

# April 2025



# Landow House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Pet Visits on Tuesday's &amp; Friday's Barry &amp; BO at 10 AM</b>	<b>Pet Visits on Monday's Debbie &amp; Ruby At 3:00 PM</b>	<b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>1:30 PM</b> Landow Chorus with Jiyoung and Roz (SF) <b>3:00 PM</b> Walking Club (LB) <b>3:30 PM</b> Bingo (SF)	<b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Current Events with Judy Cohen (SF) <b>1:30 PM Music of Flowers with Joanna</b> <b>3:00 PM</b> Sing-Along with Mariah (SF) <b>4:00 PM</b> Stories & Reminiscence (BCAT): Remarkable Women in History (SF)	<b>10:00 AM</b> Exercise with Josh (SF) <b>11:00 AM</b> Art Workshop with Claudia (AR) <b>1:30 PM</b> Old English Proverbs and Meanings with Mariah (3rd Fl) <b>1:30 PM Afternoon Movie: Florence Foster Jenkins</b> <b>4:00 PM</b> The Storytellers Legacy Group with Mariah (SF)	<b>10:00 AM</b> Strengthening Exercise with Claudia (SF) <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> Skit Reading (SF) <b>1:30 PM Connecting Music and Poetry with Nyah and Lauren</b> <b>3:00 PM</b> Landow House Happy Hour (Café) <b>4:00 PM Shabbat Service</b>	<b>10:30 AM Shabbat Services</b> <b>2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</b> <b>7:45 PM Havdalah Service (Café)</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12 EREV Pesach</b>
<b>10:00 AM</b> Morning Exercise with Joyce (SF) <b>11:00 AM</b> Trivia Games with Joyce (SF) <b>1:30 PM</b> Washington Hebrew Congregation's Kol Rinah Choir (TH) 3:00 PM Tea & Cookies Social	<b>10:00 AM</b> Chair Yoga with Leigh (SF) <b>11:00 AM Echoes Of Nature (SF)</b> <b>1:30 PM Music from the Movies with the Trio</b> <b>2:45 PM</b> The Crown Netflix Series: 48:1 (SF) <b>3:00 PM</b> Word Games (CY) <b>4:00 PM</b> Table Games : Scrabble & Puzzles (CF)	<b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>10:30 AM Trip to Croydon Creek Nature Center</b> <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>1:30 PM</b> Landow Chorus with Jiyoung and Roz <b>2:30 PM Torah Talk with Rabbah Arlene (SF)</b> <b>3:00 PM</b> Walking Club (LB) <b>4:00 PM</b> Let's Talk About It (SF)	<b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Current Events with Judy Cohen (SF) <b>1:30 PM "I Got Rhythm" exploration with Joanna</b> <b>2:30 PM</b> Menu Committee <b>3:00 PM</b> Sing-Along with Mariah (SF) <b>4:00 PM</b> Stories & Reminiscence (BCAT): Margaret Thatcher (SF)	<b>10:00 AM</b> Exercise with Josh (SF) <b>11:00 AM</b> Art Workshop with Claudia (AR) <b>1:30 PM</b> The Wonder of ... Bears with Mariah (3rd fl) <b>1:30 PM Afternoon Movie: Queen Bees</b> <b>4:00 PM</b> Poetry Inkwell Insights with Nyah (SF)	<b>10:00 AM</b> Strengthening Exercise with Claudia (SF) <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> America in Color: (SF) <b>1:30 PM The Sounds of Passover with Lauren</b> <b>3:00 PM</b> Landow House Happy Hour (Café) <b>4:00 PM Shabbat Service</b>	<b>10:30 AM Shabbat Services</b> <b>2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</b> <b>4:00 PM</b> Art Class with Kayla (3rd Fl) <b>5:00 PM</b> Passover Seder (DR) <b>7:45 PM</b> Havdalah Service (Café)
<b>13 Pesach I</b>	<b>14 Pesach II</b>	<b>15 Pesach III</b>	<b>16 Pesach IV</b>	<b>17 Pesach V</b>	<b>18 Pesach VI</b>	<b>19 Pesach VII</b>
