

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>10:00 AM Workout with Lori (SF) 11:00 AM Lecture by Judy Cohen : "Jewish Ghetto Photographers" (SF) 1:30 PM Art Workshop with Claudia (AR) 2:45 PM Music with The Piano Man Jerry Roman 4:00 PM Dear Linda & Shirley Advice (SF)</p>	<p>10:00 AM Morning Stretch Class with Mariah (SF) 11:00 PM Family Feud Game with Nyah (SF) 1:30 PM Afternoon Movie: "Queen Bees" 3:30 PM Exercise Class with Taylor (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)</p>	<p>10:00 AM "Supporting Older Adults to Rejuvenate with Clancy Dance Company" (SF) 11:00 AM Music & History The Great Lecture Courses: Balakirev: Symphony No. 1 (1898) (SF) 1:30 PM Fiesta Hour with Mariachi Mensajeros Del Sur 2:30 PM Landow House Hora Feliz! (Café) 4:00 PM Shabbat Service</p>	<p>10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Blessings with Dr. Alan Breitler (L&C)</p>
5 EREV YOM HASHOAH	6 YOM HASHOAH	7	8	9	10	11
<p>10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Mind Mastery: "A collection of Challenging Brain Games" BCAT (SF) 1:30 PM Double Play Flute and Tuba 3:00 PM Bingo (Café)</p>	<p>10:00 AM Chair Exercise with Mariah 11:00 AM A Promised to My Father Documentary (TH) 1:30 PM Marking Yom HaShoah with The Iris Music and Prayers 2:30 PM Nature Break</p>	<p>10:00 AM Supporting Older Adults to Rejuvenate with Clancy Dance Company (SF) 10:30 AM Trip to Rockville Library (LB) 11:00 AM Mind Joggers (SF) 1:30 PM Travel Experience with Mariah: "Tanzania" (SF) 3:00 PM Knitting Club (SF) 3:00 PM Walking Club with Taylor (LB) 4:00 PM Stories & Reminiscence The 1950's with Mariah (BCAT) (SF)</p>	<p>10:00 AM Workout with Lori (SF) 11:00 AM Movie Hits of 1940's Presented by Mariah 1:30 PM The Great Musicians of The Soviet Era, with Alla & Joanna 2:30 PM Art Workshop with Claudia (AR) 4:00 PM Let's Talk about it (SF)</p>	<p>10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Music & Poetry with Nyah and Lauren 2:00 PM Wellness For Life Lecture : Safety in the Sun (SF) 3:30 PM Exercise Class with Taylor (SF) 4:00 PM Poetry Inkwell Insights with Nyah (SF)</p>	<p>10:00 AM "Supporting Older Adults to Rejuvenate with Clancy Dance Company" (SF) 11:00 AM Music & History The Great Lecture Courses: Janček: Piano Sonata I.X.1905 (1906) (SF) 1:30 PM Landow Singers with Jiyoung 3:00 PM Happy Hour 4:00 PM Shabbat Service</p>	<p>10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Blessings with Dr. Alan Breitler (L&C)</p>
12 MOTHER'S DAY	13 YOM HAZIKARO	14 YOM HAATZMA'UT	15	16	17	18
<p>10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Flower Arrangements with Mariah (SF) 1:30 PM Karaoke with Mariah 3:00 PM Musical Entertainment for Mother's Day (L&C)</p>	<p>10:00 AM Strength Training with Claudia (SF) 11:00 AM The Beginnings of American Jewish History By David Eliezrie ChabadU video Lecture 1:30 PM Classical Music with The Trio 2:30 PM Nature Break 3:30 PM Top Table Games (SF)</p>	<p>10:00 AM "Supporting Older Adults to Rejuvenate with Clancy Dance Company" (SF) 11:00 AM Mind Joggers (SF) 2:00 PM Torah Talk with Rabbah Arlene 3:00 PM Walking Club with Taylor (LB) 4:00 PM Stories & Reminiscence The 1960's with Nyah(BCAT) (SF)</p>	<p>10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Parisian Moon "Clair de Lune" with Joanna 2:30 PM Menu Committee 3:00 PM Drama Club "Skit Reading" (SF) 4:00 PM Dear Linda & Shirley Advice (SF)</p>	<p>10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Paul Robeson, What Couldn't He Do? with Linda & Lauren 1:30 PM Classic Afternoon Movie: "The Glen Miller Story" 3:30 PM Exercise Class with Taylor (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)</p>	<p>10:00 AM "Supporting Older Adults to Rejuvenate with Clancy Dance Company" (SF) 11:00 AM Music & History The Great Courses Lectures: "Rimsky-Korsakov: The Golden Cockerel (1907)" (SF) 1:30 PM Planning our Musical Festival 3:00 PM Happy Hour 4:00 PM Shabbat Service</p>	<p>10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Blessings with Dr. Alan Breitler (L&C)</p>
