

May 2023



Charles E. Smith
LIFE COMMUNITIES

Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 AM Lunch Outing: Fisherman's Crab Deck Island (LB) 10:15 AM Chair Dance with Marcy (SF) 11:00 AM Poetry Corner with Marcy (SF) 1:30 PM Music written for Heroes and Heroines Programing with Joanna & Lauren 3:00 PM Stories & Reminiscence (BCAT) (SF) 3:30 PM The Wonders of Nature Video: "Elephant"(SF)	2 10:00 AM Strengthening Class with Claudia 11:00 AM Mind Joggers with Claudia (SF) 2:00 PM Documentary:"Jews of the Wild West" (TH) 3:00 PM Exercise Class with Tobias (SF) 4:00PM Let's Talk about it Group with Claudia (SF)	3 10:00 AM Workout with Lori (SF) 11:00 AM Great Tours Travelogue: Washington DC (SF) 1:30 PM Life and Music of Pete Seeger and The Weavers with Lauren (Theater) 2:30 PM Music Trivia with The Piano Man Jerry Roman (Theater) 4:00PM Documentary Harry & Meghan: A new Life in Hollywood (SF)	4 10:00 AM Zumba with Sharon (SF) 11:00 AM Life and Music of Carrie Jacobs Bond with Linda & Lauren (Theater) 1:30 PM Movie & Popcorn:"Eiffel" (TH) 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP)	5 10:00 AM Strengthening Class with Claudia (SF) 11:00 AM The History & Archaeology of the Bible: "The Rise of Assyria" episode 12 (TH) 1:30 PM Landow Singers with Jiyoung (Theater) 3:00 PM Landow House Fiesta Hour Social (Café) 4:00 PM Shabbat Service (TH)	6 10:30 AM Shabbat Services (TH)
7 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word Games (SF) 2:00 PM Bingo (Cafe) 3:00 PM Lemonade, Cookies & Conversations (Café)	8 10:00 AM Work Out Video (SF) 11:00 AM Echoes Of Nature (SF) 1:30 PM Dance Music with Jiyoung & Joanna 3:00 PM The Wonders of Nature Video: "Diving with Dolphins" (SF)	9 LAG BAOMER 10:00 AM Strengthening Class with Claudia 11:00 AM Jewish Art Education Lecture by Nancy Kotz "Jewish-American Artists and WWII" (SF) 2:00 PM Let's Talk Torah with Rabba Arlene 3:00 PM Exercise Class with Tobias (SF) 4:00 PM Fiddler Music with Anthony Hyatts	10 10:00 AM Workout with Lori (SF) 11:00 AM Poetry in The Moment with Dana 2:00 PM Music Entertainment with Bruce Gardner (TH) 3:00 PM Outdoors 4:00PM Board Games (Cafe)	11 10:00 AM Zumba with Sharon (SF) 11:00 AM 10 Jewish Americans who change History presented by Claudia (SF) 1:30 PM Afternoon: Movie: "Bezoz The Beginning" (TH) 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP)	12 10:00 AM Strengthening Class with Claudia (SF) 10:30 AM Shopping Trip: "Dutch Market in Germantown" (LB) 11:00 AM The History & Archaeology of the Bible: " The Rise and Fall of Judah" episode 13 (TH) 2:00 PM Harpist Music with Hector Munoz (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	13 10:30 AM Shabbat Services (TH)
14MOTHER'S DAY 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word Games (SF) 2:00 PM Hometowne USA Choir Performance (TH) 3:00 PM Mother's Day Social (Café)	15 10:15 AM Chair Dance with Marcy (SF) 10:30 AM Mc Crillis House and Gardens Outing 11:00 AM Poetry Corner with Marcy (SF) 1:30 PM Operatic Hits with The Trio (TH) 3:00 PM Stories & Reminiscence (BCAT) (SF) 4:00 PM Current Events & Discussions with Shirley (SF)	16 10:00 AM Yoga Class with Natalya (SF) 11:00 AM Mind Joggers with Claudia (SF) 2:00 PM Guitar Music with Vladimir (TH) 3:00 PM Exercise Class with Tobias (SF) 4:00PM Let's Talk about it Group with Claudia (SF)	17 10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Duke Ellington and his DC Legacy Music with Joanna (Theater) 3:00 PM Outdoors 4:00 PM Board Games (Cafe) 7:00 PM Karaoke Night Sing Along with Ann & Joy (SF)	18 10:00 AM Morning Strech with Claudia (SF) 11:00 AM Plannig our Music Festival with Lauren: "American Music" (Theater) 1:30 PM Afternoon Movie:"iMordecai" (TH) 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP)	19 10:00 AM Strengthening Class with Claudia (SF) 11:00 AM The History & Archaeology of the Bible: "The Empire of Alexander the Great" episode14 1:30 PM Life and Music of Victor Borge with Jiyoung (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	20 10:30 AM Shabbat Services (TH)
21 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word Games (SF) 2:00 PM Vocal Performance with Harper Denhard 3:00 PM The Tacy Foundation Rehearsal (Theater)	22 10:00 AM Just Us Program: National Art Gallery Trip (LB) 10:15 AM Chair Dance with Marcy (SF) 11:00 AM Poetry Corner with Marcy (SF) 2:00 PM Piano Tunes with Bertram McLeish 3:00 PM Stories & Reminiscence (BCAT) (SF) 4:00 PM The Wonders of Nature Video: " (SF)	23 10:00 AM Strengthening Class with Claudia (SF) 11:00 AM Mind Joggers with Claudia (SF) 2:00 PM Let's Talk Torah with Rabba Arlene 3:00 PM Exercise Class with Tobias (SF) 4:00PM Music Entertainment with Seka Tokić	24 10:00 AM Workout with Lori (SF) 11:00 AM Great Tours Travelogue DC: The White House and The Presidency (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Music for the Typewriter?- Leroy Anderson & the Boston Pops with Joanna 2:30 PM Resident Council (TH)	25EREV SHAVUOT 10:00 AM Morning Strech with Claudia (SF) 11:00 AM "The Loreley" Presented by Alan & Lauren (Theater) 1:30 PM Movie & Popcorn:"Father of the Bride 2022"(TH) 3:30 PM Exercise Class with Tobias (SF) 4:00 PM Memory Exercise (BCAT GROUP)	26SHAVUOT I 10:30 AM Shavuot Services (TH) 1:30 PM Celebrating Shavuot in Song with Jiyoung (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	27 SHAVUOT II 10:30 AM Shavuot services with Yizkor (TH) 3:00 PM Sundae Bar (Cafe)
28 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Word Games (SF) 2:00 PM Starvation Army Band Concert (TH) 3:00 PM Bingo (Cafe)	29MEMORIAL DAY 10:15 AM Chair Dance with Marcy (SF) 11:00 AM Patriotic Sing- Along with Alan MacEwen (TH) 1:30 PM Celebrating Memorial Day with The Trio (TH) 3:00 PM Memorial Day Social (Cafe)	30 10:00 AM Strengthening Class with Claudia 11:00 AM Mind Joggers with Claudia (SF) 2:00 PM Documentary:"Jewish American Soldiers: Stories from WWII" (TH) 3:00 PM Exercise Class with Tobias (Sf) 4:00PM Let's Talk about it Group with Claudia (SF)	31 10:00 AM Workout with Lori (SF) 11:00 AM Songs of Shlomo Carlebach by Rabbi Shmuel Leigh (TH) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Musical Visions of the America West with Joanna (Theater) 3:00 PM Outdoors 4:00 PM Board Games (Cafe)			

SF = Second Floor, LB = Lobby, TH = Theater