

September 2023



Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM The Great Courses Lectures: Hebrew Bible (SF) 1:30 PM JFK: Solving the Crime of the Century Documentary 2023 (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services with Betsy Roth (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)
3	4 LABOR DAY	5	6	7	8	9
10:00 AM Morning Stretch (SF) 11:00 AM Word & Triva Games (SF) 1:30 PM Classic Sunday Movie: "Mame" 3:30 PM Light Refreshments & Conversations (L&C)	10:00 AM Chair Dance with Nayah (SF) 11:00 AM The Guide to Essential Italy: "The Palatine Hill" 1:30 PM Music of Labor Movement with Lauren 2:30 PM Ice Cream & Sherbet Social	10:00 AM Exercise Class (SF) 10:00 AM Trip to "Hillwood Museum" 11:00 AM Mind Joggers (SF) 1:30 PM Music Entertainment (TH) 3:00 PM Exercise Class with Monique (SF) 3:30 PM Sholem Aleichem Laughing in the Darkness Documentary (TH)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen 11:00 AM Art Workshop with Claudia & Kay 1:30 PM Music with Joanna (TH) 2:30 PM Piano Music with Jerry Roman(TH) 2:45 PM Art Workshop with Claudia (AR) 4:00 PM Dear Rachel Stories with Linda & Judy	10:00 AM Morning Exercise with Nyah (SF) 11:00 AM Remembering the life and music of Tony Bennett with Lauren (TH) 1:30 PM Afternoon Movie : "Maestro" (TH) 3:30 PM Exercise Class With Monique (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Poetry Corner with Nyah (SF)	10:00 AM Strengthening Exercise with Claudia (SF) 10:30 AM Shopping Trip CVS (LB) 11:00 AM The Great Courses Lectures: Hebrew Bible (SF) 1:30 PM Landow Singers with Jiyoung (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services with Rabbah Arlene (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)
10 ASSISTED LIVING WEEK BEGINS	11 ASSISTED LIVING WEEK	12 ASSISTED LIVING WEEK	13 ASSISTED LIVING WEEK	14 ASSISTED LIVING WEEK	15 EREV ROSH HASHANAH ASSISTED LIVING WEEK ENDS	16 ROSH HASHANAH I
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word & Triva Games (SF) 1:30 PM Classic Sunday Movie "On The Town": 3:00 PM Selichot with Rabbah Arlene (TH) 4:00 PM Trip to JCC for IRIS Piano Trio Concert (LB)	10:00 AM Chair Dance with Claudia(SF) 10:30 AM Trip To Lunch : "Clyde's " 11:00 AM Echoes Of Nature (SF) 1:30 PM Classical Music Concert with Janet Greene (TH) 3:00 PM Unforgotten Resilience : Reflecting on 9/11 (SF)	10:00 AM Exercise Class (SF) 11:00 AM Jewish Art Education Lecture by Nancy Kotz: " The Art of The High Holidays" (SF) 2:00 PM Torah Talk with Rabbah Arlene 3:00 PM Exercise Class with Monique (SF) 3:30 PM Music Break Your Choice(You Tube) (SF) 4:00 PM Stories & Reminiscence (BCAT)	10:00 AM Workout with Lori (SF) 11:00 AM Poetry in The Moment with Dana 1:30 PM Celebrating Our Cultural Tapestry: "Embracing Diversity and Unity" (TH) 7:00 PM "Where the Lilacs Bloom Once Again: Freddie's Story," by Award-winning Author Roni Rosenthal (SF)	10:00 AM Morning Exercise with Nyah (SF) 11:00 AM Music of the High Holidays with Lauren 1:30 PM Afternoon New Release Movie "Barbie" (TH) 3:30 PM Exercise Class with Monique (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Story Crafting with Nyah	10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM The Great Courses Lectures: Hebrew Bible (SF) 1:30 PM "Shinning Stars Soiree: Celebrating The Luminary Volunteers of Landow House 3:00 PM Landow House Happy Hour (Café) 4:00 PM Erev Rosh Hashanah Service with Rabbah Arlene Berger and Cantorial Soloist Joan Wolf (TH)	10:30 AM Rosh Hashanah Service with Rabbah Arlene Berger and Cantorial Soloist Joan Wolf (TH) 2:00 PM Discussion Group with Rabbah Arlene & Dr. Alan Breitler
