

January 2023



LANDOW HOUSE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>10:00 AM Chair Dance with Marcy (SF)</p> <p>11:00 AM Trivia Games with Joyce (SF)</p> <p>01:30 PM Bingo (SF)</p> <p>03:30 PM New Year's Day Music with Ro Cube (TH)</p>	<p>10:00 AM Chair Dance with Marcy (SF)</p> <p>11:00 AM Mind Joggers with Claudia (SF)</p> <p>01:30 PM Music for the New Year with The Trio (TH)</p> <p>3:30 PM Stories & Reminiscence (BCAT) (SF)</p> <p>04:00 PM Documentary: The Rivers of Life "Zambezi" (SF)</p>	<p>10:00 AM Exercise with Carol (SF)</p> <p>11:00 AM Nature Video with Carol (SF)</p> <p>2:00 PM Music Entertainment (TH)</p> <p>03:00 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM You be the Judge Stories with Carol (SF)</p> <p>06:45 PM Scrabble & Rummikub (Café)</p>	<p>10:00 AM Workout with Lori (SF)</p> <p>11:00 AM Art Workshop with Carol (AR)</p> <p>11:00 AM Travels Around the World & Discussions (SF)</p> <p>01:30 PM Ring the New Year- Classical Music of Celebrations with Joanna (TH)</p> <p>02:45 PM Art Workshop with Carol (AR)</p> <p>03:00 PM Afternoon Social (SF)</p> <p>04:00 PM Art Workshop with Carol (AR)</p>	<p>10:00 AM Meditation with Carol (SF)</p> <p>11:00 AM Music Committee: Festival Recap & What's Next? (TH)</p> <p>01:30 PM Afternoon Movie: "Manhattan Murder Mystery" (TH)</p> <p>02:00 PM Memory Exercise Group (BCAT)</p> <p>03:30 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Story Crafting with Carol (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 AM Yiddish Moment with Alan (SF)</p> <p>01:30 PM Landow House Singers (TH)</p> <p>03:00 PM Landow House Happy Hour (Café)</p> <p>04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Services (TH)</p> <p>02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</p> <p>06:45 PM Havdalah Blessing (L&C)</p>
8	9	10	11	12	13	14
<p>10:00 AM Morning Stretch with Joyce (SF)</p> <p>11:00 AM Bingo (SF)</p> <p>02:00 PM Dance with Victor (SF)</p> <p>03:00 PM The Tacy Foundation Rehearsals (TH)</p>	<p>10:00 AM Chair Dance with Marcy (SF)</p> <p>10:15 AM Just For Us Program to the National Art Gallery Trip (LB)</p> <p>11:00 AM Echoes Of Nature (SF)</p> <p>01:30 PM Concert with Joy, Ann & The Trio(TH)</p> <p>3:30 PM S Documentary PBS: The Rivers of Life "Danube"</p> <p>04:00 PM Stories & Reminiscence (BCAT) (SF)</p> <p>07:00 PM Movie Night Classics (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 PM Jewish Art Education Lecture by Nancy Kotz : "Pissarro Series"(SF)</p> <p>02:00 PM Torah Talk with Rabba Arlene (SF)</p> <p>03:00 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Dear Abby Yiddish Style (SF)</p> <p>06:45 PM Scrabble & Rummikub (Café)</p>	<p>10:00 AM Workout with Lori (SF)</p> <p>11:00 AM Poetry in The Moment with Dana (SF)</p> <p>11:00 AM Art Workshop with Carol (AR)</p> <p>01:30 PM Musical Depictions of Water with Joanna (TH)</p> <p>02:45 PM Art Workshop with Carol (AR)</p> <p>03:00 PM Afternoon Social (SF)</p> <p>04:00 PM Art Workshop with Carol (AR)</p> <p>06:30 PM Music Trivia with Jerry Roman</p>	<p>10:00 AM Zumba with Sharon (SH)</p> <p>11:00 AM Jazz Music with Judy & Lauren</p> <p>01:30 PM Afternoon Movie: "Ticket to Paradise" (TH)</p> <p>02:00 PM Memory Exercise Group (BCAT)</p> <p>03:30 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Story Crafting with Carol (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 AM Yiddish Moment with Alan (SF)</p> <p>01:30 PM Landow House Singers (TH)</p> <p>03:00 PM Landow House Happy Hour (Café)</p> <p>04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Services (TH)</p> <p>02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</p> <p>06:45 PM Havdalah Blessing (L&C)</p>
15	16 MARTIN LUTHER KING JR. DAY	17	18	19	20	21
