

# December 2024



# Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>10:00 AM</b> Morning Exercise <b>11:00 AM</b> Trivia Games with Joyce <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Karaoke with Joyce (SF) <b>3:00 PM</b> Coffee & Cookies Social (L&C)	<b>2</b> <b>10:00 AM</b> Chair Dance (SF) <b>11:00 AM</b> Travel Experience (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> The Trio's 2024 Favorite Selections <b>2:45 PM</b> Music with Lauren <b>4:00 PM</b> Table Games : Scrabble & Puzzles (SF)	<b>3</b> <b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Reminiscing The 1940's <b>3:00 PM</b> Word Games <b>3:30 PM</b> Exercise with Taylor <b>4:00 PM</b> Bingo (SF) <b>6:30 PM</b> Holiday Lights Scenic Ride	<b>4</b> <b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Current Events with Judy Cohen (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Antonin Dvorak's Beautiful Melodies with Joanna (TH) <b>3:00 PM</b> Arts & Crafts <b>4:00 PM</b> Stories & Reminiscence (BCAT) (SF)	<b>5</b> <b>10:00 AM</b> Morning Stretch Class with Mariah (SF) <b>11:00 AM</b> Music & Poetry with Nyah and Lauren (TH) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> BCAT Reminiscing Stories <b>3:00 PM</b> Exercise Class with Taylor <b>3:30 PM</b> Finish That Proverb <b>4:20 PM</b> Music with Lauren	<b>6</b> <b>10:00 AM</b> Music and Strengthening Exercise with Claudia & Jiyoung (SF) <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> Skit Reading (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Best of Waltzes with Jiyoung (TH) <b>3:00 PM</b> Landow House Happy Hour (Café) <b>4:00 PM</b> Shabbat Service (TH)	<b>7</b> <b>10:30 AM</b> Shabbat Services (TH) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Shabbos Study Group with Dr. Alan Breitler (SF) <b>6:45 PM</b> Havdalah Blessings with Dr. Alan Breitler (L&C)
<b>8</b> <b>10:00 AM</b> Morning Exercise <b>11:00 AM</b> Trivia Games with Joyce <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Classic Movie (SF) <b>3:00 PM</b> Hot Chocolate & Cookies Social (L&C)	<b>9</b> <b>10:00 AM</b> Chair Dance (SF) <b>11:00 AM</b> Echoes Of Nature (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Celebrating National Cello and Violin Day with the Trio <b>2:45 PM</b> Music with Lauren <b>4:00 PM</b> Family Feud Game with Nyah (SF)	<b>10</b> <b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Torah Talk with Rabbah Arlene <b>3:00 PM</b> Word Games <b>3:30 PM</b> Exercise with Taylor <b>4:00 PM</b> Let's Talk About It (SF)	<b>11</b> <b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Name Categories Game <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> The Voice of Edith Piaf with Joanna (TH) <b>3:00 PM</b> Arts & Crafts <b>4:00 PM</b> Stories & Reminiscence (BCAT) (SF)	<b>12</b> <b>10:00 AM</b> Morning Stretch Class with Mariah (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> BCAT Reminiscing Stories <b>3:00 PM</b> Exercise Class with Taylor <b>3:30 PM</b> Finish That Proverb <b>4:20 PM</b> Music with Lauren	<b>13</b> <b>10:00 AM</b> Music and Strengthening Exercise with Claudia & Jiyoung (SF) <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> America in Color: Organized Crime (SF) <b>1:00 PM</b> Quiet Time <b>1:45 PM</b> Soundtrack of Our Lives with Bev and Jiyoung (TH) <b>3:00 PM</b> Landow House Happy Hour (Café) <b>4:00 PM</b> Shabbat Service (TH)	<b>14</b> <b>10:30 AM</b> Shabbat Services (TH) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Shabbos Study Group with Dr. Alan Breitler (SF) <b>6:45 PM</b> Havdalah Blessings with Dr. Alan Breitler (L&C)