17 ROSH HASHANAH II	18 TZOM GEDALIAN	19	20	21	22	23
10:30 AM Rosh Hashanah Morning Service with Shofar & Spiritual Tashlich (TH)	10:00 AM Chair Dance with Claudia(SF) 11:00 AM Inspirational Music & Psalms with Micheal Rosenberg (TH) 1:30 PM Poetry and Music with Nyah, Lauren and Jiyoung (TH) 3:00 PM You Be the Judge Stories 4:00 PM Current Events & Discussions with Shirley (SF)	10:00 AM Exercise Class (SF) 10:00 AM Trip to The African American Museum (LB) 11:00 AM Mind Joggers (SF) 2:00 PM Guitar Music with Vladimir 3:00 PM Exercise Class with Monique (SF) 3:30 PM Music Break Your Choice(You Tube) (SF) 4:00 PM Stories & Reminiscence (BCAT) (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen 11:00 AM Art Workshop with Claudia & Kay 1:30 PM Travel With Me To Mexico Presented by Beatrice & Claudia (SF) 2:30 PM Menu Committee 3:00 PM Drama Club "Skit Reading" (SF) 4:00 PM Dear Rachel Stories with Linda & Judy (SF) 7:00 PM Karaoke Night Sing Along with Ann & Joy (SF)	10:00 AM Morning Exercise with Nyah (SF) 11:00 AM Exploring American Folk Music with Joel And Lauren (TH) 1:30 PM Afternoon Movie : "Pay IT Forward" (TH) 3:30 PM Exercise Class with Monique (SF) 4:00 PM Culture of Kindness Discussion with Julie & Nyah (SF)	10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM The Great Courses Lectures: Hebrew Bible (SF) 1:30 PM Life and Music of Cole Porter with Jiyoung (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)
24 EREV YOM KIPPUR	25 YOM KIPPUR	26	27	28	29 EREV SUKKOT	30 SUKKOT I
10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Kol Nidre with Joanna & Jiyoung (TH) 2:00 PM Piano Tunes with Bertram McLeish (TH) 4:00 PM Kol Nidre with Rabbah Arlene Berger and Cantorial Soloist Joan Wolf (TH)	10:30 AM Morning Service with Yizkor 2:30 PM Discussions with Rabbah Arlene & Dr. Alan Breitler (TH) 4:00 PM Mincha/Neila with Rabbah Arlene & Cantorial Soloist Joan Wolf (TH)	10:00 AM Exercise Class (SF) 11:00 AM Mind Joggers (SF) 2:00 PM Torah Talk with Rabbah Arlene 3:00 PM Exercise Class with Monique (SF) 3:30 PM Landow News Feeds with Nyah and Claudia (SF) 4:00 PM Stories & Reminiscence (BCAT) (SF)	10:00 AM Workout with Lori (SF) 11:00 AM The Guide to Essential Italy: "The Roman Forum" (SF) 11:00 AM Art Workshop with Claudia & Kay 1:30 PM Favorite Songs of the 1940's with Joanna (TH) 2:30 PM Resident Council 4:00 PM Travel With Me to Israel (SF)	10:00 AM Morning Exercise with Nyah (SF) 10:00 AM Trip to Annapolis & Lunch 11:00 AM "A little bit of this and a little bit of that" with Cantor Rabinowitz and Lauren (TH) 1:30 PM Afternoon Movie: "A Quiet Passion" (TH) 3:30 PM Exercise Class with Monique (SF) 4:00 PM Memory Exercise (BCAT GROUP) 4:00 PM Poetry Corner with Nyah (SF)	10:00 AM Strengthening Exercise with Claudia (SF) 11:00 AM The Great Courses Lectures: Hebrew Bible (SF) 1:30 PM Music with Jiyoung (TH) 3:00 PM Landow House Happy Hour/Birthday Celebrations (Café) 4:00 PM Holiday Service with Rabbah Arlene (TH)	10:30 AM Shabbat Services & Sukkot Services with Rabbah Arlene (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)