

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>10:00 Body Toning Video (Theater) 30</b> <b>1:30 Movie Matinee (Theater)</b> <b>6:30 New Year's Party featuring Dale Jarrett!</b>	<b>New Year's Eve 31</b> 9:30 Trip Sign up and Questions with Stephanie (Cafe) 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 New Year's Resolutions (2nd fl) 3:30 30 minute walk with Carlton (Meet in the Lobby)					<b>10:00 Exercise Video (Theater) 1</b> <b>11:00 Shabbat Services (Ring House Meeting Room)</b> <b>1:30 Torah Talk with Janice (Lobby and Cafe)</b> <b>6:30 Movie (Theater)</b>
<b>Hanukkah Begins at Sundown 2</b> 10:00 Body Toning Video (Theater) <b>11:00 Hot Topics with Dr. Jenner (Theater)</b> 2:00 Visit with Bikur Cholim of Greater Washington (Cafe/ Lobby) 5:00 Hanukkah Candle Lighting (Lobby) 6:30 Movie (Theater)	<b>9:30 Trip Sign up and Questions with Stephanie (Cafe) 3</b> 10:00 Chair Zumba and Dance Fitness (2nd fl) <b>1:30 Flower Arranging (Art Studio)</b> <b>1:30 Chorus Rehearsal with Jiyoung (Theater)</b> 2:00 Open Gym (Therapy Services) <b>2:30 Music and Dancing with Garrey (Theater)</b> 3:30 30 minute walk with Carlton (Meet in the Lobby) 5:00 Hanukkah Candle Lighting (Lobby) 6:30 Trip to see the Lights at the Temple (Meet in Lobby)	<b>10:00 Seated Workout with Karen (2nd fl) 4</b> <b>11:00 Open Rehearsal with Lauren, Eva &amp; Jiyoung (Theater)</b> <b>1:30 Music with Michael Rosenberg (Theater)</b> 2:00 Open Gym (Therapy Services) <b>4:00 Playful Art with Carol (Art Studio)</b> <b>5:00 Hanukkah Candle Lighting (Lobby)</b> <b>6:30 Movie (Theater)</b>	<b>10:00 Workout with Lori! (2nd fl) 5</b> <b>11:00 Trivia! (2nd fl)</b> 1:30 There's No Place Like New York for the Holidays (Theater) 2:00 Open Gym (Therapy Services) <b>2:30 Hanukkah Candy Making (2nd Floor Kitchen)</b> <b>5:00 Hanukkah Candle Lighting (Lobby)</b> <b>6:30 Pianist Bertram Mcleish (Theater)</b>	<b>10:00 Fitness Fun with Carlton! (Theater) 6</b> <b>11:00 Story Crafting with Carol (2nd fl)</b> 2:00 Open Gym (Therapy Services) <b>2:30 Drum Circle with Eva</b> <b>4:00 Family Hanukkah Cocktail Hour and Candle Lighting (Cafe/ Lobby)</b> <b>5:00 Hanukkah Candle Lighting (Lobby)</b>	<b>Pearl Harbor Remembrance Day 7</b> <b>10:00 Fitness First with Martine (2nd fl)</b> 11:00 Music Committee with Lauren (Art Room) 1:30 30 minute walk with Carlton (Meet in the Lobby) <b>2:00 Aging Well: News You Can Use! With Carol (2nd fl)</b> 2:00 Open Gym (Therapy Services) <b>3:00 Hanukkah Happy Hour (Cafe/ Lobby)</b> 4:00 Shabbat Service with Syril Kline (Theater) 5:00 Hanukkah Candle Lighting (Lobby)	<b>10:00 Shabbat Service with Michael Rosenberg (Theater) 8</b> <b>1:30 Hanukkah Fun &amp; Games (2nd fl)</b> <b>5:00 Hanukkah Candle Lighting (Lobby)</b> <b>6:30 Movie (Theater)</b>
<b>10:00 Body Toning Video (Theater) 9</b> <b>11:00 Echoes of Nature - Live Exotic Animals! (Theater)</b> <b>1:30 Dave Lovins and His Accordion (Theater)</b> <b>4:00 Hanukkah Cookies by the Fireplace (Lobby)</b> <b>5:00 Hanukkah Candle Lighting (Lobby)</b> <b>6:30 Movie (Theater)</b>	<b>Hanukkah Ends at Nightfall 10</b> 10:00 Chair Zumba and Dance Fitness (2nd fl) <b>11:00 Hanukkah Bingo (2nd fl)</b> <b>1:30 Chorus Rehearsal with Jiyoung (Theater)</b> 2:00 Open Gym (Therapy Services) 3:30 30 minute walk with Carlton (Meet in the Lobby) <b>5:00 Hanukkah Candle Lighting (Lobby)</b> <b>6:30 Movie Musical Mondays (Theater)</b>	<b>10:00 Seated Workout with Karen (2nd fl) 11</b> <b>11:00 Musical Storycrafting with Lauren, Eva &amp; Jiyoung (Theater)</b> <b>1:30 Music with Michael Rosenberg (Theater)</b> 2:00 Open Gym (Therapy Services) <b>2:30 Program Planning Committee (Cafe/ Lobby)</b> <b>4:00 Playful Art with Carol (Art Studio)</b> <b>4:00 Broadway with Steve Friedman (Theater)</b> <b>6:30 Vladimir Fridman, Guitarist (Theater)</b>	<b>10:00 Workout with Lori! (2nd fl) 12</b> <b>11:00 Trivia! (2nd fl)</b> 