<b>15</b> <b>10:00 AM</b> Morning Exercise <b>11:00 AM</b> Trivia Games with Joyce <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Pottery Presentation by Deedee R. (SF) <b>3:00 PM</b> Coffee & Pastries (Café)	<b>16</b> <b>10:00 AM</b> Chair Dance (SF) <b>11:00 AM</b> Landow News Feeds with Nyah and Claudia (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Music for The Holiday Season with the Trio <b>2:45 PM</b> Music with Lauren <b>4:00 PM</b> You Be the Judge Stories (SF)	<b>17</b> <b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Guitar Music with Vladimir (TH) <b>3:00 PM</b> Word Games <b>3:30 PM</b> Exercise with Taylor <b>4:00 PM</b> Bingo (SF)	<b>18</b> <b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Current Events with Judy Cohen (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> The Legacy of Quincy Jones with Joanna (TH) <b>3:00 PM</b> Arts & Crafts <b>4:00 PM</b> Stories & Reminiscence (BCAT) (SF)	<b>19</b> <b>10:00 AM</b> Morning Stretch Class with Mariah (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> BCAT Reminiscing Stories <b>3:00 PM</b> Exercise Class with Taylor <b>3:30 PM</b> Finish That Proverb <b>4:20 PM</b> Music with Lauren	<b>20</b> <b>10:00 AM</b> Strengthening Exercise with Claudia <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> Skit Reading (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Music Entertainment with Singer Patty Reese (TH) <b>3:00 PM</b> Monthly Birthday Celebrations Social <b>4:00 PM</b> Shabbat Service (TH)	<b>21</b> <b>10:30 AM</b> Shabbat Services (TH) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Shabbos Study Group with Dr. Alan Breitler (SF) <b>6:45 PM</b> Havdalah Blessings with Dr. Alan Breitler (L&C)
<b>22</b> <b>10:00 AM</b> Morning Exercise <b>11:00 AM</b> Trivia Games with Joyce <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Karaoke with Joyce (SF) <b>3:00 PM</b> Tea & Cookies Social (L&C)	<b>23</b> <b>10:00 AM</b> Chair Dance (SF) <b>11:00 AM</b> Mariah & Martha's Presentation (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Travel Experience with Mariah <b>3:00 PM</b> ChanukKah Houses Decorations <b>4:00 PM</b> Current Events & Discussions with Shirley (SF)	<b>24</b> <b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Torah Talk with Rabbah Arlene <b>3:00 PM</b> Word Games <b>3:30 PM</b> Exercise with Taylor <b>4:00 PM</b> Let's Talk About It (SF)	<b>25 Chanukkah, First Candle</b> <b>10:00 AM</b> Chair Dance with Marcy (SF) <b>10:45 AM</b> Poetry with Marcy (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> "How Greece Affected Judaism" Lecture Presented by Dr. Alan Breitler (SF) <b>3:00 PM</b> Coffee, Hot Chocolate and Jelly Donuts Social (Café) <b>4:45 PM</b> Menorah Lighting (LB) <b>1st Night of Chanukkah</b>	<b>26 Chanukkah, Second Candle</b> <b>10:00 AM</b> Morning Stretch Class with Mariah (SF) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> BCAT Reminiscing Stories <b>3:00 PM</b> Exercise Class with Taylor <b>4:00 PM</b> Chanukkah Bingo (L&C) <b>4:45 PM</b> Menorah Lighting (LB)	<b>27 Chanukkah, Third Candle</b> <b>10:00 AM</b> Strengthening Exercise with Claudia <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> America in Color: Playtime (SF) <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Music Entertainment with Kristoffer Belgica (TH) <b>3:00 PM</b> Landow House Chanukkah Social <b>4:00 PM</b> Shabbat Service (TH) <b>4:45 PM</b> Menorah Lighting (LB)	<b>28 Chanukkah, Fourth Candle</b> <b>10:30 AM</b> Shabbat Services (TH) <b>1:00 PM</b> Quiet Time <b>2:00 PM</b> Shabbos Study Group with Dr. Alan Breitler (SF) <b>4:45 PM</b> Menorah Lighting (LB) <b>6:45 PM</b> Havdalah Blessings with Dr. Alan Breitler (L&C)
<b>29 Chanukkah, Fifth Candle</b> <b>10:00 AM</b> Morning Exercise <b>11:00 AM</b> Trivia Games with Joyce <b>1:00 PM</b> Quiet Time <b>1:30 PM</b> Karaoke with Joyce (SF) <b>3:00 PM</b> Hot Chocolate & Cookies Social (L&C) <b>4:45 PM</b> Menorah Lighting (LB)	<b>30 Chanukkah, Sixth Candle</b> <b>10:00 AM</b> Chair Dance (SF) <b>11:00 AM</b> Chanukkah Tour in Jerusalem Jewish Quarter Documentary (SF) <b>2:00 PM</b> Travel Experience with Mariah <b>3:00 PM</b> Chanukah Cookies Decoration (Café) <b>4:45 PM</b> Menorah Lighting (LB)	<b>31 Chanukkah, Seventh Candle</b> <b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>3:00 PM</b> Word Games <b>3:30 PM</b> Exercise with Taylor <b>4:00 PM</b> Let's Talk About It Chanukkah Traditions & Food (SF) <b>4:45 PM</b> Menorah Lighting (LB) <b>6:30 PM</b> New Year's Eve Music and Social with Laurie Mangold (SF) <b>New Year's Eve</b>				