

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NEW YEARS DAY	2	3	4	5	6
	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Poetry with Marcy (SF) 1:30 PM Music Performance by Laurie Mangold (MOB) (TH) 3:00 PM New Years Day Social (L&C)	10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers (SF) 1:30 PM Music Entertainment with Patty Reese MOB 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Stories & Reminiscence (BCAT) (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen: “Special Year in Review” 1:30 PM Ring the New Year with Waltzes with Joanna (TH) 2:30 PM Art Workshop with Claudia (AR) 2:45 PM Music with The Piano Man Jerry Roman 4:00 PM Dear Linda & Judy Advice (SF)	10:00 AM Chair Zumba with Sharon (SF) 11:00 AM The Genius of Gene Krupa with Lauren 1:30 PM Afternoon Movie: "Radio Days" (TH) 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Poetry Corner with Nyah (SF)	10:00 AM Strengthening Exercise with Claudia 11:00 AM Music & History ,Madrigal and Maps 1:30 PM Landow Singers with Jiyoung 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
7	8	9	10	11	12	13
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Word & Trivia Games (SF) 1:30 PM Vocal Performance with Harper Denhard 3:00 PM Tea, Cookies & Conversations (Café)	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Echoes Of Nature (SF) 1:30 PM Musical Prelude to 2024 with the Trio(TH) 3:00 PM Extraordinary Women: Madame Chiang Kai Shek (SF) 4:00 PM Current Events & Discussions with Shirley (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Shopping Trip CVS 11:00 AM Jewish Art Education Lecture by Nancy Kotz : "Cinema Judaica: The Great Debate" (SF) 2:00 PM Torah Talk with Rabbah Arlene 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Stories & Reminiscence (BCAT) (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Poetry in The Moment with Dana 1:30 PM Musicians in Renaissance and Baroque Art with Joanna (TH) 2:30 PM Art Workshop with Claudia (AR) 4:00 PM Let's Talk about it (SF)	10:00 AM Chair Zumba with Sharon (SF) 11:00 AM Folk Music with Joel and Lauren 1:30 PM Afternoon Classic Movie: “That’s Entertainment II” (TH) 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM The Storytellers Legacy Group with Nyah (SF)	10:00 AM Strengthening Exercise with Claudia 11:00 AM Music & History Handel: Water Music (1714) 1:30 PM Showcasing Jewish Pianists: Martha Argerich with Jiyoung 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
14	15 MARTIN LUTHER KING JR DAY	16	17	18	19	20
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Word & Trivia Games (SF) 1:30 PM Dance with Victor (SF) 3:00 PM Tea, Cookies & Conversations (Café)	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Dr. Martin Luther King, Jr: An Historical Perspective (Documentary) (SF) 1:30 PM Music Honoring MLK Day with the Trio (TH) 3:00 PM Extraordinary Women: Josephine Baker 4:00 PM Songs Of Liberty and Peace with Nyah	10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers (SF) 2:00 PM Guitar Music with Vladimir 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen 1:30 PM The Elegance of Julie Andrews with Joanna (TH) 2:30 PM Menu Committee 3:00 PM Skit Reading” Landow House Players” 4:00 PM Dear Linda & Judy Advice (SF) 6:30 PM Karaoke Night Sing Along with Ann & Joy (SF)	10:00 AM Morning Exercise Class (SF) 11:00 AM Music Entertainment with Ro Cube MOB (TH) 1:30 PM Afternoon Movie: “Selma” 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Poetry Corner with Nyah (SF)	10:00 AM Strengthening Exercise with Nyah 11:00 AM Music & History Mozart: The Abduction from Harem(1782) 1:30 PM Landow Singers with Jiyoung 3:00 PM Landow House Happy Hour & Birthday Celebrations (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
21	22	23	24 EREV TU BISHVAT	25 TU BISHVAT	26	27
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Word & Trivia Games (SF) 1:30 PM Jewish American Documentary PBS 3:00 PM Tacy Foundation Performances	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Landow Newsfeeds with Nyah & Claudia (SF) 2:00 PM Piano Tunes with Bertram Mcleish 3:00 PM Extraordinary Women: Coco Chanel 4:00 PM Current Events & Discussions with Shirley (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Scenic Drive 11:00 AM Mind Joggers (SF) 2:00 PM Torah Talk with Rabbah Arlene 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Joseph Haydn and His a Clever and Humorous Approach to Music with Joanna 2:30 PM Resident Council	10:00 AM Morning Exercise Class (SF) 11:00 AM Music and Poetry with Nyah & Lauren (TH) 2:00 PM Tu Bishvat Seder (TH) 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM The Storytellers Legacy Group with Nyah (SF)	10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM Music & History Haydn: Mass in The Time of War (1797) 1:30 PM Life & Music of Irving Berlin with Jiyoung 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
28	29	30	31			
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Word & Trivia Games (SF) 1:30 PM Classic Movies “Singing in the Rain” (SF) 4:00 PM Tea, Cookies & Conversations (Café)	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Washington Post News with Evelyn 1:30 PM The Trio Performs with Joy & Ann (TH) 3:00 PM Extraordinary Women: Hedy Lamarr 4:00 PM You Be the Judge Stories (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Scenic Drive 11:00 AM Mind Joggers (SF) 1:30 PM Globetrotter Journeys with Mariah : "My Memories of Canada" (SF) 3:30 PM Exercise Class with Kendall (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Music with Joanna (TH) 3:00 PM Life & Journey in Photography by Mr. Mark Seminoff (SF)			