

September 2024



Landow/Connections House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 with Joyce (SF) 3:00 PM Lemonade & Cookies Social	2 LABOR DAY 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Music for Labor Day with Alan 1:30 PM The Crown Netflix Series "Beryl" (SF) 2:30 PM Ice Cream Social (L&C)	3 10:00 AM Resistance Band Exercise with Nyah (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 10:30 AM Scenic Drive Tidal Basin 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Music Entertainment 3:00 PM Walking Club with Taylor (LB) 4:00 PM Bingo (SF)	4 10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Celebrating Paris- the City of Lights with Joanna 2:30 PM Art Workshop with Claudia (AR) 3:00 PM Knitting Club 4:00 PM Stories & Reminiscence (BCAT) (SF)	5 10:00 AM Dance Movements with (Dance Clancy works) (SF) 11:00 AM Spotlight on Rodgers and Hammerstein with Lauren 1:30 PM Afternoon Movies : "Race" 3:30 PM Exercise Class with Taylor (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)	6 10:00 AM Strengthening Exercise with Claudia (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM America in Color : "1920's" Smithsonian Channel (SF) 1:30 PM Landow House Singers - Melodies for Grandparents, Great Grandparents and Beyond with Jiyoung 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	7 10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
8 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Mind Mastery: "A collection of Challenging Brain Games" BCAT (SF) 1:30 PM Classic Movies: Charade (SF) 3:30 PM Tea & Cookies Social	9 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Echoes Of Nature (SF) 1:30 PM Duos with Joanna and Jiyoung 2:30 PM Meditation Club 3:00 PM The Crown Netflix Series: "Marionettes" (SF) 4:00 PM Family Feud Game with Nyah (SF) 6:30 PM Mini Musicals on the Move Presents: Guys and Dolls	10 10:00 AM Trip to the Botanic Garden 10:00 AM Resistance Band Exercise with Nyah (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Torah Talk with Rabbah Arlene (SF) 3:00 PM Pet Visits with Debbie (SF) 3:00 PM Walking Club with Taylor (LB) 4:00 PM Let's Talk about it (SF)	11 10:00 AM Workout with Lori (SF) 11:00 AM 9/11 Remembrance with Dr. Alan Breitler 1:30 PM Celebrating Our Cultural Tapestry: "Embracing Diversity and Unity"	12 10:00 AM Dance Movements with (Dance Clancy works) (SF) 11:00 AM Behind the Scenes: Leonard Bernstein and West Side Story with Lauren 1:30 PM Afternoon Movies: "Treasure" 2024 3:30 PM Exercise Class with Taylor (SF) 4:00 PM Dear Linda & Jean Advice (SF)	13 10:00 AM Strengthening Exercise with Claudia (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM America in Color: "1930's" Smithsonian Channel (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 Shabbat Service	14 10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
15 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 with Joyce (SF) 3:00 PM Tea & Cookies Social	16 10:00 AM Chair Dance with Mariah (SF) 11:00 AM Nature Break 11:30 AM Out to Lunch 1:30 PM Celebrating NYC's 400th birthday with music & The Trio 2:30 PM Meditation Club 3:00 PM The Crown Netflix Series: "Vergangenheit" (SF) 4:00 PM You Be the Judge Stories (SF)	17 10:00 AM Resistance Band Exercise with Nyah (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Guitar Music with Vladimir 3:00 PM Pet Visits with Debbie (SF) 3:00 PM Walking Club with Taylor (LB) 4:00 PM Bingo (SF)	18 10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 2:00 PM Dr. Alan Comical Music Presentation 2:30 PM Menu Committee 3:00 PM Knitting Club 4:00 PM Stories & Reminiscence (BCAT) (SF)	19 10:00 AM Dance Movements with (Dance Clancy works) (SF) 11:00 AM Spotlight on Willie Nelson with Madelyn and Lauren 1:30 PM Afternoon Movie: Our (almost completely true) Love Story, 2023 3:30 PM Exercise Class with Taylor (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)	20 10:00 AM Strengthening Exercise with Claudia (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM America in Color : "1940's" (SF) 1:30 PM A Musical Celebration of National Dance Day with Jiyoung 3:00 PM Monthly Birthday Celebrations Social 4:00 PM Shabbat Service	21 10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
22 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Mind Mastery: "A collection of Challenging Brain Games" BCAT (SF) 1:30 PM Classic Movies: Touch of Mink (SF) 3:30 PM Tea & Cookies Social	23 10:00 AM Chair Dance with Mariah (SF) 10:30 AM Scenic Drive 2:00 PM Presentation on Elections by Dr. Alan Breitler (SF) 3:00 PM The Crown Netflix Series: "Matrimonium" (SF) 4:00 PM Current Events & Discussions with Shirley (SF)	24 10:00 AM Dance Movements with (Dance Clancy Works) (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Torah Talk with Rabbah Arlene 3:00 PM Pet Visits with Debbie (SF) 3:00 PM Walking Club with Taylor (LB) 4:00 PM Let's Talk about it (SF)	25 10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Pastoral Sounds in Beethoven's 6th Symphony with Joanna 2:30 PM Resident Council	26 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Shakespeare's Poetry and Music with Jean and Lauren 1:30 PM Afternoon Movies: "Roald Dahl's Esio Trot" 3:30 PM Exercise Class with Taylor (SF) 4:00 PM Dear Linda & Jean Advice (SF)	27 10:00 AM Strengthening Exercise with Claudia (SF) 10:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM America in Color: "1950's" (SF) 1:30 PM Landow House Singers Music with Jiyoung 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	28 10:30 AM Shabbat Services 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:30 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
29 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 with Joyce (SF) 3:00 PM Tea & Cookies Social	30 10:00 AM Chair Dance with Mariah (SF) 10:30 AM to 12:00 PM Elections Voting (TH) 1:30 PM Celebrating National Piano Month with Jiyoung and the trio 2:30 PM Shofar Apples and Honey with Rabbi Dan 3:30 PM The Crown Netflix Series: "Dear Mrs. Kennedy"					