

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<p><b>10:00 AM</b> Exercise with Marcy (SF)</p> <p><b>11:00 AM</b> Art Class with Claudia (AR)</p> <p><b>1:30 PM</b> <b>Music from Billy Joel and Elton John with the Trio (TH)</b></p> <p><b>3:00 PM</b> One on One Visits</p> <p><b>3:00 PM</b> Mahjong Players (Café)</p> <p><b>4:00 PM</b> Outdoor Games/Music (CY)</p>	<p><b>10:00 AM</b> Resistance Band Exercise with Nyah (SF)</p> <p><b>11:00 AM</b> Mind Joggers with Jeff (SF)</p> <p><b>1:30 PM</b> <b>Music Committee: Planning our Music Festival! with Jiyoung (TH)</b></p> <p><b>2:30 PM</b> B-Day Club Meeting (TH)</p> <p><b>3:15 PM</b> Open Gym</p> <p><b>3:30 PM</b> Bingo (SF)</p>	<p><b>10:00 AM</b> Workout with Lori (SF)</p> <p><b>11:00 AM</b> Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF)</p> <p><b>1:30 PM</b> <b>The Artistry of Yasha Heifetz, with David and Joanna (TH)</b></p> <p><b>4:00 PM</b> Wellness Lecture with Dan: Better Posture, Better Living (SF)</p>	<p><b>10:00 AM</b> Living Strong/Chair Yoga (SF)</p> <p><b>11:00 AM</b> Landow News Feed (SF)</p> <p><b>1:30 PM</b> <b>Afternoon Movie: The Greatest Game Ever Played (TH)</b></p> <p><b>2:15 PM</b> Open Gym</p> <p><b>3:00 PM</b> One on One's Visits</p> <p><b>4:15 PM</b> Open Gym</p>	<p><b>10:00 AM</b> Strengthening Exercise with Claudia (SF)</p> <p><b>11:00 AM</b> PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF)</p> <p><b>1:30 PM</b> <b>Musical Moments from the Muppets with Phyllis and Lauren (TH)</b></p> <p><b>3:00 PM</b> Landow House Happy Hour (Café)</p> <p><b>4:00 PM</b> <b>Shabbat Service (TH)</b></p>	<p><b>10:30 AM</b> <b>Shabbat Services (TH)</b></p> <p><b>2:00 PM</b> <b>Shabbos Study Group with Dr. Alan Breitler (SF)</b></p> <p><b>8:30 PM</b> <b>Havdalah Service (Café)</b></p>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p><b>10:00 AM</b> Morning Exercise with Joyce (SF)</p> <p><b>11:00 AM</b> Trivia Games with Joyce (SF)</p> <p><b>1:30 PM</b> Sing Along with Joyce (SF)</p> <p><b>3:00 PM</b> Lemonade &amp; Iced Tea Social (L&amp;C)</p>	<p><b>10:00 AM</b> Exercise with Mariah (SF)</p> <p><b>11:00 AM</b> <b>Echoes of Nature (SF)</b></p> <p><b>1:30 PM</b> <b>Classic Hollywood: Music from the Golden Era of Film with the trio (TH)</b></p> <p><b>3:00 PM</b> One on One Visits</p> <p><b>3:00 PM</b> Mahjong Players (Café)</p> <p><b>4:00 PM</b> Outdoor Games/Music (CY)</p>	<p><b>10:00 AM</b> Resistance Band Exercise with Nyah (SF)</p> <p><b>11:00 AM</b> Mind Joggers with Jeff (SF)</p> <p><b>1:30 PM</b> <b>Hits from the American Songbook with Jiyoung (TH)</b></p> <p><b>2:30 PM</b> <b>Torah Talk with Rabbah Arlene (SF)</b></p> <p><b>3:15 PM</b> Open Gym</p> <p><b>3:30 PM</b> Bingo (SF)</p>	<p><b>10:00 AM</b> Workout with Lori (SF)</p> <p><b>11:00 AM</b> Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF)</p> <p><b>1:30 PM</b> <b>Mariah's Jazz Presentation: