

SUN	MON	TUE	WED	THUR	FRI	SAT
10:00 Body Toning Video (Theater) 31					10:00 Fitness First with Martine (2nd fl) 1 11:00 Trivia! (2nd fl) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Aging Well: News You Can Use! With Carol (2nd fl) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat Service with Syril Kline (Theater)	10:00 Shabbat Service with Michael Rosenberg (Theater) 2 1:30 Hot Topics with Dr. Jenner (Theater) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 3 3:30 Dance Party and Music with Victor (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 4 10:00 Chair Zumba and Dance Fitness (2nd fl) 11:00 Visit with JCC Preschool (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 3:30 30 minute walk with Carlton (Meet in the Lobby) 6:30 Movie Musical Mondays (Theater)	10:00 Seated Workout with Karen (2nd fl) 5 10:15 Shopping trip to CVS (Meet in the Lobby) 11:00 Open Rehearsal with Lauren, Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 4:00 Natalie presents "Spring Holidays Around the Globe" (Theater) 6:30 Movie (Theater)	11:00 Super Foods (2nd fl) 6 1:30 Activities to Go Slide Show Presentation (Theater) 2:00 Open Gym (Therapy Services) 4:00 Music Committee with Lauren (2nd fl) 6:30 Pianist Bertram Mcleish (Theater)	10:00 Fitness Fun with Carlton! (Theater) 7 10:00 Trip to Strathmore to see the Friday Morning Music Club (Meet in the Lobby) 11:00 Story Crafting with Carol (2nd fl) 1:30 Poetry Club with Dana Tate (2nd fl) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 8 11:00 Landow Songbook with Lauren (Theater) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat with Rabbah Arlene (Theater)	10:00 Shabbat Service with Michael Rosenberg (Theater) 9 1:30 Torah Talk with Janice (Lobby and Cafe) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 10 11:00 Echoes of Nature - Live Exotic Animals! (Theater) 3:00 Visit with Bikur Cholim of Greater Washington (Cafe/ Lobby) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 11 10:00 Chair Zumba and Dance Fitness (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 2:30 Food Committee (DR) 3:30 30 minute walk with Carlton (Meet in the Lobby) 6:30 Music with Harper (Theater)	10:00 Exercise with Lenora (2nd fl) 12 11:00 Musical Storycrafting with Lauren, Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 2:30 Garden Club (Art Studio)	10:00 Exercise Video (Theater) 13 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services) 4:00 Music Committee with Lauren (2nd fl) 6:30 Movie (Theater)	10:00 Fitness Fun with Carlton! (Theater) 14 11:00 Story Crafting with Carol (2nd fl) 2:00 Open Gym (Therapy Services) 2:30 Drum Circle with Eva (Theater) 4:00 Memory Fitness with Natalie (2nd fl) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 15 11:00 Landow Songbook with Lauren (Theater) 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat Service with Susan Weiss (Lobby)	11:00 Shabbat Service with Sabrina (Theater) 16 1:30 Torah Talk with Janice (Lobby and Cafe) 2:00 Comedy Greats: Jack Benny (Theater) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 17 1:30 An Afternoon with Pianist Bertram McCleish (Theater) 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 18 10:00 Chair Zumba and Dance Fitness (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 2:30 Resident Council (Theater) 3:30 30 minute walk with Carlton (Meet in the Lobby)	10:00 Exercise with Gail (2nd fl) 19 11:00 Exploring Jewish Music with Lauren, Eva, & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 20 1:30 Lecture with Dr. Jenner (Theater) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	10:00 Fitness Fun with Carlton! (Theater) 21 11:00 Story Crafting with Carol (2nd fl) 1:30 News Program with Jerry Grossman (Theater) 2:00 Open Gym (Therapy Services) 4:00 Memory Fitness with Natalie (2nd fl)	10:00 Fitness First with Martine (2nd fl) 22 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe)	11:00 Shabbat Service with Rabbah Arlene (Theater) 23 1:30 Torah Talk with Janice (Lobby and Cafe) 6:30 Movie (Theater)
10:00 Body Toning Video (Theater) 24 6:30 Movie (Theater)	9:30 Trip Sign up and Questions with Stephanie (Cafe) 25 10:00 Chair Zumba and Dance Fitness (2nd fl) 1:30 Chorus Rehearsal with Jiyoung (Theater) 2:00 Open Gym (Therapy Services) 3:30 30 minute walk with Carlton (Meet in the Lobby) 6:30 Music with Harper (Theater)	10:00 Seated Workout with Karen (2nd fl) 26 11:00 Open Rehearsal with Lauren, Eva & Jiyoung (Theater) 1:30 Music with Michael Rosenberg (Theater) 2:00 Open Gym (Therapy Services) 4:00 Natalie presents "Ladies First- Celebrate Exceptional Women of Modern Times" (Theater) 6:30 Movie (Theater)	10:00 Workout with Lori! (2nd fl) 27 1:30 Let's Talk Torah with Rabbah Arlene (2nd fl) 2:00 Open Gym (Therapy Services)	10:00 Fitness Fun with Carlton! (Theater) 28 11:00 Story Crafting with Carol (2nd fl) 2:00 Open Gym (Therapy Services) 6:30 Movie (Theater)	10:00 Fitness First with Martine (2nd fl) 29 1:30 30 minute walk with Carlton (Meet in the Lobby) 2:00 Open Gym (Therapy Services) 3:00 Landow House Happy Hour (Lobby and Cafe) 4:00 Shabbat Service with Syril Kline (Theater)	10:00 Exercise Video (Theater) 30 11:00 Shabbat Service with Rabbah Arlene (Theater) 1:30 Torah Talk with Janice (Lobby and Cafe) 6:30 Movie (Theater)

March 2019

Landow House Activities

All Activities are Subject to Change



Charles E. Smith
LIFE COMMUNITIES