

# March 2023



# Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 11:00 AM Current Events with Judy Cohen 02:00 PM Music Performance with Mike Scoglio 02:45 PM Art Workshop with Carol (AR) 04:15 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF)	<b>2</b> 10:00 AM Zumba with Sharon (SF) 11:00 AM Performer Portrait: Yuja Wang with Linda & Lauren (Theater) 01:30 PM Movie Classic & Popcorn : "Advise & Consent" 1962 (Theater) 03:30 PM Exercise Class with Tobias (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP)	<b>3</b> 10:00 AM Strengthening Class with Claudia 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM Landow House Art show Presentation with Carol & Jiyoung (Theater) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service	<b>4</b> 10:30 AM Shabbat Services 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)
<b>5</b> 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:00 PM Travels Around the World (SF) 03:15 PM Tea Social & Conversations (Café)	<b>6 EREV PURIM</b> 10:00 AM Chair Dance with Marcy (SF) 10:30 AM Scenic Drive (LB) 11:00 AM Word Games with Carol 01:30 PM Life & Music of Beethoven with The Trio (Theater) 02:45 PM The Wonders of Nature Video (SF) 04:00 PM Stories & Reminiscence (BCAT) (SF)	<b>7 PURIM</b> 11:00 AM Megillah Reading 02:00 PM Purim presentation by Alan Breitler 03:00 PM Children's Parade – Kehillat Pardes Synagogue 04:00 PM Purim Celebration with Machaya Klezmer Band Theater 06:45 PM Scrabble & Rummikub (Café)	<b>8</b> 10:00 AM Workout with Lori (SF) 11:00 AM Poetry in The Moment with Dana 11:00 AM Art Workshop with Carol (AR) 02:00 PM Music Performance with Vocalist Patty Reese 02:45 PM Art Workshop with Carol (AR) 03:00 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF) 04:00 PM Art Workshop with Carol (AR) 06:30 PM Music Trivia with Jerry Roman (SF)	<b>9</b> 10:00 AM Zumba with Sharon (SF) 11:00 AM Back to Bach with Lauren! (Theater) 01:30 PM Movie & Popcorn : "The Duke" 2020 (Theater) 03:30 PM Exercise Class with Tobias (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP)	<b>10</b> 10:00 AM Strengthening Class with Claudia 10:30 AM Shopping Trip CVS (LB) 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM Landow Singers with Lauren (Theater) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service	<b>11</b> 10:30 AM Shabbat Services 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)
<b>12</b> 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:00 PM Dance with Victor (SF) 03:15 PM Tea Social & Conversations (Café)	<b>13</b> 10:00 AM Chair Dance with Marcy (SF) 10:00 AM Just Us Program: National Art Gallery Trip (LB) 11:00 AM Echoes Of Nature (SF) 01:30 PM Sounds of Spring with Jiyoung & Lauren (Theater) 03:00 PM Stories & Reminiscence (BCAT) (SF) 04:00 PM Current Events & Discussions with Shirley	<b>14</b> 10:00 AM Chair Yoga (SF) 11:00 AM Jewish Art Education Lecture by Nancy Kotz " Pissarro Series" (SF) 11:00 AM Mind Joggers with Claudia (SF) 02:00 PM Torah Talk with Rabba Arlene 03:00 PM Exercise Class with Tobias (SF) 04:00 PM Dear Abby Yiddish Style (SF) 06:45 PM Scrabble & Rummikub (Café)	<b>15</b> 10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 11:00 AM Current Events with Judy Cohen 01:30 PM Sounds of The Sea with Joanna 02:45 PM Art Workshop with Carol (AR) 03:00 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF) 04:00 PM Art Workshop with Carol (AR) 07:00 PM Karaoke Night Sing Along with Ann & Joy (SF)	<b>16</b> 10:00 AM Meditation with Carol (SF) 11:00 AM Landow Singers with Lauren 01:30 PM Movie & Popcorn : "An American Pickle" 2020 (Theater) 03:30 PM Exercise Class with Tobias (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP)	<b>17</b> 10:00 AM Strengthening Class with Claudia 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM The 40's Show! With Sonya Okin and Jiyoung (Theater) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service	<b>18</b> 10:30 AM Shabbat Services 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)