Connee Boswell (SF)</b></p> <p><b>3:00 PM</b> Men's Group</p> <p><b>4:00 PM</b> Wellness Lecture with Dan: Safety, Security Autonomy (SF)</p>	<p><b>10:00 AM</b> Living Strong/Chair Yoga (SF)</p> <p><b>11:00 AM</b> Landow News Feed (SF)</p> <p><b>1:30 PM</b> <b>Afternoon Classic Movies: Yours, Mine and Ours 1968 (TH)</b></p> <p><b>2:15 PM</b> Open Gym</p> <p><b>3:00 PM</b> One on One's Visits</p> <p><b>4:15 PM</b> Open Gym</p>	<p><b>10:00 AM</b> Tai Chi Class with Claudia (SF)</p> <p><b>11:00 AM</b> PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF)</p> <p><b>2:00 PM</b> <b>Music Entertainment with Cole Larravide (SF)</b></p> <p><b>2:30 PM</b> <b>Monthly Birthday Celebrations Social (SF)</b></p> <p><b>4:00 PM</b> <b>Shabbat Service (TH)</b></p>	<p><b>10:30 AM</b> <b>Shabbat Services (TH)</b></p> <p><b>2:00 PM</b> <b>Shabbos Study Group with Dr. Alan Breitler (SF)</b></p> <p><b>8:30 PM</b> <b>Havdalah Service (Café)</b></p>
<b>14 FLAG DAY</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19 JUNETEENTH</b>	<b>20</b>
<p><b>10:00 AM</b> Morning Exercise with Joyce (SF)</p> <p><b>11:00 AM</b> Trivia Games with Joyce (SF)</p> <p><b>1:30 PM</b> Sing Along with Joyce (SF)</p> <p><b>2:30 PM</b> <b>Music with Cantor Yehoshua Redfern (SF)</b></p> <p><b>3:00 PM</b> Lemonade &amp; Iced Tea Social (SF)</p>	<p><b>10:00 AM</b> Exercise with Marcy (SF)</p> <p><b>11:00 AM</b> Art Class with Claudia (AR)</p> <p><b>1:30 PM</b> <b>Mr. Bill Schneider Stories Reminiscing</b></p> <p><b>3:00 PM</b> Mahjong Players (Café)</p> <p><b>3:00 PM</b> <b>Ice Cream Social (Café)</b></p> <p><b>4:00 PM</b> Outdoor Games/Music (CY)</p>	<p><b>10:00 AM</b> Resistance Band Exercise with Nyah (SF)</p> <p><b>11:00 AM</b> Mind Joggers with Jeff (SF)</p> <p><b>11:00 AM</b> <b>Lunch Outing at the Cheesecake Factory</b></p> <p><b>1:30 PM</b> <b>Music Committee: Planning our Music Festival! with Jiyoung (TH)</b></p> <p><b>3:15 PM</b> Open Gym</p> <p><b>3:45 PM</b> Bingo (SF)</p>	<p><b>10:00 AM</b> Workout with Lori (SF)</p> <p><b>11:00 AM</b> Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF)</p> <p><b>1:30 PM</b> <b>A Feast for Ears-Music Inspired by Food, with Joanna (TH)</b></p> <p><b>3:00 PM</b> <b>Landow Women's Club (SF)</b></p> <p><b>4:00 PM</b> Wellness Lecture with Dan: Staying Safe &amp; Comfortable in Summer Heat (SF)</p>	<p><b>10:00 AM</b> Living Strong/Chair Yoga (SF)</p> <p><b>11:00 AM</b> Landow News Feed (SF)</p> <p><b>1:30 PM</b> <b>Afternoon Movie: Cool Runnings (TH)</b></p> <p><b>2:15 PM</b> Open Gym</p> <p><b>3:00 PM</b> One on One's Visits</p> <p><b>4:15 PM</b> Open Gym</p>	<p><b>10:00 AM</b> Strengthening Exercise with Claudia (SF)</p> <p><b>11:00 AM</b> Juneteenth Documentary (SF)</p> <p><b>1:30 PM</b> <b>Starvation Army Band</b></p> <p><b>3:00 PM</b> Happy Hour (Café)</p> <p><b>4:00 PM</b> <b>Shabbat Service (TH)</b></p>	<p><b>10:30 AM</b> <b>Shabbat Services (TH)</b></p> <p><b>2:00 PM</b> <b>Shabbos Study Group with Dr. Alan Breitler (SF)</b></p> <p><b>8:30 PM</b> <b>Havdalah Service (Café)</b></p>