<b>10:30 AM Pesach I Morning Service with Rabbah Arlene (TH)</b>  5:00 PM Passover Seder (DR)	<b>10:30 AM Pesach II Morning Service with Rabbah Arlene (TH)</b>	<b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>10:30 AM Brookside Gardens Outing</b> <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>2:30 PM</b> Guitar Music with Vladimir <b>3:30 PM</b> Bingo (SF)	<b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Songs Facts and Meanings with Mariah (SF) <b>1:30 PM The Voice of Nat King Cole with Joanna</b> <b>3:00 PM</b> Sing-Along with Mariah (SF) <b>4:00 PM</b> Stories & Reminiscence (BCAT) (SF)	<b>10:00 AM</b> Exercise with Josh (SF) <b>11:00 AM</b> Art Workshop with Claudia (AR) <b>2:00 PM Jewish Art Education Presented by Nancy Kotz: Jewish Artists and Genesis: Part III - Genesis 9-18 (SF)</b> <b>4:00 PM</b> Dear Linda & Jean Advice (SF)	<b>10:00 AM</b> Strengthening Exercise with Claudia (SF) <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> Skit Reading (SF) <b>1:30 PM</b> Drum Circle with Lauren <b>3:00 PM</b> Landow House Happy Hour (Café) <b>4:00 PM Shabbat Service</b>	<b>10:30 AM Shabbat Services</b> <b>2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</b> <b>7:45 PM</b> Havdalah Service (Café)
<b>20 Pesach VII</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24 YOM HA'SHOAH</b>	<b>25</b>	<b>26</b>
<b>4:00 PM Pesach VIII Service with Yikzor Rabbi Bruce (TH)</b>	<b>10:00 AM</b> Chair Dance with Marcy (SF) <b>11:00 AM</b> Mariah & Martha's Jazz Presentation: Cab Calloway (SF) <b>1:30 PM Celebrating Mozart's Piano Trios</b> <b>2:45 PM</b> The Crown Netflix Series (SF) <b>3:00 PM</b> Visits with Debbie and Ruby <b>4:00 PM</b> You Be the Judge (SF)	<b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>11:15 AM Lunch Outing to "Tatte Bakery"</b> <b>1:30 PM</b> Music with Lauren <b>2:30 PM Torah Talk with Rabbah Arlene (SF)</b> <b>3:00 PM</b> Walking Club (LB) <b>4:00 PM</b> Let's Talk About It (SF)	<b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Current Events with Judy Cohen (SF) <b>1:30 PM Earth Day Music Celebration with Jean and Joanna</b> <b>2:30 PM Resident Council</b>	<b>10:00 AM</b> Exercise with Josh (SF) <b>11:00 AM</b> Art Workshop with Claudia (AR) <b>1:30 PM Yom HaShoah (Joanna and Lauren)</b> <b>4:00 PM</b> The Storytellers Legacy Group with Nyah (SF)	<b>10:00 AM</b> Strengthening Exercise with Claudia (SF) <b>10:45 AM</b> Meditation Club (SF) <b>11:00 AM</b> America in Color: (SF) <b>1:30 PM Music of World War Two with Madelyn and Lauren</b> <b>3:00 PM Monthly Birthday Celebrations</b> <b>4:00 PM Shabbat Service</b>	<b>10:30 AM Shabbat Services</b> <b>2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF)</b> <b>4:00 PM</b> Art Class with Kayla (3rd Fl) <b>7:45 PM</b> Havdalah Service (Café)
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
<b>10:00 AM</b> Morning Exercise with Joyce (SF) <b>11:00 AM</b> Trivia Games with Joyce (SF) <b>1:00 PM Trip to Bender JCC of Greater Washington: Yom Ha'shoah (LB)</b> <b>1:30 PM</b> Karaoke with Joyce (SF) <b>3:00 PM</b> Tacy Foundation	<b>10:00 AM</b> Chair Dance with Marcy (SF) <b>11:00 AM Inspirational Music with Michael Rosenberg</b> <b>2:00 PM</b> The Crown Netflix Series (SF) <b>2:00 PM</b> Word Games (CY) <b>3:00 PM</b> Visits with Debbie and Ruby <b>4:00 PM</b> Jeopardy Game with Nyah (SF)	<b>10:00 AM</b> Resistance Band Exercise with Nyah (SF) <b>11:00 AM</b> Mind Joggers with Jeff (SF) <b>1:30 PM Music with Lauren</b> <b>3:00 PM</b> Walking Club (LB) <b>4:00 PM</b> Let's Talk About It (SF)	<b>10:00 AM</b> Workout with Lori (SF) <b>11:00 AM</b> Travel Experience with Mariah: Arizona <b>2:00 PM Music Entertainment</b> <b>3:00 PM</b> Sing-Along with Mariah (SF) <b>4:00 PM</b> Stories & Reminiscence (BCAT): Sally Ride (SF)			

SF = Second Floor, LB = Lobby, AR = Art Room, Café = Café, L&C = Lobby & Cafe CourtYard= CY Dining Room (DR)