<b>19</b> 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:00 PM Vocal Performance with Harper Denhard 03:00 PM The Tacy Foundation Piano Rehearsals	<b>20</b> 10:00 AM Chair Dance with Marcy (SF) 10:30 AM Trip to The Kennedy Center Museum Art and Ideals (LB) 11:00 AM Word Games with Carol 01:30 PM Women's Voices with The Trio (Theater) 02:45 PM The Wonders of Nature Video (SF) 04:00 PM Stories & Reminiscence (BCAT) (SF)	<b>21</b> 10:00 AM Strengthening Class with Claudia 11:00 AM Mind Joggers with Claudia (SF) 02:00 PM Guitar Music with Vladimir 03:00 PM Exercise Class with Tobias (SF) 04:00 PM Literature Corner with Carol (SF) 06:45 PM Scrabble & Rummikub (Café)	<b>22</b> 10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 01:30 PM Appalachian Spring with Joanna 02:30 PM Resident Council 02:45 PM Art Workshop with Carol (AR) 04:00 PM Art Workshop with Carol (AR)	<b>23</b> 10:00 AM Meditation with Carol (SF) 11:00 AM Klezmer Groups from Around the World with Lauren (Theater) 01:30 PM Movie & Popcorn : "Cruella" 2020 (Theater) 03:30 PM Exercise Class with Tobias (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP)	<b>24</b> 10:00 AM Strengthening Class with Claudia 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM Helaine's Show! Dating in the 70's - "Will You Still Love Me Tomorrow" with Jiyoung (Theater) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service	<b>25</b> 10:30 AM Shabbat Services 02:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 06:45 PM Havdalah Blessing (L&C)
<b>26</b> 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games (SF) 02:00 PM Bingo (SF) 03:15 PM Tea Social & Conversations (Café)	<b>27</b> 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Lunch Outing: "Silver Dinner" in Rockville (LB) 11:00 AM Word Games with Carol 02:00 PM Piano Tunes with Bertram McLeish 03:30 PM Stories & Reminiscence (BCAT) (SF) 04:00 PM Current Events & Discussions with Shirley 07:00 PM Movie Night Classics "Young at Heart"	<b>28</b> 10:00 AM Chair Yoga (SF) 11:00 AM Mind Joggers with Claudia (SF) 02:00 PM Torah Talk with Rabba Arlene 03:00 PM Exercise Class with Tobias (SF) 04:00 PM You be The Judge Reading & Discussion with Carol (SF) 06:45 PM Scrabble & Rummikub (Café)	<b>29</b> 10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Carol (AR) 01:30 PM The Great Violinists- Itzhak Perlman with Joanna (Theater) 02:45 PM Art Workshop with Carol (AR) 03:00 PM History & Archaeology of the Bible Series Lecture Video and Discussions with Alan Breitler (SF) 04:00 PM Art Workshop with Carol (AR)	<b>30</b> 10:00 AM Meditation with Carol (SF) 11:00 AM Life and Music of Offenbach with Kurt & Lauren (Theater) 01:30 PM Afternoon Movie 01:30 PM Movie & Popcorn " A Man Called Otto" 2022 (Theater) 03:30 PM Exercise Class with Tobias (SF) 04:00 PM Story Crafting with Carol (SF) 04:00 PM Memory Exercise (BCAT GROUP)	<b>31</b> 10:00 AM Strengthening Class with Claudia 11:00 AM Yiddish Moment with Alan (SF) 01:30 PM Celebrating the Cherry Blossom Season with Jiyoung (Theater) 03:00 PM Landow House Happy Hour (Café) 04:00 PM Shabbat Service	