



September 2025

Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOR DAY	2	3	4	5	6
	10:00 AM Exercise with Mariah (SF) 11:00 AM Old English Proverbs and Meanings with Mariah (CY) 1:30 PM Music of the Labor Movement, with the Trio (TH) 2:30 PM Ice Cream Social (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Follies rehearsal with Jiyoung (TH) 2:30 PM B-Day Club Meeting (TH) 3:30 PM Bingo (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events (SF) 1:30 PM Musical Souvenirs, with Joanna (TH) 3:00 PM Knitting Club 4:00 PM Healthy Aging Seminar with Dan: Mental Wellness & Mood Support (SF)	10:00 AM Living Strong Exercise with Dan (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: Wicked (TH) 3:00 PM One on One's Visits 4:00 PM Stories & Reminiscence (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo: Boccherini: Night Music (SF) 1:30 PM Life and Music of Xavier Cugat with Lauren (SF) 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) 9:00 PM Havdalah Service (Café)
7 ASSISTED LIVING WEEK “AGELESS ADVENTURE”	8 ASSISTED LIVING WEEK “AGELESS ADVENTURE	9 ASSISTED LIVING WEEK “AGELESS ADVENTURE	10 ASSISTED LIVING WEEK “AGELESS ADVENTURE	11 ASSISTED LIVING WEEK “AGELESS ADVENTURE	12 ASSISTED LIVING WEEK “AGELESS ADVENTURE	13
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce (SF) 3:00 PM Lemonade & Cookies Social (L&C)	10:00 AM Dance Movements with Marcy (SF) 11:00 AM Echoes of Nature (SF) 1:30 PM Celebrating Our 4th Year of Cultural Tapestry: "Embracing Diversity and Unity" (TH) 3:30 PM Social “Our Vibrant Community” (SF)	10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Torah Talk with Rabbah Arlene (SF) 4:00 PM Poetry Inkwell Insights with Nyah (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events (SF) 1:30 PM Follies Dress Rehearsal (TH) 3:00 PM Healthy Aging Seminar with Dan: Mental Wellness & Mood Support (SF) 6:30 PM Landow Follies Presents: "Stars and Stripes" (TH)	10:00 AM Living Strong Exercise with Dan (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: "Blazing Saddles" (TH) 3:00 PM One on One's Visits 4:00 PM Stories & Reminiscence (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo: Rachmaninoff Reborn (SF) 1:30 PM Shinning Stars Soiree: Celebrating the Luminary Volunteers of Landow House (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) 9:00 PM Havdalah Service (Café)
14	15	16	17	18	19	20
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Mini Musicals on the Move Presents: “The Music Man” (TH) 3:00 PM Lemonade & Cookies Social (L&C) 4:00 PM Selichot Service with Rabbah Arlene (TH)	10:00 AM Exercise with Mariah (SF) 11:00 AM Outdoor Word Games with Mariah 1:30 PM Welcome Back Fall, with the Trio 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) 2:00 PM Guitar Music with Vladimir (TH) 3:30 PM Bingo (SF)	10:00 AM Workout with Lori (SF) 11:00 AM Current Events (SF) 1:30 PM Life and Music of Joan Baez, with Carla and Joanna (TH) 2:30 PM Resident Council (TH)	10:00 AM Living Strong Exercise with Dan (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM Afternoon Movies: "Radio" (TH) 3:00 PM One on One's Visits 4:00 PM Stories & Reminiscence (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo: Barrios: Chopin of the Guitar (SF) 1:30 PM Music of Rosh Hashanah with Lauren! (SF) 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) 9:00 PM Havdalah Service (Café)
21	22 EREV ROSH HASHANAH	23 ROSH HASHANAH	24 ROSH HASHANAH	25	26	27
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce (SF) 3:00 PM Lemonade & Cookies Social (L&C)	10:00 AM Dance Movements with Marcy (SF) 11:00 AM Outdoor Word Games with Mariah 1:30 PM Mariah Jazz Presentation (SF) 3:00 PM One on One Visits 4:00 PM Erev Rosh Hashanah Evening Services with Rabbah Arlene and Joan (TH)	10:30 AM Morning Service with Shofar and Spiritual Tashlich with Rabbah Arlene and Joan (TH) 2:00 PM Apples and Honey with Rabbi Dan (SF)	10:30 AM Morning Service with Shofar with Rabbah Arlene (TH)	10:00 AM Living Strong Exercise with Dan (SF) 11:00 AM Art Workshop with Claudia (AR) 2:00 PM Jewish Art Education Presented by Nancy Kotz: The Art of the High Holidays (SF) 3:00 PM One on One's Visits 4:00 PM Stories & Reminiscence (SF)	10:00 AM Tai Chi & Strengthening Class with Claudia (SF) 10:45 AM Meditation Club (SF) 1:30 PM Great American Songbook: Hoagy Carmichael, with Lauren (SF) 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) 9:00 PM Havdalah Service (Café)
28	29	30				
10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce (SF) 1:30 PM Karaoke with Joyce (SF) 3:00 PM Tacy Foundation Performances 3:00 PM Lemonade & Cookies Social (L&C)	10:00 AM Exercise with Mariah (SF) 11:00 AM Word Games with Mariah 1:30 PM Life and Music of Marvin Hamlisch with the Trio 3:00 PM Living Strong Exercise with Dan (SF) 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 Out to Lunch 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Landow Singers with Jiyoung (TH) 3:30 PM Bingo (SF)				