

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>8:00 Mini Brunch featuring Challah French Toast, Assorted Pastries and Fresh Fruit (DR)</p> <p>10:00 Seated Exercise with Lenora (2nd fl)</p> <p>2:00 Performance by the Sapphires: Mambo- Music with a Latin Flare (Theater)</p> <p>3:30 Dance Party and Music with Victor (Lobby)</p> <p>6:30 Movie (2nd fl)</p> <p>1</p>	<p>9:30 Trip Sign up and Questions with Stephanie (Cafe)</p> <p>10:00 Chair Zumba and Dance Fitness with Sharon (2nd fl)</p> <p>11:00 Music with Cantor Ben (Theater)</p> <p>1:30 Technology Time with Stephanie (Cafe)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>4:00 Yiddish Club (2nd fl)</p> <p>5:00 Dinner featuring Wine and a Dessert Bar (DR)</p> <p>6:30 Musical Movie Mondays (2nd fl)</p> <p>2</p>	<p>8:00 Breakfast: Made to Order Waffles (DR)</p> <p>10:00 Exercise Video (2nd fl)</p> <p>10:00 Trip to National Gallery for the Just Us Program (Meet in Lobby at 9:45 am)</p> <p>1:30 Jewish Music & Discussion with Michael Rosenberg (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>4:00 Armchair Travel: Florida (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>3</p>	<p>10:00 Morning Stretch with Stephanie (2nd fl)</p> <p>11:00 Women's History Month Discussion (Theater)</p> <p>12:00 Lunch: Omelet Station- Made to Order Omelets (DR)</p> <p>1:30 Activities to Go Slide Show Presentation (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>4:00 Games with Stephanie (Cafe)</p> <p>6:30 Pianist Bertram McLeish (Theater)</p> <p>4</p>	<p>10:00 Chair Exercise Video (2nd fl)</p> <p>11:00 Story Crafting with Carol (2nd fl)</p> <p>1:30 Guitar with Vladimir (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>4:00 Classical Destinations Series (Theater)</p> <p>5:00 Dinner featuring a Baked Potato Bar with Fixins (DR)</p> <p>6:30 Movie (2nd fl)</p> <p>5</p>	<p>10:00 Fitness First with Martine (2nd fl)</p> <p>10:30 Trip to Library (Meet in the Lobby at 10:15)</p> <p>11:00 Word Games with Stephanie (2nd fl)</p> <p>1:30 Humor Corner with Carol (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>3:00 Landow House Happy Hour (Cafe)</p> <p>4:00 Shabbat Service with Syril Kline (Lobby)</p> <p>5:00 Traditional Shabbat Dinner featuring Roast Beef Carving Station (DR)</p> <p>6</p>	<p>10:00 Yoga/Meditation with Lenora (2nd fl)</p> <p>11:00 Shabbat Service with Rabbah Arlene (Theater)</p> <p>1:30 Dr. Jenner presents (Theater)</p> <p>3:00 Saturday Afternoon Matinee (2nd fl)</p> <p>6:30 Movie (2nd fl)</p> <p>7</p>
<p>8:00 Mini Brunch featuring Challah French Toast, Assorted Pastries and Fresh Fruit (DR)</p> <p>10:00 Chair Exercise Video (2nd fl)</p> <p>10:00 Technology Corner with Karen (Cafe)</p> <p>11:00 Echoes of Nature - Live Exotic Animals! (Lobby)</p> <p>2:00 Entertainment by Ron Howard (Theater)</p> <p>3:30 Short Stories with Stephanie (2nd fl)</p> <p>6:30 Movie (2nd fl)</p> <p>8</p>	<p>9:30 Trip Sign up and Questions with Stephanie (Cafe)</p> <p>10:00 Chair Zumba and Dance Fitness with Sharon (2nd fl)</p> <p>10:00 Trip to Kreeger Museum (Meet in Lobby at 9:45 am)</p> <p>1:30 Purim Shpiel with Ring House Play Readers and Singers (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>3:30 Purim Fun & Games (2nd fl)</p> <p>5:00 Dinner featuring Wine and a Dessert Bar (DR)</p> <p>6:30 Vocal Performance by Harper (Lobby)</p> <p>9</p>	<p>8:00 Breakfast: Made to Order Waffles (DR)</p> <p>10:00 Exercise Video (2nd fl)</p> <p>11:00 Purim Parade with Kehillat