

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Current Events with Dr. Schneider (SF) 1:30 PM Afternoon Movies: Fiddler on the Roof Part 2 (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM Great Performances: Now Hear This PBS Documentary: Brahms "Free But Alone" (SF) 1:30 PM Music Entertainment TBA (SF) 3:00 PM One on One Visit 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)
4	5	6	7	8	9	10
10:30 AM Simchat Torah with Rabbah Arlene (TH)	10:00 AM Exercise with Marcy (SF) 11:00 AM Art Class with Claudia (AR) 1:30 PM The Fall Season is Here with Jiyoung and Joanna (TH) 3:00 PM Mahjong Players (Café) 3:00 PM One on One Visits 3:45 PM Bingo (SF) 6:30 PM Classic Movie: The Snows of Kilimanjaro (1952) (SF)	10:00 AM Movements with the ClancyWorks Dance Company (SF) 10:30 AM Scenic Drive 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Life and Music of Bob Dylan with Jiyoung (TH) 2:30 PM B-Day Club Meeting (TH) 3:30 PM Open Gym	10:00 AM Workout with Mariah (SF) 11:00 AM Old English Proverbs and Meanings with Mariah (SF) 1:30 PM Musical Moments with Joanna (SF) 1:30 PM Elections (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Healthy Aging Seminar with Dan: Mental Wellness & Mood Support (SF)	10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Afternoon Movie: Sarah's Oil (2025) (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	10:00 AM Tai Chi Class with Claudia (SF) 11:00 AM Biographical Documentary on the Titanic (SF) 1:30 PM Duos through the Decades with Madelyn, Andy and Lauren (TH) 3:00 PM One on One Visit 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Service (Café)
11	12	13	14	15	16	17
10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Lemonade & Iced Tea Social (L&C)	10:00 AM Dance Movements with Marcy (SF) 11:00 AM Echoes of Nature (SF) 1:30 PM Classical meets Pop with Lauren and Joanna (TH) 3:00 PM Mahjong Players (Café) 3:00 PM One on One Visits 3:00 PM Men's Group 3:45 PM Bingo (SF) 6:30 PM Classic Movie: My Sister Eileen (1955) (SF)	10:00 AM Movements with the ClancyWorks Dance Company (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Sounds of Distant Lands in Music with Jiyoung (TH) 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:30 PM Open Gym	10:00 AM Workout with Mariah (SF) 11:00 AM Word Games with Mariah (SF) 1:30 PM The Sounds of Paul Simon and Art Garfunkel, with Joanna (TH) 3:00 PM Landow House Happy Hour Celebrating Mrs. and Mr. Semanoff Birthday's (Café) 4:00 PM Healthy Aging Seminar with Dan: Mental Wellness & Mood Support (SF)	10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Afternoon Movies: The Good Lie (2014) (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym 3:30 PM Old time radio listening	10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM Biographical Documentary of Mark Twain (SF) 1:30 PM Listening Circle 1 with Assaf and Lauren 3:00 PM One on One Visit 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Service (Café)
18	19	20	21	22	23	24
10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Song and Facts (SF) 3:00 PM Lemonade & Iced Tea Social (L&C)	10:00 AM Exercise with Marcy (SF) 11:00 AM Art Class with Claudia (AR) 1:30 PM Music for Make a Dog's Day with Lauren and Jiyoung (TH) 3:00 PM Mahjong Players (Café) 3:00 PM One on One Visits 3:45 PM Bingo (SF) 6:30 PM Classic Movie: Wonder Man (1945) (SF)	10:00 AM Movements with the ClancyWorks Dance Company (SF) 10:30 AM Outing to the Smithsonian American Art Museum 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM My Life Journey with Sue Sklar (SF) 3:30 PM Open Gym	10:00 AM Workout with Mariah (SF) 11:00 AM Old English Proverbs and Meanings with Mariah (SF) 1:30 PM Why Symphony Fantastique sounds so scary?, with Joanna (TH) 3:00 PM Monthly Birthday Celebrations Social (SF) 4:00 PM Healthy Aging Seminar with Dan: Mental Wellness & Mood Support (SF)	10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Afternoon Movie: When Harry Met Sally... (1989) (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	10:00 AM Tai Chi Class with Claudia (SF) 11:00 AM Biographical Documentary of Classical Music (SF) 1:30 PM Listening Circle 2 with Assaf and Lauren 3:00 PM One on One Visit 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Service (Café)
25	26	27	28	29	30	31
10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Tacy Foundation Performances	10:00 AM Exercise with Mariah (SF) 11:00 AM Art Class with Claudia (AR) 2:00 PM Guitar Music with Vladimir (TH) 3:00 PM Mahjong Players (Café) 3:00 PM One on One Visits 3:45 PM Bingo (SF) 6:30 PM Classic Movie: The Kid from Brooklyn (1946) (SF)	10:00 AM Movements with the ClancyWorks Dance Company (SF) 10:30 AM Hillwood Estate, Museum & Gardens and Lunch (we will stay for lunch) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Singing to Sounds of Autumn, with Jiyoung (TH) 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:30 PM Open Gym	10:00 AM Workout with Nyah (SF) 11:00 AM Word Games with Mariah (SF) 1:30 PM Life and Music of Louis Armstrong (TH) 2:30 PM Resident Council	10:00 AM Living Strong/Chair Yoga with Dan (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Afternoon Movie: Steel Magnolias (1989) (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym 3:30 PM Old time radio listening	10:00 AM Strengthening Exercise with Claudia 11:00 AM Biographical Documentary of Mae West (SF) 1:30 PM Listening Circle 3 with Assaf and Lauren 3:00 PM One on One Visit 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:00 PM Havdalah Service (Café)