

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10:00 AM Zumba with Sharon (SF) 11:00 AM Planning Our July Music Festival with Lauren 1:30 PM Afternoon Movie: "Moving On" 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Story Crafting	10:00 AM Strengthening Class with Claudia 11:00 AM The Great Courses Lectures : "Understanding the Old Testament" 1:30 PM Music with Jiyoung " Life and Music of Judy Garland"(Theater) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services
4	5	6	7	8	9	10
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word & Triva Games (SF) 2:00 PM Bingo (Café) 3:00 PM Lemonade, Cookies & Conversations (Café)	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Inspirational Music & Psalms with Micheal Rosenberg 1:30 PM Music for Heroes and Heroines with Joanna and Jiyoung 3:00 PM Ice Cream Social (Café) 4:00 PM Great Tours Lecture: "The Nation's Knowledge: Library of Congress" Episode 5 &6 (10:00 AM Strengthening Class with Claudia 10:00 AM Trip to :”Martin Luther King Memorial” (LB) 11:00 AM Mind Joggers (SF) 1:30 PM Musical Entertainment 3:00 PM Exercise Class with Tobias (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen 11:00 AM Art Workshop with Claudia & Kay 1:30 PM Mendelssohn's Travels with Joanna 2:30 PM Music with The Piano Man Jerry Roman 2:45 PM Art Workshop with Claudia (AR) 3:00 PM Outdoors 4:00 PM Harry & Megan Documentary	10:00 AM Zumba with Sharon (SF) 11:00 AM The Jewish Woman : Dear Rachel Stories & Advice (SF) 1:30 PM Classic Thursday Movie: "Mama Mia" 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Story Crafting With Nayah & Ivory	10:00 AM Strengthening Class with Claudia 10:30 AM Shopping Trip "CVS" (LB) 11:00 AM The Great Courses Lectures : "Understanding the Old Testament" 1:30 PM Music with Jiyoung " Helaine's Show"(Theater) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services
11	12	13	14 FLAG DAY	15	16	17
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word & Triva Games (SF) 2:00 PM Four Seasons Dancers: "Dances of the World" 3:00 PM Lemonade, Cookies & Conversations (Café)	10:00 AM Just Us Program: National Art Gallery Trip (LB) 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Echoes Of Nature (SF) 1:30 PM Open Rehearsal with the Trio 3:00 PM Great Tours Lecture: "Arlington Cemetery and the Pentagon" Episode 8 (SF) 4:00 PM Current Events & Discussions with Shirley (SF)	10:00 AM Strengthening Class with Claudia 11:00 AM Jewish Art Education Lecture by Nancy Kotz "Art of Charity / Tzedakah / Righteousness" (SF) 2:00 PM Torah Talk with Rabba Arlene 3:00 PM Exercise Class with Tobias (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Gail (SF) 11:00 AM Poetry in The Moment with Dana 11:00 AM Art Workshop with Claudia & Kay 1:30 PM Cheers! Food and Drink in Classical Music with Joanna 2:45 PM Art Workshop with Claudia (AR) 3:00 PM Outdoors 4:00 PM Harry & Megan Documentary	10:00 AM Morning Stretch with Nayah (SF) 11:00 AM Music Program with Lauren: Sounds of America" The Golden Agen of Broadway" (Theater) 1:30 PM Afternoon Movie & Popcorn: "Dough" 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Story Crafting With Nayah & Ivory	10:00 AM Strengthening Class with Claudia 11:00 AM The Great Courses Lectures : "Understanding the Old Testament" 1:30 PM Classical music with Maureen Walsh"Saxophonist" 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services
18 FATHER’S DAY	19 JUNETEENTH	20	21	22	23	24
10:00 AM Chair Dance with Marcy 11:00 AM Word & Triva Games (SF) 1:30 PM Father's Day Celebration with James Von Lenz 3:00 PM The Tacy Foundation Rehearsals (Theater)	10:00 AM Chair Dance with Marcy (SF) 11:00 AM "Poems & Songs of Freedom" with Nyah & Claudia (SF) 1:30 PM Celebrating Fathers and Mothers with Joanna 3:00 PM Great Tours Lecture: "Veterans Memorials on the Mall &" Episode 7&9 (SF) 4:00 PM You Be the Judge Stories with Lenore (SF)	10:00 AM Strengthening Class with Claudia 11:00 AM Mind Joggers (SF) 11:30 AM Lunch Outing: "Panera Bread" 2:00 PM Guitar Music with Vladimir 3:00 PM Exercise Class with Tobias (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Gail (SF) 11:00 AM Current Events with Judy Cohen 11:00 AM Art Workshop with Claudia & Kay 1:30 PM Welcome Summer! Music with Joanna 2:30 PM Menu Committe 2:45 PM Art Workshop with Claudia (AR) 3:00 PM Outdoors 4:00 PM Harry & Megan Documentary 7:00 PM Karaoke Night Sing Along with Ann & Joy (SF)	10:00 AM Morning Stretch with Nyah (SF) 11:00 AM Music with Lauren: Sounds of America " Jazz and the Harlem Renaissance" 1:30 PM Classic Thursday Movie: "The Birdcage" 1996 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Story Crafting With Nayah & Ivory	10:00 AM Strengthening Class with Claudia 11:00 AM The Great Courses Lectures : "Understanding the Old Testament" 1:30 PM Music with Jiyoung " Landow Singers with Jiyoung"(Theater) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	10:30 AM Shabbat Services
25	26	27	28	29	30	
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word & Triva Games (SF) 2:00 PM Bingo (SF) 3:00 PM Lemonade, Cookies & Conversations (Café)	10:00 AM Chair Dance with Marcy (SF) 11:00 AM Glee Club Sing Along Song (SF) 1:30 PM Music Programing with The Trio 3:00 PM Great Tours Lecture: "Ford's Theatre and Lincoln's Washington " Episode 10&11 (SF) 4:00 PM Let’s Talk about it Group (SF)	10:00 AM Strengthening Class with Claudia 10:30 AM Outing to "Louis Leonard Art Gallery in Rockville" (LB) 11:00 AM Mind Joggers with Claudia (SF) 2:00 PM Torah Talk with Rabba Arlene 3:00 PM Exercise Class with Tobias (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Lori (SF) 11:00 AM Intergenerational Program with JCC Students (SF) 2:00 PM Resident Council 7:00 PM Music with The Sapphires "Go Mambo"	10:00 AM Morning Stretch with Nyah (SF) 11:00 AM Lecture on LGBTQ (SF) 1:30 PM Afternoon Movie & Popcorn: "Paint" 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Story Crafting With Nyah & Ivory	10:00 AM Strengthening Class with Claudia (SF) 11:00 AM The Great Courses Lectures : "Understanding the Old Testament" 1:30 PM Music with Jiyoung" The King of Swing": Benny Goodman (Theater) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	

