strong Exercise with Dan (SF) 4:00 PM Table Games : Scrabble & Puzzles (SF)	<b>5</b> 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Mariah Jazz Presentation: Lena Horne (SF) 2:30 PM B-Day Club Meeting (TH) 3:00 PM Landow Follies Meeting (TH) 3:30 PM Bingo (SF)	<b>6</b> 10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 11:00 AM Current Events with Judy Cohen 1:30 PM Rabbi Kamens Lecture: 5 Oscar films made by Jewish Directors (SF) 3:00 PM Knitting Club 4:00 PM Stories & Reminiscence (SF)	<b>7</b> 10:00 AM Living Strong Exercise with Dan 11:00 AM JCC Campers Visits (TH) 1:30 PM Afternoon Movies: “Between Temples” 3:30 PM Stretch & Sing with Dan (SF) 4:00 PM Healthy Aging Seminar: Sharp Minds: Memory Tips & Brain Games (SF)	<b>8</b> 10:00 AM Strengthening Class with Nyah (SF) 11:00 AM Million Dollar American Princesses: Queens of Culture Smithsonian Channel (SF) 1:30 PM Music Entertainment with Ari Jacobson 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	<b>9</b> 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 3:15 PM Art Class with Kayla (SF) 9:00 PM Havdalah Service (Café)
<b>10</b> 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Afternoon Movie: “An American Pickle” (TH) 3:00 PM Lemonade & Cookies Social (L&C)	<b>11</b> 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Echoes Of Nature (SF) 2:00 PM The Crown Netflix Series (SF) 3:00 PM Living Strong Exercise with Dan (SF) 4:00 PM Jeopardy Game with Nyah (SF)	<b>12</b> 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Torah Talk with Rabbah Arlene 4:00 PM Poetry Inkwell Insights with Nyah (SF) (SF)	<b>13</b> 10:00 AM Morning Exercise Class with Mariah 11:00 AM Current Events with Judy Cohen 1:30 PM Dr. Alan Lecture (SF) 3:00 PM Sing-Along with Mariah (SF) 4:00 PM Stories & Reminiscence (SF)	<b>14</b> 10:00 AM Living Strong Exercise with Dan 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: "You Are So Not Invited to My Bat Mitzvah" 3:30 PM Stretch & Sing with Dan (SF) 4:00 PM Healthy Aging Seminar: Strong Backs, Better Days: Posture & Spine Care (SF)	<b>15</b> 10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM Million Dollar American Princesses: Smithsonian Channel: Beautiful and Doomed 1:30 PM Music of the Mountains with Lauren (SF) 3:00 PM Monthly Birthday Celebrations Social 4:00 PM Shabbat Service (TH)	<b>16</b> 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 3:15 PM Art Class with Kayla (SF) 9:00 PM Havdalah Service (Café)
<b>17</b> 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 3:00 PM Lemonade & Cookies Social (L&C)	<b>18</b> 10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 11:00 AM Word Games (CY) 1:30 PM Drum Circle with Lauren (TH) 3:00 PM Healthy Aging Seminar: Managing Arthritis Living with Less Pain (SF) 4:00 PM You Be the Judge (SF)	<b>19</b> 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Guitar Music with Vladimir 3:00 PM Landow Follies Meeting (TH) 3:30 PM Bingo (SF)	<b>20</b> 10:00 AM Morning Exercise Class with Nyah (SF) 11:00 AM Current Events with Judy Cohen 1:30 PM Stories & Reminiscence (SF) 3:00 PM Sing-Along (SF) 4:00 PM Leonard Bernstein - Young People's Concerts: The Anatomy of a Symphony Orchestra (SF)	<b>21</b> 10:00 AM Living Strong Exercise with Dan 11:00 AM Art Workshop with Claudia (AR) 2:00 PM Landow Fashion Show “Four Seasons” (TH) 3:00 PM Ice Cream Social (SF)	<b>22</b> 10:00 AM Exercise with Mariah 10:45 AM Meditation Club (SF) 11:00 AM Million Dollar American Princesses: Smithsonian Channel: Leading Ladies (SF) 1:30 PM Music Entertainment with Patty Reese (SF) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	<b>23</b> 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 9:00 PM Havdalah Service (Café)
<b>24</b> 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Afternoon Movie: “The Meyerowitz Stories” (TH) 3:00 PM Lemonade & Cookies Social (L&C)	<b>25</b> 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Music inspiration with Michael Rosenberg (SF) 1:30 PM The Rosen-Spector-Stern Trio Performance (TH) 3:00 PM Living Strong Exercise with Dan (SF) 4:00 PM Travel Experience with Mariah (SF)	<b>26</b> 10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Torah Talk with Rabbah Arlene (SF) 3:00 PM Landow Follies Meeting (TH)	<b>27</b> 10:00 AM Morning Exercise Class with Mariah (SF) 11:00 AM Current Events with Judy Cohen 2:00 PM Resident Council 6:30 PM Mini Musicals on the Move: Guys & Dolls (TH)	<b>28</b> 10:00 AM Living Strong Exercise with Dan 11:00 AM Art Workshop (AR) 2:00 PM Jewish Art Education Presented by Nancy Kotz: The Art of the Jewish Holidays 3:30 PM Stretch & Sing with Dan (SF) 4:00 PM Healthy Aging Seminar: Mental Wellness & Mood Support (SF)	<b>29</b> 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM PBS Great Performances: Now Hear This with Scott Yoo: Chopin's Polish Heart (SF) 1:30 PM Tucson's Own: Linda Ronstadt presented by Madelyn and Lauren (SF) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	<b>30</b> 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 3:15 PM Art Class with Kayla (SF) 9:00 PM Havdalah Service (Café)
<b>31</b> 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 3:00 PM Lemonade & Cookies Social (L&C)						