

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 AM Workout with Lori (SF) 10:00 AM Lunch Outing to McCormick & Schmicks Seafood & Steakhouse National Harbor (LB) 11:00 AM Old English Proverbs and Meanings with Mariah (SF) 1:30 PM Music for America 250, part 2, with Joanna (TH) 4:00 PM Health Seminars with Dan: The Power of Color on Mood, Energy & Well-Being (SF)	2 10:00 AM Living Strong/Chair Yoga (SF) 11:00 AM JCC Campers (TH) 1:30 PM Afternoon Movie: Apollo 13 (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	3 10:00 AM Exercise with Nyah (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM Independence Day (TH) 3:00 PM Happy Hour (L&C) 4:00 PM Shabbat Service (TH)	4 INDEPENDENCE DAY 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:45 PM Havdalah Service (Café)
5 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 2:00 PM Music Entertainment with Victor Hurtado (SF) 3:00 PM Ice Cream Social (SF)	6 10:00 AM Exercise with Mariah (SF) 11:00 AM Art Class (SF) 1:30 PM Music Festival : To the Moon and Beyond ! (TH) 3:00 PM One on One Visits 3:00 PM Mahjong Players (Café) 4:00 PM Outdoor Games (weather permitting) (CY)	7 10:00 AM Strengthening Class with Claudia (SF) 1:30 PM Music Festival Showcase (TH) 2:30 PM Landow House Happy Hour (SF) 3:30 PM Open Gym 6:30 PM Music Festival Evening Moonlight	8 10:00 AM Workout with Lori (SF) 11:00 AM Word Games with Mariah (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF) 2:00 PM Travel Experience with Mariah: Tanzania 3:00 PM Men's Group 4:00 PM Health Seminars with Dan: All About Massage Therapy: Relax, Restore, Renew (SF)	9 10:00 AM Living Strong/Chair Yoga (SF) 11:00 AM JCC Campers (TH) 1:30 PM Afternoon Movie: The American President (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	10 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 1:30 PM "The Crooners' with Madelyn, Andy and Lauren (TH) 4:00 PM Shabbat Service (TH)	11 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:45 PM Havdalah Service (Café)
12 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Lemonade & Iced Tea Social (L&C)	13 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Echoes of Nature (SF) 1:30 PM The French Connection, with the Trio (TH) 3:00 PM One on One Visits 3:00 PM Mahjong Players (Café) 4:00 PM Outdoor Games (weather permitting) (CY)	14 10:00 AM Exercise with Mariah (SF) 11:00 AM Mind Joggers with Jeff (SF) 1:30 PM Sounds of Canada with Mariah and Jiyoung (TH) 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:30 PM Bingo (SF) 3:30 PM Open Gym	15 10:00 AM Workout with Lori (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF) 1:30 PM Accordion Journeys, with Ron and Joanna (TH) 3:00 PM Happy Hour (L&C) 4:00 PM Health Seminars with Dan: Sing for Health: Join Dan on Ukulele & Instruments (SF)	16 10:00 AM Living Strong/Chair Yoga (SF) 11:00 AM JCC Campers (TH) 1:30 PM Afternoon Movie: The Secret Life of Bees (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	17 10:00 AM Strengthening Exercise with Nyah (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 2:00 PM Music Entertainment with Ed Schafer (SF) 4:00 PM Shabbat Service (TH)	18 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:45 PM Havdalah Service (Café)
19 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 2:00 PM Bingo (SF) 3:00 PM Lemonade & Iced Tea Social (SF)	20 10:00 AM Exercise with Mariah (SF) 11:00 AM JCC Campers (TH) 2:00 PM Landow Women's Club (SF) 3:00 PM One on One Visits 3:30 PM Ice Cream Social (Café)	21 10:00 AM Resistance Band Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 2:00 PM Mariah's Jazz Presentation: Thelonius Monk (SF) 3:30 PM Open Gym 3:30 PM Bingo (SF)	22 10:00 AM Workout with Lori (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF) 1:30 PM Landow Poets: "Poetry Reading" (SF) 2:30 PM Resident Council	23 Tisha B'av 10:00 AM Living Strong/Chair Yoga (SF) 11:00 AM The Story of Jews (SF) 2:00 PM Tisha B'av program Rabbi Renana (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	24 10:00 AM Strengthening Class with Claudia 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 2:00 PM Music Entertainment with Prince Havelly 4:00 PM Shabbat Service (TH)	25 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 8:45 PM Havdalah Service (Café)
26 10:00 AM Morning Exercise (SF) 11:00 AM Trivia Games (SF) 1:30 PM Sing Along (SF) 3:00 PM Tacy Foundation Performances	27 10:00 AM Dance Movements with Marcy (SF) 11:00 AM Art Class with Claudia (AR) 2:00 PM Guitar Music with Vladimir (TH) 3:00 PM One on One Visits 3:00 PM Mahjong Players (Café) 4:00 PM Outdoor Games (weather permitting) (CY)	28 10:00 AM Strengthening Exercise with Nyah (SF) 11:00 AM Mind Joggers with Jeff (SF) 2:30 PM Torah Talk with Rabbah Arlene (SF) 3:30 PM Bingo (SF) 3:30 PM Open Gym	29 10:00 AM Exercise with Mariah (SF) 11:00 AM Discussions and study of the weekly Parsha with Rabbi Renana :Freedom Songs and Tales from the Jewish Trading (SF) 2:00 PM Travel Experience to Italy (SF) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Health Seminars with Dan: Living Well with Low Vision (SF)	30 10:00 AM Living Strong/Chair Yoga (SF) 11:00 AM JCC Campers (TH) 1:30 PM Afternoon Movie: Micheal (TH) 3:00 PM One on One's Visits 3:30 PM Open Gym	31 10:00 AM Tai Chi Class with Claudia (SF) 11:00 AM PBS Documentaries Great Performances: Now Hear This Scott Yoo (SF) 2:00 PM Music Entertainment with Erin Frisby 4:00 PM Shabbat Service (TH)	