

SUN	MON	TUE	WED	THUR	FRI	SAT
10:00 Exercise Video (Theater) 1 10:00 Manicures with Olivia (Cafe) 11:00 Games with Stephanie (2nd fl) 3:30 Dance Party and Music with Victor (Lobby) 6:30 Movie (Theater)	10:00 Chair Zumba and Dance Fitness (2nd fl) 2 1:30 Musical Lecture with Charles Sullivan (Theater) 1:30 Beethoven in the Face of Adversity presented by Monique Mead (Theater) 6:30 Movie Musical Mondays (Theater)	10:00 Fitness Video (Theater) 3 11:00 Musical Story Crafting with Lauren, Eva, and Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 4:00 Armchair Travel (Theater) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 4 11:00 Trivia! (2nd fl) 1:30 Activities to Go Slide Show Presentation (Theater) 2:00 Open Gym (Therapy Services) 2:30 Playful Art with Carol (Art Studio) 6:30 Pianist Bertram McLeish (Theater) 8:15 Rabbi Brandriss presents the Prophets (Lobby)	10:00 Fitness Fun with Carlton! (Theater) 5 11:00 Story Crafting with Carol (2nd fl) 2:00 Open Gym (Therapy Services) 2:30 Performer Portraits with Lauren: The Life and Music of Hoagy Carmichael (Theater) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 6 10:15 Trip to Library (Meet in the Lobby) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Courtyard) 4:00 Shabbat Service with Syril Kline (Theater)	10:00 Yoga/ Meditation with Lenora (2nd fl) 7 1:30 Hot Topics with Dr. Jenner (Theater) 6:30 Movie (Theater)
10:00 Exercise Video (Theater) 8 11:00 Echoes of Nature - Live Exotic Animals! (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 9 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 Word Games (2nd fl)	10:00 Fitness Video (Theater) 10 2:00 Open Gym (Therapy Services) 4:00 Armchair Travel (Theater) 7:30 Rabbi Brandriss presents the Commandments (Lobby)	10:00 Workout with Lori! (2nd fl) 11 11:00 Trivia! (2nd fl) 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) 2:30 Playful Art with Carol (Art Studio) 6:30 Movie (Theater)	10:00 Fitness Fun with Carlton! (Theater) 12 11:00 Story Crafting with Carol (2nd fl) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	1:30 30 minute walk with Carlton (Meet in the Lobby) 13 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Courtyard) 4:00 Shabbat Service with David Abramson (Lobby)	10:00 Yoga/ Meditation with Lenora (2nd fl) 14 11:00 Shabbat Service with Michael Rosenberg (Theater) 1:30 Torah Talk with Janice (Lobby and Cafe) 6:30 Movie (Theater)
10:00 Exercise Video (Theater) 15 10:00 Manicures with Olivia (Cafe) 1:30 Pianist Bertram McLeish (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 16 10:00 Chair Dancing Through the Decades (Theater) 11:00 Jewish Music & Discussion with Michael Rosenberg (Theater) 2:30 Resident Council (Theater) 6:30 Movie Musical Mondays (Theater)	10:00 Fitness Video (Theater) 17 11:00 Music with Lauren (Theater) 2:00 Open Gym (Therapy Services) 4:00 Armchair Travel (Theater) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 18 11:00 Trivia! (2nd fl) 1:30 Lecture with Dr. Jenner (Theater) 2:00 Open Gym (Therapy Services) 2:30 Playful Art with Carol (Art Studio) 6:30 Movie (Theater) 8:15 Rabbi Brandriss presents the Prophets (Lobby)	10:00 Fitness Fun with Carlton! (Theater) 19 11:00 Story Crafting with Carol (2nd fl) 1:30 News Program with Jerry Grossman (Theater) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	1:30 30 minute walk with Carlton (Meet in the Lobby) 20 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Courtyard) 4:00 Shabbat Service with Susan & Ira Weiss (Lobby)	10:00 Yoga/ Meditation with Lenora (2nd fl) 21 11:00 Shabbat Service with Sabrina (Theater) 6:30 Movie (Theater)
10:00 Exercise Video (Theater) 22 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 23 10:00 Chair Dancing Through the Decades (Theater) 11:00 Jewish Music & Discussion with Michael Rosenberg (Theater) 6:30 Vocal Performance by Harper (Theater)	10:00 Fitness Video (Theater) 24 2:00 Open Gym (Therapy Services) 4:00 Armchair Travel (Theater) 6:30 Movie (Theater) 7:30 Rabbi Brandriss presents the Commandments (Lobby)	10:00 Workout with Lori! (2nd fl) 25 11:00 Trivia! (2nd fl) 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) 2:30 Playful Art with Carol (Art Studio)	10:00 Fitness Fun with Carlton! (Theater) 26 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	1:30 30 minute walk with Carlton (Meet in the Lobby) 27 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Courtyard) 4:00 Shabbat Service with Syril Kline (Theater)	10:00 Yoga/ Meditation with Lenora (2nd fl) 28 6:30 Movie (Theater)
10:00 Exercise Video (Theater) 29 10:00 Manicures with Olivia (Cafe) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 30 10:00 Chair Zumba and Dance Fitness (2nd fl) 6:30 Movie Musical Mondays (Theater)					

September 2019

Landow House Activities

All Activities are Subject to Change



Charles E. Smith
LIFE COMMUNITIES