

SUN	MON	TUE	WED	THUR	FRI	SAT
		New Year's Day 10:00 Seated Workout with Karen (2nd fl) 1 11:00 The History of Auld Lang Syne (Theater) 2:00 Open Gym (Therapy Services) 2:00 New Year's Trivia & Games (2nd fl) 4:00 Playful Art with Carol (Art Studio) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 2 11:00 Memory Fitness with Natalie (2nd fl) 1:30 Activities to Go Slide Show Presentation (Theater) 2:00 Open Gym (Therapy Services) 2:00 Trivia! (2nd fl) 4:00 Performer Portraits with Lauren: (Theater) 6:30 Pianist Bertram Mcleish (Theater)	10:00 Fitness Fun with Carlton! (Theater) 3 10:00 Trip to Strathmore to see the Friday Morning Music Club (Meet in the Lobby) 11:00 Story Crafting with Carol (2nd fl) 1:30 Poetry Club with Dana Tate (2nd fl) 2:00 Open Gym (Therapy Services) 2:00 Yiddish Club (2nd fl) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 4 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) 4:00 Shabbat Service with Syril Kline (Theater)	11:00 Shabbat Service with Rabbah Arlene (Theater) 5 11:00 Shabbat Services (Ring House Meeting Room) 1:30 Torah Talk with Janice (Lobby and Cafe) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 6 11:00 Hot Topics with Dr. Jenner (Theater) 2:00 Visit with Bikur Cholim of Greater Washington (Cafe/ Lobby) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 7 10:00 Chair Zumba and Dance Fitness (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)	10:00 Seated Workout with Karen (2nd fl) 8 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)	10:00 Workout with Lori! (2nd fl) 9 11:00 Visit with JCC Preschool (2nd fl) 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) 4:00 Comedy in American Popular Music with Ed & Lauren Part 2 : Contradictions as Humor (Theater) 6:30 Music with Harper (Theater)	10:00 Fitness Fun with Carlton! (Theater) 10 11:00 Story Crafting with Carol (2nd fl) 1:30 Activities to Go Slide Show Presentation (Theater) 1:30 Dining Club - All Welcome (DR) 2:00 Open Gym (Therapy Services) 2:30 Famous Jewish Violinists with Eva (Theater) 4:00 Memory Fitness with Natalie (2nd fl) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 11 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 (Cafe) 4:00 Shabbat with Rabbah Arlene (Theater)	10:00 Shabbat Service with Michael Rosenberg (Theater) 12 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 13 11:00 Echoes of Nature - Live Exotic Animals! (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 14 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 Visit with JCC Preschool (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) 15 11:00 Musical Storycrafting with Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 2:30 Teaching Kitchen (2nd fl) 2:30 Resident Council (Theater) 4:00 Playful Art with Carol (Art Studio) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 16 1:30 Lecture with Dr. Jenner (Theater) 2:00 Open Gym (Therapy Services) 4:00 Broadway with Steve Friedman (Theater) 6:30 Movie (Theater)	10:00 Fitness Fun with Carlton! (Theater) 17 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) 4:00 Memory Fitness with Natalie (2nd fl) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 18 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 (Cafe) 4:00 Shabbat Service with Susan Weiss (Lobby)	11:00 Shabbat Service with Sabrina (Theater) 19 1:30 Torah Talk with Janice (Lobby and Cafe) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 20 1:30 An Afternoon with Pianist Bertram McCleish (Theater) 6:30 Movie (Theater)	Martin Luther King Day 9:30 Trip Sign up and Questions with Stephanie (Cafe) 21 10:00 Chair Zumba and Dance Fitness (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) 22 11:00 The Music of Mozart & Glenn Miller with Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:30 Program Planning Committee (Cafe/ Lobby)	10:00 Workout with Lori! (2nd fl) 23 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) 4:00 Performer Portraits with Lauren: (Theater) 6:30 Music with Harper (Theater)	10:00 Fitness Fun with Carlton! (Theater) 24 11:00 Story Crafting with Carol (2nd fl) 2:00 Open Gym (Therapy Services) 2:30 Mindful Music and Tu B'Shevat (Theater) 4:00 Memory Fitness with Natalie (2nd fl) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 25 11:00 Music Committee with Lauren (Art Room) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Cafe) 4:00 Shabbat Service with Syril Kline (Theater)	11:00 Shabbat Service with Rabbah Arlene (Theater) 26 11:00 Shabbat Services (Ring House Meeting Room) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 27 4:00 Resident Showcase (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 28 10:00 Chair Zumba and Dance Fitness (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (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) 29 11:00 Musical Storycrafting with Lauren, Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater)	10:00 Workout with Lori! (2nd fl) 30 4:00 The Music of Stephen Sondheim with Robin and Lauren (Theater)	10:00 Fitness Fun with Carlton! (Theater) 31 11:00 Story Crafting with Carol (2nd fl) 2:30 Drum Circle with Eva (Theater)		

January 2019

Landow House Activities

All Activities are Subject to Change



Charles E. Smith
LIFE COMMUNITIES