19	20	21	22	23	24	25
<p>10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Mind Mastery: "A collection of Challenging Brain Games" BCAT (SF) 1:30 PM Karaoke Karaoke with Mariah (SF) 3:00 PM Bingo (Café)</p>	<p>10:00 AM Supporting Older Adults to Rejuvenate with Clancy Dance Company (SF) 11:00 AM The Beginnings of American Jewish History By David Eliezrie ChabadU Video Lecture 1:30 PM Open Rehearsal with The Trio 2:30 PM Nature Break 4:00 PM Current Events & Discussions with Shirley (SF)</p>	<p>10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Trip to the National Portrait Gallery & Lunch at the Cafe (LB) 11:00 AM Mind Joggers (SF) 1:30 PM Travel Experience with Mariah 3:00 PM Knitting Club (SF) 3:00 PM Walking Club with Taylor (LB) 4:00 PM Stories & Reminiscence The 1970's with Claudia (BCAT) (SF)</p>	<p>10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Silences and Pauses- Is it Music? with Joanna 2:30 PM Resident Council (TH)</p>	<p>10:00 AM Morning Stretch Class with Mariah (SF) 11:00 PM Landow News Feeds with Nyah and Claudia (SF) 1:30 PM Afternoon Movie: "Megan Leavey" 3:30 PM Exercise Class with Taylor (SF) 4:00 PM Poetry Inkwell Insights with Nyah (SF)</p>	<p>10:00 AM "Supporting Older Adults to Rejuvenate with Clancy Dance Company" (SF) 11:00 AM The Rossmoor Chamber Players 1:30 PM Life & Journey in Photography by Mark Semanoff (LB) 3:00 PM Happy Hour 4:00 PM Shabbat Service</p>	<p>10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Blessings with Dr. Alan Breitler (L&C)</p>
26	27 MEMORIAL DAY	28	29	30	31	
<p>10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Mind Mastery: "A collection of Challenging Brain Games" BCAT (SF) 1:30 PM Campfire Melodies for Lag BaOmer Sing Along with Joyce (SF) 3:00 PM Tacy Foundation Rehearsals (Th) 4:00 PM Jewish American (PBS Documentary) (SF)</p>	<p>10:00 AM Exercise Video (SF) 11:00 AM Echoes of Valor: A Memorial Day Tribute through Poetry and Remembrance (SF) 1:30 PM Patriotic Music Sing Along (SF) 2:30 PM Ice Cream & Sherbet Social (SF)</p>	<p>10:00 AM Resistance Band Exercise with Nyah (SF) 10:15 AM Water Taxi Ride From Alexandria to the National Harbor (LB) 11:00 AM Mind Joggers (SF) 2:00 PM Torah Talk with Rabbah Arlene 3:00 PM Walking Club with Taylor (LB) 4:00 PM Stories & Reminiscence (BCAT) (SF)</p>	<p>10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Scoring Movie ,Music with Joanna 2:30 PM Art Workshop with Claudia (AR) 4:00 PM Dear Linda & Shirley Advice (SF)</p>	<p>10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Life & Music of Barbara Streisand with Lauren 1:30 PM Afternoon Movie: "Queen of Katwe" 3:30 PM Exercise Class with Taylor (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)</p>	<p>10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM Music & History The Great Courses Lectures: "Holst: Ode to Death (1919)" (SF) 1:30 PM Planning Our Musical Festival with Jiyoung 3:00 PM Landow House Happy Hour & May Birthday's Celebrations (Café) 4:00 PM Shabbat Service</p>	