



November 2025

Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	*Programs are subject to change with notice in CUBIGO.					10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Service (Café)
2	3	4	5	6	7	8
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce 3:00 PM Tea, Coffee & Cookies Social (L&C)	10:00 AM Exercise with Mariah (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Mysterious, Ominous, and Scary Classical Music, with the Trio (TH) 3:00 PM One on One Visits 4:00 PM Table Games : Scrabble & Puzzles (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Scenic Drive 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Landow Chorus with Jiyoung (TH) 2:30 PM B-Day Club Meeting 3:30 PM Bingo (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Who wrote the best 5th Symphony? With Joanna (TH) 4:00 PM Healthy Aging Seminar with Dan: Boost your Brain Power (SF)	10:00 AM Living Strong Exercise with Dan (SF) 11:00 AM Word Games with Mariah (SF) 1:30 PM Afternoon Movies: The Great Debaters (TH) 3:00 PM One on One's Visits 4:00 PM Stories & Reminiscence: Judge Judy (SF)	10:00 AM Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM Music and Poetry and Nyah and Lauren (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Service (Café)
9	10	11 VETERANS DAY	12	13	14	15
10:00 AM Morning Exercise with Claudia (SF) 11:00 AM Trivia Games with Claudia (SF) 1:30 PM Karaoke with Claudia (SF) 3:00 PM Tea, Coffee & Cookies Social (L&C)	10:00 AM Dance Movements with Marcy (SF) 11:00 AM Echoes of Nature (SF) 1:30 PM Landow Chorus rehearsal with Jiyoung (TH) 3:00 PM One on One Visits 4:00 PM Table Games : Scrabble & Puzzles (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Veterans Day Program with the Trio (TH) 2:30 PM Torah Talk with Rabbah Arlene (SF) 4:00 PM Jeopardy Game (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM The Folk Music Queen- Joan Baez, with Joanna (TH) 4:00 PM Healthy Aging Seminar with Dan: Memory Matters (SF)	10:00 AM Living Strong Exercise with Dan (SF) 11:00 AM Old English Proverbs and Meanings with Mariah 1:30 PM Afternoon Classics Movies: Planes, Train and Automobiles (SF) 3:00 PM One on One's Visits 3:30 PM Poetry and Creative Writing Workshop (SF)	10:00 AM Tai Chi Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM From Lead Belly to Peter Seeger: origins of American folk music with Lauren (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Service (Café)
16	17	18	19	20	21	22
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Double Play Concert (TH) 3:00 PM Tea, Coffee & Cookies Social (L&C)	10:00 AM Exercise with Mariah (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Music Celebrating Friendships! with the Trio (TH) 3:00 PM One on One Visits 4:00 PM Table Games : Scrabble & Puzzles (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Scenic Drive 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Landow Chorus with Jiyoung (TH) 2:30 PM Guitar Music with Vladimir (TH) 3:30 PM Bingo (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Musical Entertainment Myca Townes 4:00 PM Healthy Aging Seminar with Dan: Games for the Brain (SF)	10:00 AM Living Strong Exercise with Dan (SF) 11:00 AM Word Games with Mariah (SF) 2:00 PM Jewish Art Education Presented by Nancy Kotz: (SF) 3:00 PM One on One's Visits 4:00 PM Stories & Reminiscence: Baseball (SF)	10:00 AM Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM A Musical Thanksgiving with Lauren (TH) 3:00 PM Monthly Birthday Celebrations Social 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Service (Café)
23	24	25	26	27 THANKSGIVINGS	28	29
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce 3:00 PM Tea, Coffee & Cookies Social (L&C)	10:00 AM Dance Movements with Marcy (SF) 10:00 AM Exercise with Mariah (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Mariah Jazz Presentation: The Marsalis Men (SF) 3:00 PM One on One Visits 4:00 PM Table Games : Scrabble & Puzzles	10:00 AM Resistance Band Exercise with Nyah (SF) 10:30 AM Outings 11:00 AM Mind Joggers with Jeff (SF) 2:30 PM Torah Talk with Rabbah Arlene (SF) 4:00 PM Jeopardy Game (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Inspirational Songs with Michael Rosenberg (SF) 2:30 PM Resident Council	8:30 AM Macy's Day Parade (SF) 10:30 AM Flower Arrangements for the Dining Room (SF) 1:30 PM Musical Entertainment with Patty Reese (SF) 2:30 PM Classic Movie (SF)	10:00 AM Tai Chi Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM Musical Entertainment Will Layman 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Service (Café)
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10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce 3:00 PM Tea, Coffee & Cookies Social (L&C)						