Padres- Rock Creek Synagogue (Theater)</p> <p>1:30 Garden Club (2nd fl)</p> <p>2:00 Megillah Reading with Cantor Yehoshua Redfern (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>4:00 Inside the Music with Eva (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>10</p>	<p>10:00 Morning Stretch with Stephanie (2nd fl)</p> <p>11:00 Open Rehearsal with Lauren, Eva & Jiyoung (Theater)</p> <p>11:30 Trip to Steinway for Friday Morning Music Club Performance (Meet in Lobby at 11:15 am)</p> <p>12:00 Lunch: Omelet Station- Made to Order Omelets (DR)</p> <p>1:30 Let's Talk Torah with Rabbah Arlene (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>3:00 News Program with Jerry Grossman (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>11</p>	<p>10:30 Intergenerational Program with 2nd Grade Students from Grace Episcopal School (2nd fl)</p> <p>11:00 Story Crafting with Carol (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>2:30 Performer Portraits with Lauren: The Life and Music of Ray Charles (Theater)</p> <p>4:00 Classical Destinations Series (Theater)</p> <p>5:00 Dinner featuring a Salad Bar (DR)</p> <p>6:30 Entertainment by Bob Clark (Lobby)</p> <p>12</p>	<p>10:00 Fitness First with Martine (2nd fl)</p> <p>11:00 Pianist John Oliver (Theater)</p> <p>1:30 Literature Corner with Carol (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>3:00 Landow House Happy Hour featuring Violin Music with Susan Jones (Cafe)</p> <p>4:00 Shabbat Service with David Abramson (Lobby)</p> <p>5:00 Traditional Shabbat Dinner featuring Turkey Carving Station (DR)</p> <p>13</p>	<p>10:00 Exercise Video (2nd fl)</p> <p>11:00 Shabbat Service with Michael Rosenberg (Theater)</p> <p>1:30 Torah Talk with Janice (Lobby)</p> <p>3:00 Saturday Afternoon Matinee (2nd fl)</p> <p>6:30 Movie (2nd fl)</p> <p>14</p>
<p>8:00 Mini Brunch featuring Challah French Toast, Assorted Pastries and Fresh Fruit (DR)</p> <p>10:00 Seated Exercise with Lenora (2nd fl)</p> <p>10:00 Manicures with Brittney (Cafe)</p> <p>11:00 Coping with Loss & Grief with Janice (Lobby)</p> <p>1:30 Pianist Bertram McLeish (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>15</p>	<p>9:30 Trip Sign up and Questions with Stephanie (Cafe)</p> <p>10:00 Chair Zumba and Dance Fitness with Sharon (2nd fl)</p> <p>1:30 Music with Jiyoung (Lobby)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>2:30 Resident Council (Theater)</p> <p>5:00 Dinner featuring Wine and a Dessert Bar (DR)</p> <p>6:30 Musical Movie Mondays (2nd fl)</p> <p>16</p>	<p>8:00 Breakfast: Made to Order Waffles (DR)</p> <p>10:00 Exercise Video (2nd fl)</p> <p>1:30 Jewish Music & Discussion with Michael Rosenberg (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>2:30 Playful Art (Art Room)</p> <p>4:00 Exploring Irish Melodies with Eva and Lauren (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>17</p>	<p>10:00 Workout with Lori! (2nd fl)</p> <p>11:00 Paint to Live Music with Lauren and Jiyoung (Theater)</p> <p>12:00 Lunch: Omelet Station- Made to Order Omelets (DR)</p> <p>1:30 Lecture with Dr. Jenner (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>6:30 Movie (2nd fl)</p> <p>18</p>	<p>10:00 Chair Exercise Video (2nd fl)</p> <p>11:00 Story Crafting with Carol (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>2:30 Music and Movement with Lauren and Stephanie (Theater)</p> <p>4:00 Classical Destinations Series (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>19</p>	<p>10:00 Fitness