

January 2023



Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 AM Daily Chronicles 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Trivia Games with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:30 PM Afternoon Snacks 03:30 PM New Year's Day Music with Ro Cube 04:30 PM Music Relaxation	2 10:00 AM Daily Chronicles 10:00 AM Morning Stretch 10:30 AM Music and Movement with Yolene 01:00 PM Quiet Time 01:30 PM Music for the New Year with The Trio 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	3 10:00 AM Morning Stretch 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"	4 10:00 AM Morning Stretch 10:30 AM Bus Ride with Cohen Rosen House 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Manicures 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	5 10:00 AM Morning Stretch 11:00 AM Reminiscing Stories 01:00 PM Quiet Time 02:00 PM BCAT Stories with Yolene 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	6 10:00 AM Morning Stretch 10:30 AM Chair Exercise 12:00 PM Word Games: Name Five 01:00 PM Quiet Time 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (TH)	7 10:30 AM Shabbat Services 11:00 AM Word Games with Joyce "Name Five" 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Afternoon Stretch with Joyce 03:30 PM Reminiscing Top Songs of the 1950 03:30 PM Afternoon Snacks 04:00 PM Sing - Along with Joyce
8 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:00 PM Tacy Foundation Rehearsals 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	9 10:00 AM Morning Stretch 10:30 AM Music and Movement with Yolene 01:00 PM Quiet Time 01:30 PM Concert with Joy, Ann & The Trio TH 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	10 10:00 AM Morning Stretch 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"	11 10:00 AM Morning Stretch 10:30 AM Bus Ride with Cohen Rosen House 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Manicures 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	12 10:00 AM Morning Stretch 11:00 AM Reminiscing Stories 01:00 PM Quiet Time 02:00 PM BCAT Stories with Yolene 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	13 10:00 AM Morning Stretch 10:30 AM Chair Exercise 12:00 PM Word Games: Name Five 01:00 PM Quiet Time 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (TH)	14 10:30 AM Shabbat Services 11:00 AM Word Games with Joyce "Name Five" 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Afternoon Stretch with Joyce 03:30 PM Reminiscing Top Songs of the 1950's 03:30 PM Afternoon Snacks 04:00 PM Sing - Along with Joyce
15 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	16 MARTIN LUTHER KING JR. DAY 10:00 AM Morning Stretch 10:30 AM Music and Movement with Yolene 01:00 PM Quiet Time 01:30 PM Music of the Civil Rights Movement in Honor of MLK Jr. Day TH 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	17 10:00 AM Morning Stretch 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 02:30 PM Guitar Music with Vladimir 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"	18 10:00 AM Morning Stretch 10:30 AM Music & Movement with Lauren and Yolene 10:30 AM Tour Sandy Spring Museum 01:00 PM Quiet Time 01:30 PM Manicures 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	19 10:00 AM Morning Stretch 11:00 AM Reminiscing Stories 01:00 PM Quiet Time 02:00 PM BCAT Stories with Yolene 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	20 10:00 AM Morning Stretch 10:30 AM Chair Exercise 12:00 PM Word Games: Name Five 01:00 PM Quiet Time 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service TH	21 10:30 AM Shabbat Services 11:00 AM Word Games with Joyce "Name Five" 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Afternoon Stretch with Joyce 03:30 PM Reminiscing Top Songs of the 1950's 03:30 PM Afternoon Snacks 04:00 PM Sing - Along with Joyce
22 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	23 10:00 AM Morning Stretch 10:30 AM Music and Movement with Yolene 01:00 PM Quiet Time 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	24 10:00 AM Morning Stretch 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"	25 10:00 AM Morning Stretch 10:30 AM Bus Ride with Cohen Rosen House 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Manicures 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	26 10:00 AM Morning Stretch 11:00 AM Reminiscing Stories 01:00 PM Quiet Time 02:00 PM BCAT Stories with Yolene 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	27 10:00 AM Morning Stretch 10:30 AM Chair Exercise 12:00 PM Word Games: Name Five 01:00 PM Quiet Time 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service TH	28 10:30 AM Shabbat Services 11:00 AM Word Games with Joyce "Name Five" 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Afternoon Stretch with Joyce 03:30 PM Reminiscing Top Songs of the 1950's 03:30 PM Afternoon Snacks 04:00 PM Sing - Along with Joyce
29 10:00 AM Morning Stretch with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	30 10:00 AM Morning Stretch 10:30 AM Music and Movement with Yolene 01:00 PM Quiet Time 01:30 PM Klezmer & Sephardic Tunes with the Trio TH 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	31 10:00 AM Morning Stretch 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 03:00 PM Exercise Class with Marcus 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"			Calendar legend Sign up mandatory	Location SF Second Floor TH Theater (Landow House)