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) <b>4:00 Introduction to Opera with Hannah &amp; Lauren (Theater)</b> <b>6:30 Music with Harper (Theater)</b>	<b>10:00 Fitness Fun with Carlton! (Theater) 13</b> <b>11:00 Story Crafting with Carol (2nd fl)</b> 2:00 Open Gym (Therapy Services) <b>2:30 Dining Club - All Welcome (DR)</b> <b>2:30 Exploring the Great Jewish Violinists, with Eva</b> <b>4:00 Memory Fitness with Natalie (2nd fl)</b> <b>6:30 Movie (Theater)</b>	<b>10:00 Fitness First with Martine (2nd fl) 14</b> 11:00 Music Committee with Lauren (Art Room) 1:30 30 minute walk with Carlton (Meet in the Lobby) <b>2:00 Aging Well: News You Can Use! With Carol (2nd fl)</b> 2:00 Open Gym (Therapy Services) <b>3:00 Landow House Happy Hour (Cafe)</b> 4:00 Shabbat with Rabbah Arlene (Theater)	<b>11:00 Shabbat Service with Sabrina (Theater) 15</b> <b>1:30 Torah Talk with Janice (Lobby and Cafe)</b> <b>6:30 Movie (Theater)</b>
<b>10:00 Body Toning Video (Theater) 16</b> <b>1:30 An Afternoon with Pianist Bertram McCleish (Theater)</b> <b>6:30 Movie (Theater)</b>	<b>9:30 Trip Sign up and Questions with Stephanie (Cafe) 17</b> 10:00 Chair Zumba and Dance Fitness (2nd fl) <b>1:30 Chorus Rehearsal with Jiyoung (Theater)</b> 2:00 Open Gym (Therapy Services) 3:30 30 minute walk with Carlton (Meet in the Lobby) <b>6:30 Movie Musical Mondays (Theater)</b>	<b>10:00 Seated Workout with Karen (2nd fl) 18</b> <b>11:00 Piano Trio Recital with Lauren, Eva &amp; Jiyoung (Theater)</b> <b>1:30 Pets on Wheels with Mario and Bella (Lobby)</b> <b>1:30 Music with Michael Rosenberg (Theater)</b> 2:00 Open Gym (Therapy Services) <b>2:30 Resident Council (Theater)</b> <b>4:00 Playful Art with Carol (Art Studio)</b> <b>6:30 Movie (Theater)</b>	<b>10:00 Workout with Lori! (2nd fl) 19</b> <b>11:00 Trivia! (2nd fl)</b> 1:30 Lecture with Dr. Jenner (Theater) 2:00 Open Gym (Therapy Services) <b>2:30 Poetry Club with Dana Tate (2nd fl)</b> <b>4:00 Performer Portraits: Frank Sinatra, with Lauren (Theater)</b> <b>6:30 Movie (Theater)</b>	<b>10:00 Fitness Fun with Carlton! (Theater) 20</b> <b>11:00 Story Crafting with Carol (2nd fl)</b> <b>1:30 News Program with Jerry Grossman (Theater)</b> 2:00 Open Gym (Therapy Services) <b>2:30 Drum Circle with Eva</b> <b>4:00 Memory Fitness with Natalie (2nd fl)</b> <b>6:30 Movie (Theater)</b>	<b>December Solstice 21</b> <b>10:00 Fitness First with Martine (2nd fl)</b> 1:30 30 minute walk with Carlton (Meet in the Lobby) <b>2:00 Aging Well: News You Can Use! With Carol (2nd fl)</b> 2:00 Open Gym (Therapy Services) <b>3:00 Landow House Happy Hour (Cafe)</b> <b>4:00 Shabbat Service with Susan Weiss (Lobby)</b>	<b>10:00 Exercise Video (Theater) 22</b> <b>11:00 Shabbat Services (Ring House Meeting Room)</b> <b>6:30 Movie (Theater)</b>
<b>10:00 Body Toning Video (Theater) 23</b> <b>2:30 Music by Rear View Mirror (Theater)</b> <b>6:30 Movie (Theater)</b>	<b>Christmas Eve 24</b> 10:00 Chair Zumba and Dance Fitness (2nd fl) 3:30 30 minute walk with Carlton (Meet in the Lobby) <b>6:30 Movie Musical Mondays (Theater)</b>	<b>Christmas Day 25</b>	<b>Kwanzaa (until Jan 1) 26</b> <b>10:00 Workout with Lori! (2nd fl)</b> 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) <b>4:00 Performer Portraits with Lauren: (Theater)</b> <b>6:30 Music with Harper (Theater)</b>	<b>10:00 Fitness Fun with Carlton! (Theater) 27</b> <b>11:00 Story Crafting with Carol (2nd fl)</b> 2:00 Open Gym (Therapy Services) <b>4:00 Memory Fitness with Natalie (2nd fl)</b> <b>6:30 Movie (Theater)</b>	<b>10:00 Fitness First with Martine (2nd fl) 28</b> 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Open Gym (Therapy Services) <b>3:00 Landow House Happy Hour (Cafe)</b> <b>4:00 Shabbat Service with Syril Kline (Theater)</b>	<b>11:00 Shabbat Service with Rabbah Arlene (Theater) 29</b> <b>6:30 Movie (Theater)</b>

# December 2018

Landow House Activities  
 \*All Activities are Subject to Change\*