First with Martine (2nd fl)</p> <p>11:00 Word Games with Stephanie (2nd fl)</p> <p>1:30 Aging Well With Carol (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>3:00 Landow House Happy Hour (Cafe)</p> <p>4:00 Shabbat Service with Susan & Ira Weiss (Lobby)</p> <p>5:00 Traditional Shabbat Dinner featuring Prime Rib Carving Station (DR)</p> <p>20</p>	<p>10:00 Yoga/Meditation with Lenora (2nd fl)</p> <p>11:00 Shabbat Service with Alana (Theater)</p> <p>3:00 Saturday Afternoon Matinee (2nd fl)</p> <p>6:30 Movie (2nd fl)</p> <p>21</p>
<p>8:00 Mini Brunch featuring Challah French Toast, Assorted Pastries and Fresh Fruit (DR)</p> <p>10:00 Chair Exercise Video (2nd fl)</p> <p>10:00 Technology Corner with Karen (Cafe)</p> <p>1:30 Entertainment by Bob Clark (Lobby)</p> <p>6:30 Performance by Double Play- Flute & Tuba (Lobby)</p> <p>22</p>	<p>9:30 Trip Sign up and Questions with Stephanie (Cafe)</p> <p>10:00 Chair Zumba and Dance Fitness with Sharon (2nd fl)</p> <p>1:30 Music with Jiyoung (Lobby)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>5:00 Dinner featuring Wine and a Dessert Bar (DR)</p> <p>6:30 Vocal Performance by Harper (Lobby)</p> <p>23</p>	<p>8:00 Breakfast: Made to Order Waffles (DR)</p> <p>10:00 Exercise Video (2nd fl)</p> <p>1:30 Jewish Music & Discussion with Michael Rosenberg (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>4:00 Mindful Music with Eva (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>7:30 Rabbi Brandriss presents the Commandments (Lobby)</p> <p>24</p>	<p>10:00 Workout with Lori! (2nd fl)</p> <p>11:00 Open Rehearsal with Lauren, Eva & Jiyoung (Theater)</p> <p>12:00 Lunch: Omelet Station- Made to Order Omelets (DR)</p> <p>1:30 Let's Talk Torah with Rabbah Arlene (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>6:30 Movie (2nd fl)</p> <p>25</p>	<p>10:00 Chair Exercise Video (2nd fl)</p> <p>11:00 Story Crafting with Carol (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>2:30 Composer Series with Lauren: Felix Mendelssohn (Theater)</p> <p>4:00 Classical Destinations Series (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>26</p>	<p>10:00 Fitness First with Martine (2nd fl)</p> <p>1:30 Poetry Corner with Carol (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>3:00 Landow House Happy Hour (Cafe)</p> <p>4:00 Shabbat Service with Syril Kline (Lobby)</p> <p>5:00 Traditional Shabbat Dinner featuring Beef Brisket Carving Station (DR)</p> <p>27</p>	<p>10:00 Yoga/Meditation with Lenora (2nd fl)</p> <p>11:00 Shabbat Service with Rabbah Arlene (Theater)</p> <p>1:30 Torah Talk with Janice (Lobby)</p> <p>3:00 Saturday Afternoon Matinee (2nd fl)</p> <p>6:30 Movie (2nd fl)</p> <p>28</p>
<p>8:00 Mini Brunch featuring Challah French Toast, Assorted Pastries and Fresh Fruit (DR)</p> <p>10:00 Manicures with Brittney (Cafe)</p> <p>6:30 Movie (2nd fl)</p> <p>29</p>	<p>10:00 Chair Zumba and Dance Fitness with Sharon (2nd fl)</p> <p>11:00 Word Games with Stephanie (2nd fl)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>5:00 Dinner featuring Wine and a Dessert Bar (DR)</p> <p>30</p>	<p>8:00 Breakfast: Made to Order Waffles (DR)</p> <p>10:00 Exercise Video (2nd fl)</p> <p>1:30 Jewish Music & Discussion with Michael Rosenberg (Theater)</p> <p>2:00 Open Gym (Therapy Services)</p> <p>4:00 Music with Lauren (Theater)</p> <p>6:30 Movie (2nd fl)</p> <p>31</p>				

March 2020

Landow House Activities
 All Activities are Subject to Change



Charles E. Smith
 LIFE COMMUNITIES