

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
*Programs can change with notice in CUBIGO	1:1’s Pet Visits with Debbie and Ruby are offered Mondays at 3:00 PM	1:1’s Pet Therapy Visits with Bo and Barry are offered on Tuesdays and Fridays at 11:00 AM		10:00 AM Exercise with Josh (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Old English Proverbs and Meanings with Mariah 1:30 PM Afternoon Movies: The Perfect Game TH 3:00 PM Afternoon Stretch with Josh (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM Skit Reading (SF) 1:30 PM Music Entertainment with Ariel Jacobson TH 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service TH	10:30 AM Shabbat Services TH 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 3:00 PM Art Class with Kayla 8:30 PM Havdalah Service (Café)
4	5	6	7	8	9	10
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 1:30 PM Baltimore Orioles versus Kansas City Royals (MLB) 3:00 PM Lemonade & Cookies Social (L&C)	10:00 AM Chair Yoga with Leigh (SF) 11:00 AM Travel Experience with Mariah: Saint Lucia (SF) 1:30 PM Mexico Culture and Music from Latin America with the Trio TH 2:45 PM The Crown Netflix Series (SF) 3:00 PM Outdoors Word Games 4:00 PM Table Games : Scrabble & Puzzles (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Music Committee: Festival Planning with Jiyoung TH 3:00 PM Walking Club (LB) 3:30 PM Bingo (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Unknown Gems- Spotlight on Jewish Violinist with Joanna TH 3:00 PM Sing-Along with Mariah (SF) 4:00 PM The History of the Statue of Liberty Stories & Reminiscence (BCAT) (SF)	10:00 AM Exercise with Josh (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: Conclave TH 1:30 PM The Wonder of ... Bears with Mariah (SF) 3:00 PM Afternoon Stretch with Josh (SF) 4:00 PM Poetry Inkwell Insights with Nyah (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM America in Color: (SF) 1:30 PM Lullabies and songs for Mothers with Lauren SF 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service TH	10:30 AM Shabbat Services TH 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 3:00 PM Art Class with Kayla 8:30 PM Havdalah Service (Café)
11 MOTHER’S DAY	12	13	14	15	16	17
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (1:30 PM Music Entertainment with Myca Townes (TH) 3:00 PM Mother’s Day Social (L&C)	10:00 AM Chair Dance (SF) 11:00 AM Echoes Of Nature (SF) 1:30 PM Yiddish Songs with the Trio & Special Guest Frieda TH 2:45 PM The Crown Netflix Series (SF) 3:00 PM Outdoors Word Games 4:00 PM Jeopardy Game with Nyah (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Lunch Outing to Kent Island 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Landow Chorus with Jiyoung 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:00 PM Walking Club (LB) 4:00 PM Let's Talk About It (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 2:00 PM Sing-Along with Mariah (SF) 4:00 PM Stories & Reminiscence (BCAT): Chesapeake Bay (SF) 6:30 PM Garden Social (CY)	10:00 AM Exercise with Josh (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Old English Proverbs and Meanings with Mariah 1:30 PM Classic Thursday Movie: "April in Paris" TH 3:00 PM Afternoon Stretch with Josh (SF) 4:00 PM The Connection Corner: Travel Talk (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM Skit Reading (SF) 1:30 PM Connecting Music and Poetry with Nyah and Lauren SF 3:00 PM Monthly Birthday Celebrations Social CF 4:00 PM Shabbat Service TH	10:30 AM Shabbat Services TH 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 3:00 PM Art Class with Kayla 8:30 PM Havdalah Service (Café)
18	19	20	21	22	23	24
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 1:30 PM Baltimore Orioles versus Washington Nationals (MLB) 3:00 PM Lemonade & Cookies Social (L&C)	10:00 AM Chair Yoga with Leigh (SF) 11:00 AM Landow News Feeds with Nyah and Claudia (SF) 1:30 PM Life and Music of Bob Dylan with Joanna and Jiyoung TH 2:45 PM The Crown Netflix Series (SF) 3:00 PM Outdoors Word Games 4:00 PM You Be the Judge (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Pontoon Boat Ride at Black Hill Park 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Music Committee: Festival Planning with Jiyoung TH 2:30 PM Guitar Music with Vladimir TH 3:00 PM Walking Club (LB) 3:30 PM Bingo (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM George and Ira Gershwin with Joanna 3:00 PM Sing-Along with Mariah (SF) 4:00 PM Ray Charles American singer songwriter and pianist Stories & Reminiscence (BCAT) (SF)	10:00 AM Exercise with Josh (SF) 11:00 AM Art Workshop with Claudia (AR) 2:00 PM Jewish Art Education Presented by Nancy Kotz: Jewish Artists and Genesis: Part IV - Genesis 12-22 (SF) 3:00 PM Afternoon Stretch with Josh (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM America in Color: (SF) 1:30 PM Jewish American Stars of Broadway (in honor of Jewish American Heritage Month) with Lauren SF 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service TH	10:30 AM Shabbat Services TH 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Service (Café)
25	26 MEMORIAL DAY	27	28	29	30	31
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 1:30 PM Baltimore Orioles versus Boston Red Sox 3:00 PM Tacy Foundation Performances TH	10:00 AM Chair Dance (SF) 11:00 AM Mariah Presentation Jazz Musicians: Dizzie Gillespie (SF) 1:30 PM Memorial Day with Lauren and Alan Breitler TH 3:00 PM Ice Cream Social (Cafe)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Scenic Drive to C and O Canal and Fletchers Boat House 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Music with Helaine! TH 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:00 PM Walking Club (LB) 4:00 PM Let's Talk About It (SF)	10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Famous Band Leaders- Cab Calloway and Duke Ellington with Joanna TH 2:30 PM Resident Council TH	10:00 AM Exercise with Josh (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: Miss Potter TH 1:30 PM The Wonder of ... Flowers with Mariah (SF) 3:00 PM Afternoon Stretch with Josh (SF) 4:00 PM Poetry Inkwell Insights with Nyah (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM America in Color: (SF) 1:30 PM Jewish American Stars of Classical Music with Lauren SF 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service TH	10:30 AM Shabbat Services TH 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Service (Café)