

SUN	MON	TUE	WED	THUR	FRI	SAT
					10:00 Fitness First with Martine (2nd fl) 11:00 Trivia! (2nd fl) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Aging Well: News You Can Use! With Carol (2nd fl) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat Service with Syril Kline (Theater)	10:00 Shabbat Service with Michael Rosenberg (Theater) 1:30 Hot Topics with Dr. Jenner (Theater) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 2:00 Visit with Bikur Cholim of Greater Washington (Cafe/ Lobby) 3:30 Dance Party and Music with Victor (Theater) 6:30 Super Bowl Viewing Party & Snacks (Cafe)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 Word Games (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 2:30 Armchair Travel (Theater) 3:30 30 minute walk with Carlton (Meet in the Lobby) 6:30 Movie Musical Mondays (Theater)	10:00 Seated Workout with Karen (2nd fl) 11:00 Musical Storycrafting with Lauren, Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	11:00 Super Foods (2nd fl) 1:30 Activities to Go Slide Show Presentation (Theater) 2:00 Open Gym (Therapy Services) 4:00 The Music of Henry Mancini (Theater) 6:30 Pianist Bertram Mcleish (Theater)	10:00 Fitness Fun with Carlton! (Theater) 11:00 Story Crafting with Carol (2nd fl) 1:30 Poetry Club with Dana Tate (2nd fl) 2:00 Open Gym (Therapy Services) 2:30 Mindful Music with Eva (Theater) 4:00 Memory Fitness with Natalie (2nd fl) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 11:00 Landow Songbook with Lauren (Theater) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Aging Well: News You Can Use! With Carol (2nd fl) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat with Rabbah Arlene (Theater)	10:00 Shabbat Service with Michael Rosenberg (Theater) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 11:00 Echoes of Nature - Live Exotic Animals! (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 Word Games (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 3:30 30 minute walk with Carlton (Meet in the Lobby) 6:30 Music with Harper (Theater)	10:00 Seated Workout with Karen (2nd fl) 11:00 Open Rehearsal with Lauren, Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 2:30 Garden Club (Art Studio) 4:00 Playful Art with Carol (Art Studio) 6:30 Vladimir Fridman, Guitarist (Theater)	1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services)	10:00 Fitness Fun with Carlton! (Theater) 11:00 Visit with JCC Preschool (2nd fl) 11:00 Story Crafting with Carol (2nd fl) 2:00 Open Gym (Therapy Services) 4:00 Memory Fitness with Natalie (2nd fl) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 11:00 Landow Songbook with Lauren (Theater) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Aging Well: News You Can Use! With Carol (2nd fl) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat Service with Susan Weiss (Lobby)	11:00 Visit with JCC Preschool (2nd fl) 11:00 Shabbat Service with Sabrina (Theater) 2:00 Comedy Greats (Theater) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 1:30 An Afternoon with Pianist Bertram McCleish (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 Word Games (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 3:30 30 minute walk with Carlton (Meet in the Lobby) 6:30 Movie Musical Mondays (Theater)	10:00 Seated Workout with Karen (2nd fl) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 2:30 Teaching Kitchen (2nd fl) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 1:30 Lecture with Dr. Jenner (Theater) 2:00 Open Gym (Therapy Services)	10:00 Fitness Fun with Carlton! (Theater) 11:00 Story Crafting with Carol (2nd fl) 1:30 News Program with Jerry Grossman (Theater) 2:00 Open Gym (Therapy Services) 2:30 Drum Circle with Eva (Theater) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 11:00 Music Committee with Lauren (Art Room) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Aging Well: News You Can Use! With Carol (2nd fl) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat Service with Syril Kline (Theater)	11:00 Shabbat Service with Rabbah Arlene (Theater) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 11:00 Echoes of Nature - Live Exotic Animals! (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 Word Games (2nd fl) 2:00 Open Gym (Therapy Services) 2:00 Rearview Mirror - Musical Entertainment (Theater) 3:30 30 minute walk with Carlton (Meet in the Lobby) 6:30 Music with Harper (Theater)	10:00 Seated Workout with Karen (2nd fl) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 2:30 Playful Art with Carol (Art Studio) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 11:00 Trivia! (2nd fl) 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) 4:00 Performer Portraits with Lauren & Gary: Andy Williams (Theater) 6:30 Movie (Theater)	10:00 Fitness Fun with Carlton! (Theater) 11:00 Story Crafting with Carol (2nd fl) 1:30 Program Planning Committee (Cafe/ Lobby) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)		

# February 2019

Landow House Activities

\*All Activities are Subject to Change\*



**Charles E. Smith**  
LIFE COMMUNITIES