

March 2023



Charles E. Smith
LIFE COMMUNITIES

Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:30 AM Bus Ride with Cohen Rosen House and Yolene 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Movie Classics 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	10:00 AM Morning Stretch with Yolene 11:00 AM BCAT Reminiscing Stories with Yolene 01:00 PM Quiet Time 02:00 PM Manicures & Relaxation Sounds 03:00 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	10:30 AM Chair Exercise 12:00 PM Word Games: Name Five 01:00 PM Quiet Time 01:30 PM Landow House Art show Presentation with Carol & Jiyoung (Theater) 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	10:30 AM Shabbat Services (Theater) 11:00 AM Word Games with Joyce 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Sing - Along with Joyce 03:30 PM Afternoon Snacks 04:00 PM Reminiscing Top Songs
5	6 EREV PURIM	7 PURIM	8	9	10	11
10:00 AM Morning Stretch with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:00 PM Table Games 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	10:00 AM Music and Movement with Yolene 11:00 AM Name that Tune 01:00 PM Quiet Time 01:30 PM Life & Music of Beethoven with The Trio (Theater) 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	10:00 AM Morning Stretch with Yolene 10:30 AM Trivia Games 11:00 AM Megillah Reading (Theater) 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 03:00 PM Children's Parade – Kehillat Pardes Synagogue (Theater) 03:30 PM Afternoon Snacks 03:30 PM Exercise Class with Tobias 04:00 PM Purim Celebration with Machaya Klezmer Band Theater	10:30 AM Bus Ride with Cohen Rosen House and Yolene 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Movie Classics 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	10:00 AM Morning Stretch with Yolene 11:00 AM BCAT Reminiscing Stories with Yolene 01:00 PM Quiet Time 02:00 PM Manicures & Relaxation Sounds 03:00 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	10:30 AM Chair Exercise 11:00 AM Word Games: Name Five 01:00 PM Quiet Time 01:30 PM Landow Singers with Lauren (Theater) 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	10:30 AM Shabbat Services (Theater) 11:00 AM Word Games with Joyce 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Sing - Along with Joyce 03:30 PM Afternoon Snacks 04:00 PM Reminiscing Top Songs
12	13	14	15	16	17	18
10:00 AM Morning Stretch with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:00 PM Table Games 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	10:00 AM Music and Movement with Yolene 11:00 AM Name that Tune 01:00 PM Quiet Time 01:30 PM Sounds of Spring with Jiyoung & Lauren (Theater) 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	10:00 AM Morning Stretch with Yolene 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 03:30 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"	10:30 AM Bus Ride with Cohen Rosen House and Yolene 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Movie Classics 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	10:00 AM Morning Stretch with Yolene 11:00 AM BCAT Reminiscing Stories with Yolene 11:00 AM Accordion Music with Dave Lovins 01:00 PM Quiet Time 02:00 PM Manicures & Relaxation Sounds 03:00 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	10:30 AM Chair Exercise 11:00 AM Word Games: Name Five 01:00 PM Quiet Time 01:30 PM The 40's Show! With Sonya Okin and Jiyoung (Theater) 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	10:30 AM Shabbat Services (Theater) 11:00 AM Word Games with Joyce 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Sing - Along with Joyce 03:30 PM Afternoon Snacks 04:00 PM Reminiscing Top Songs
19	20	21	22	23	24	25
10:00 AM Morning Stretch with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:00 PM Table Games 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	10:00 AM Music and Movement with Yolene 11:00 AM Name that Tune 01:00 PM Quiet Time 01:30 PM Women's Voices with The Trio (Theater) 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	10:00 AM Morning Stretch with Yolene 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:00 PM Guitar Music with Vladimir (Theater) 02:15 PM Music with Joanna (Connections) 03:30 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"	10:30 AM Bus Ride with Cohen Rosen House and Yolene 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Movie Classics 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	10:00 AM Morning Stretch with Yolene 11:00 AM BCAT Reminiscing Stories with Yolene 01:00 PM Quiet Time 02:00 PM Manicures & Relaxation Sounds 03:00 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	10:30 AM Chair Exercise 11:00 AM Word Games: Name Five 01:00 PM Quiet Time 01:30 PM Helaine's Show! Dating in the 70's - "Will You Still Love Me Tomorrow" with Jiyoung (Theater) 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	10:30 AM Shabbat Services (Theater) 11:00 AM Word Games with Joyce 01:00 PM Quiet Time 02:00 PM Table Top Games 03:00 PM Sing - Along with Joyce 03:30 PM Afternoon Snacks 04:00 PM Reminiscing Top Songs
26	27	28	29	30	31	
10:00 AM Morning Stretch with Joyce (SF) 01:00 PM Quiet Time 02:00 PM Classic Movies 03:00 PM Table Games 03:30 PM Afternoon Snacks 04:30 PM Music Relaxation	10:00 AM Music and Movement with Yolene 11:00 AM Name that Tune 01:00 PM Quiet Time 03:30 PM Trivia Games with Yolene 03:30 PM Afternoon Snacks 04:00 PM Classic Television Shows	10:00 AM Morning Stretch with Yolene 10:30 AM Trivia Games 11:00 AM Sing - Along - Songs 01:00 PM Quiet Time 02:15 PM Music with Joanna (Connections) 03:30 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Arts and Crafts " Flower Arrangements"	10:30 AM Bus Ride with Cohen Rosen House and Yolene 10:30 AM Music & Movement with Lauren and Yolene 01:00 PM Quiet Time 01:30 PM Movie Classics 02:00 PM Art Workshop with Carol 03:30 PM Afternoon Snacks 04:00 PM Art Work with Carol	10:00 AM Morning Stretch with Yolene 11:00 AM BCAT Reminiscing Stories with Yolene 01:00 PM Quiet Time 02:00 PM Manicures & Relaxation Sounds 03:00 PM Exercise Class with Tobias 03:30 PM Afternoon Snacks 04:00 PM Water Coloring with Yolene	10:30 AM Chair Exercise 11:00 AM Word Games: Name Five 01:00 PM Quiet Time 01:30 PM Celebrating the Cherry Blossom Season with Jiyoung (Theater) 03:30 PM Afternoon Snacks 04:00 PM Shabbat Service (Theater)	

