

February 2023



Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>10:00 AM Workout with Claudia (SF) 11:00 AM Current Events with Judy Cohen 02:00 PM Musical Entertainment with Patty Reese Theater (TH) 03:00 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF) 04:00 PM Art Workshop with Carol (AR)</p>	<p>10:00 AM Zumba with Sharon (SF) 11:00 AM The Musicals of Andrew Lloyd Webber with Lauren Theater 01:30 PM Movie & Popcorn "The Woman King" Theater 03:30 PM Exercise Class with Marcus (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP) (PR)</p>	<p>10:00 AM Exercise Video with Carol (SF) 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM Landow Singers with Jiyoung (TH) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Service (TH) 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)</p>
5 EREV TU BISHVAT	6 TU BISHVAT	7	8	9	10	11
<p>10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:30 PM Chabad Chevy Chase Intergenerational Group Volunteer Visit (SF) 03:30 PM Tea Social & Conversations (Café)</p>	<p>10:00 AM Exercise with Claudia (SF) 10:30 AM Scenic Drive (LB) 11:00 AM Word Games with Carol 01:30 PM Concert with Joy and Jiyoung Theater (TH) 02:30 PM Stories & Reminiscence (BCAT) (SF) 03:30 PM Tu Bishvat Service with Rabbi Daniel (TH)</p>	<p>10:00 AM Strengthening Class with Claudia 11:00 AM Mind Joggers with Claudia (SF) 02:00 PM Landow House Art Show (TH) 02:30 PM Music with Harpist Abbie Palmer & Refreshments (TH) 03:30 PM Exercise Class with Marcus (SF) 04:00 PM "Tiny Love Stories" with Carol (SF) 06:45 PM Scrabble & Rummikub (Café)</p>	<p>10:00 AM Workout with Lori (SF) 11:00 AM Poetry in The Moment with Dana 11:00 AM Art Workshop with Carol (AR) 02:00 PM Musical Entertainment with Mike Scoglio (TH) 02:45 PM Art Workshop with Carol (AR) 03:00 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF) 04:00 PM Art Workshop with Carol (AR) 06:30 PM Music Trivia with Jerry Roman (SF)</p>	<p>10:00 AM Zumba with Sharon (SF) 11:00 AM The comedy of Gilbert and Sullivan with Lauren(TH) 01:30 PM Movie & Popcorn "Spencer" Theater 03:30 PM Exercise Class with Marcus (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP) (PR)</p>	<p>10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM Life and Music of Judy Garland with Jiyoung (TH) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Service (TH) 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)</p>
12	13	14	15	16	17	18
<p>10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:00 PM Dance with Victor (SF) 03:30 PM Tea Social & Conversations (Café)</p>	<p>10:00 AM Just Us Program: National Art Gallery Trip (LB) 10:00 AM Exercise with Jolene (SF) 11:00 AM Echoes Of Nature (SF) 01:30 PM Old Fashioned Love songs with the Trio (TH) 02:30 PM Armchair Travels (SF) 04:00 PM Stories & Reminiscence (BCAT) (SF) 07:00 PM Movie Night Classics: "When Harry Met Sally" (SF)</p>	<p>10:00 AM Chair Yoga (SF) 11:00 AM Jewish Art Education Lecture by Nancy Kotz "Pissarro Series 2 " (SF) 02:00 PM Torah Talk with Rabba Arlene (SF) 03:00 PM Wine & Chocolate - Covered Strawberries Social (Cafe) 04:00 PM Romantic Quandries (Dear Abby Yiddish Style) with Carol (SF) 06:45 PM Scrabble & Rummikub (Café)</p>	<p>10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen 01:30 PM Winter Impressions with Joanna (TH) 03:00 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF) 07:00 PM Karaoke Night Sing Along with Ann & Joy (SF)</p>	<p>10:00 AM Meditation with Carol (SF) 11:00 AM Life and Music of Johnny Cash with Lauren (TH) 01:30 PM Movie & Popcorn: "Green Book" (TH) 03:30 PM Exercise Class with Donald (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP) (PR)</p>	<p>10:00 AM Exercise Video with Carol (SF) 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM Landow Singers with Jiyoung (TH) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Service (TH) 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)</p>
19	20	21	22	23	24	25
<p>10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:00 PM Vocal Performance with Dan Harper (TH) 03:30 PM Tea Social & Conversations (Café)</p>	<p>10:00 AM Chair Dance with Marcy (SF) 11:00 AM Word Games with Carol (SF) 02:00 PM Piano Tune with Bertram McLeish (TH) 03:00 PM Stories & Reminiscence (BCAT) (SF) 04:00 PM Current Events & Discussions with Shirley (SF)</p>	<p>10:00 AM Strengthening Class with Claudia 11:00 AM Mind Joggers with Claudia (SF) 02:00 PM Guitar Music with Vladimir (TH) 03:00 PM Exercise Class with Donald (SF) 04:00 PM Literature Corner with Carol : "Wise & Witty Poems about Love & Relationships" (SF) 06:45 PM Scrabble & Rummikub (Café)</p>	<p>10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 11:00 AM Lecture: African American First (SF) 01:30 PM Jewish Polish Artists from Warsaw 1918-1939 with Joanna (TH) 02:30 PM Resident Council (TH) 02:45 PM Art Workshop with Carol (AR) 04:00 PM Art Workshop with Carol (AR) 04:00 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF)</p>	<p>10:00 AM Meditation with Carol (SF) 11:00 AM Landow House Singers with Lauren (TH) 01:30 PM Movie & Popcorn: "Elvis" (TH) 03:30 PM Exercise Class with Donald (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP) (PR)</p>	<p>10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Yiddish Moment with Alan (SF) 11:00 AM Lunch Outing: Mosaic Cuisine (LB) 01:30 PM Story of Bai Mir Bitsu Shen with Jiyoung (TH) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Service (TH) 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)</p>
26	27	28			Calendar legend	Location
<p>10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:00 PM Bingo (SF) 03:00 PM The Tacy Foundation Piano Rehearsals (TH)</p>	<p>10:00 AM Chair Dance with Marcy (SF) 10:30 AM CVS Shopping Trip 11:00 AM Word Games with Carol (SF) 01:30 PM Music of Chopin (IRIS Music Project) (TH) 02:30 PM Armchair Travels (SF) 04:00 PM Stories & Reminiscence (BCAT) (SF) 07:00 PM Movie Night Classics "Moonstruck" (SF)</p>	<p>10:00 AM Chair Yoga (SF) 11:00 AM Mind Joggers with Claudia (SF) 02:00 PM Torah Talk with Rabba Arlene (SF) 03:00 PM Exercise Class with Donald (SF) 04:00 PM You Be the Judge Stories with Carol (SF) 06:45 PM Scrabble & Rummikub (Café)</p>			<p>AR Art Room Café Café L&C Lobby & Cafe LB Lobby SF Second Floor TH Theater PR Private Dining Room</p>	