<b>21 FATHER'S DAY</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>10:00 AM</b> Morning Exercise with Joyce (SF)</p> <p><b>11:00 AM</b> Trivia Games with Joyce (SF)</p> <p><b>1:30 PM</b> <b>Music Entertainment with John Mataya (SF)</b></p> <p><b>3:00 PM</b> <b>Father's Day Social (SF)</b></p>	<p><b>10:00 AM</b> Exercise with Mariah (SF)</p> <p><b>11:00 AM</b> Art Class with Claudia (AR)</p> <p><b>2:00 PM</b> <b>Guitar Music with Vladimir (TH)</b></p> <p><b>3:00 PM</b> One on One Visits</p> <p><b>4:00 PM</b> Outdoor Games/Music (CY)</p>	<p><b>10:00 AM</b> Resistance Band Exercise with Nyah (SF)</p> <p><b>11:00 AM</b> Mind Joggers with Jeff (SF)</p> <p><b>1:30 PM</b> <b>Composers inspired by Jazz with Jiyoung (TH)</b></p> <p><b>2:30 PM</b> <b>Torah Talk with Rabbah Arlene (SF)</b></p> <p><b>3:15 PM</b> Open Gym</p> <p><b>3:30 PM</b> Bingo (SF)</p>	<p><b>10:00 AM</b> Workout with Lori (SF)</p> <p><b>11:00 AM</b> Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF)</p> <p><b>1:30 PM</b> <b>Conductor Michael Tilson Thomas and his connection to Yiddish Theatre with Joanna (TH)</b></p> <p><b>2:30 PM</b> <b>Resident Council</b></p>	<p><b>10:00 AM</b> Living Strong/Chair Yoga (SF)</p> <p><b>11:00 AM</b> <b>JCC Campers (TH)</b></p> <p><b>1:30 PM</b> <b>Afternoon New Movies: Song Sung Blue (TH)</b></p> <p><b>2:15 PM</b> Open Gym</p> <p><b>3:00 PM</b> One on One's Visits</p> <p><b>4:15 PM</b> Open Gym</p>	<p><b>10:00 AM</b> Tai Chi Class with Claudia (SF)</p> <p><b>11:00 AM</b> PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF)</p> <p><b>1:30 PM</b> <b>Life and Music of Quincy Jones with Madelyn, Andy and Lauren (TH)</b></p> <p><b>3:00 PM</b> Landow House Happy Hour (Café)</p> <p><b>4:00 PM</b> <b>Shabbat Service (TH)</b></p>	<p><b>10:30 AM</b> <b>Shabbat Services (TH)</b></p> <p><b>2:00 PM</b> <b>Shabbos Study Group with Dr. Alan Breitler (SF)</b></p> <p><b>8:30 PM</b> <b>Havdalah Service (Café)</b></p>
<b>28</b>	<b>29</b>	<b>30</b>				
<p><b>10:00 AM</b> Morning Exercise with Joyce (SF)</p> <p><b>11:00 AM</b> Trivia Games with Joyce (SF)</p> <p><b>1:30 PM</b> Sing Along with Joyce (SF)</p> <p><b>3:00 PM</b> <b>Tacy Foundation Performances</b></p>	<p><b>10:00 AM</b> Exercise with Nyah (SF)</p> <p><b>11:00 AM</b> Art Class with Claudia (AR)</p> <p><b>1:30 PM</b> <b>More Music from Opera (TH)</b></p> <p><b>3:00 PM</b> One on One Visits</p> <p><b>3:00 PM</b> Mahjong Players (Café)</p> <p><b>4:00 PM</b> Outdoor Games/Music (CY)</p>	<p><b>10:00 AM</b> Exercise with Mariah (SF)</p> <p><b>11:00 AM</b> Mind Joggers with Jeff (SF)</p> <p><b>1:30 PM</b> <b>Afternoon Concert with Flobone (TH)</b></p> <p><b>3:15 PM</b> Open Gym</p> <p><b>3:30 PM</b> Bingo (SF)</p>				