<p>10:00 AM Morning Stretch with Joyce (SF)</p> <p>11:00 AM Bingo (SF)</p> <p>02:00 PM Vocal Performance with Dan Harper (TH)</p> <p>03:30 PM Tea Social & Discussions (Cafe)</p>	<p>10:00 AM Chair Dance with Marcy (SF)</p> <p>11:00 AM Mind Joggers with Claudia (SF)</p> <p>01:30 PM Music of the Civil Rights Movement in Honor of MLK Jr. Day (TH)</p> <p>3:30 PM Short Reading with Rabbi Dan MLK (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 AM Nature Video (SF)</p> <p>02:00 PM Guitar Music with Vladimir (TH)</p> <p>03:00 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Literature Corner with Carol (SF)</p> <p>06:45 PM Scrabble & Rummikub (Café)</p>	<p>10:00 AM Workout with Lori (SF)</p> <p>11:00 AM Art Workshop with Carol (AR)</p> <p>11:00 AM Current Events with Judy Cohen (SF)</p> <p>01:30 PM What is a Musical borrowing? with Joanna (TH)</p> <p>02:45 PM Art Workshop with Carol (AR)</p> <p>03:00 PM Afternoon Social (SF)</p> <p>04:00 PM Art Workshop with Carol (AR)</p> <p>07:00 PM Karaoke Night Sing Along with Ann & Joy (SF)</p>	<p>10:00 AM Meditation with Carol (SF)</p> <p>11:00 AM Landow House Singers Group with Lauren (TH)</p> <p>01:30 PM Afternoon Movie: "Jerry & Marge Go Large" (TH)</p> <p>02:00 PM Memory Exercise Group (BCAT)</p> <p>03:30 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Story Crafting with Carol (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 AM Yiddish Moment with Alan (SF)</p> <p>01:30 PM Lorenz & Hart with Ed Greengrass & Jiyoung (TH)</p> <p>03:00 PM Landow House Happy Hour (Café)</p> <p>04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Services (TH)</p> <p>02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</p> <p>06:45 PM Havdalah Blessing (L&C)</p>
22	23	24	25	26	27	28
<p>10:00 AM Morning Stretch with Joyce (SF)</p> <p>11:00 AM Bingo (SF)</p> <p>02:00 PM Craft Projects with Joyce (SF)</p> <p>03:30 PM Tea Social & Discussions (Cafe)</p>	<p>10:00 AM Chair Dance with Marcy (SF)</p> <p>11:00 AM Word Games with Carol (SF)</p> <p>11:45 AM Lunch Outing "al ha'esh " K kosher Meat Restaurant (LB)</p> <p>2:00 PM Piano Tunes with Bertram McLeish (TH)</p> <p>3:30 PM Documentary PBS: The Rivers of Life "Yukon"</p> <p>04:00 PM Stories & Reminiscence (BCAT) (SF)</p> <p>07:00 PM Movie Night Classics (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 AM Nature Video (SF)</p> <p>02:00 PM Torah Talk with Rabba Arlene (SF)</p> <p>03:00 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Poetry Corner with Carol (SF)</p> <p>06:45 PM Scrabble & Rummikub (Café)</p>	<p>10:00 AM Workout with Lori (SF)</p> <p>11:00 AM Art Workshop with Carol (AR)</p> <p>11:00 AM Travels Around the World: "The Royal Tour Mexico" (SF)</p> <p>01:30 PM Buddy Rich - Drummer Extra Ordinaire! with Joanna (TH)</p> <p>02:30 PM Resident Council (TH)</p> <p>02:45 PM Art Workshop with Carol (AR)</p> <p>04:00 PM Art Workshop with Carol (AR)</p>	<p>10:00 AM Zumba with Sharon (SH)</p> <p>11:00 AM Music with Lauren (SF) (TH)</p> <p>01:30 PM Afternoon Movie: "The FABLEMANS" (TH)</p> <p>02:00 PM Memory Exercise Group (BCAT)</p> <p>03:30 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Story Crafting with Carol (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 AM Yiddish Moment with Alan (SF)</p> <p>01:30 PM Remembering Lost Traditions: Jewish Music from pre-WW2 Europe (In honor of international Holocaust Remembrance Day) (TH)</p> <p>03:00 PM Landow House Happy Hour (Café)</p> <p>04:00 PM Shabbat Service (TH)</p>	<p>10:30 AM Shabbat Services (TH)</p> <p>02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</p> <p>06:45 PM Havdalah Blessing (L&C)</p>
29	30	31				
<p>10:00 AM Morning Stretch with Joyce (SF)</p> <p>11:00 AM Bingo (SF)</p> <p>02:00 PM Craft Projects with Joyce (SF)</p> <p>03:30 PM Tea Social & Discussions (Cafe)</p>	<p>10:00 AM Chair Dance with Marcy (SF)</p> <p>10:30 AM Shopping Trip Outing (LB)</p> <p>11:00 AM Word Games with Carol (SF)</p> <p>01:30 PM Klezmer & Sephardic Tunes with the Trio (TH)</p> <p>02:30 PM "Smart Talk" with Claudia (SF)</p> <p>3:30 PM Stories & Reminiscence (BCAT) (SF)</p> <p>04:00 PM Current Events & Discussions with Shierly (SF)</p>	<p>10:00 AM Strengthening Class with Claudia (SF)</p> <p>11:00 AM Nature Video (SF)</p> <p>2:00 PM Music Entertainment (TH)</p> <p>03:00 PM Exercise Class with Marcus (SF)</p> <p>04:00 PM Literature Corner with Carol (SF)</p> <p>06:45 PM Scrabble & Rummikub (Café)</p>				
					Calendar legend	Location
					Sign up mandatory	AR Art Room Café Café L&C Lobby & Cafe LB Lobby SF Second Floor TH Theater