

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 Coffee & Cookies Social (L&C)	2 10:00 AM Chair Dance with Marcy (SF) 11:00 AM Travel Experience (SF) 1:30 PM The Trio's 2024 Favorite Selections 3:00 PM Farewell To Julie (CF)	3 10:00 AM Resistance Band Exercise 11:00 AM Mind Joggers with Jeff (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 1:30 PM Landow Chorus 3:00 PM Walking Club with Taylor (LB) 4:00 PM Bingo (SF) 6:30 PM Holiday Lights Scenic Ride	4 10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM Antonin Dvorak's Beautiful Melodies with Joanna 2:30 PM Art Workshop with Claudia (AR) 4:00 PM Stories & Reminiscence (BCAT) (SF)	5 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Music & Poetry with Nyah and Lauren (TH) 1:30 PM Afternoon Movie: The Chosen (TH) 3:30 PM Exercise with Taylor (SF) 4:00 PM The Storytellers Legacy Group with Nyah (SF)	6 10:00 AM Music and Strengthening Exercise with Claudia & Jiyoung (SF) 10:45 AM Meditation Club (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM Skit Reading (SF) 1:30 PM Best of Waltzes with Jiyoung (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service (TH)	7 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
8 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 3:00 PM Hot Chocolate & Cookies Social (L&C)	9 10:00 AM Chair Dance with Mariah (SF) 11:00 AM Echoes Of Nature (SF) 1:30 PM Celebrating National Cello and Violin Day with the Trio 2:45 PM The Crown Netflix Series (SF) 4:00 PM Family Feud Game with Nyah (SF)	10 10:00 AM Resistance Band Exercise 11:00 AM Mind Joggers with Jeff (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 1:30 PM Landow Chorus 2:00 PM Torah Talk with Rabbah Arlene 3:00 PM Walking Club with Taylor (LB) 4:00 PM Let's Talk About It (SF)	11 10:00 AM Workout with Lori (SF) 11:00 AM Art Workshop with Claudia (AR) 1:30 PM The Voice of Edith Piaf with Joanna 3:00 PM Knitting Club 4:00 PM Stories & Reminiscence (BCAT) (SF)	12 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Drum Circle with Lauren (TH) 1:30 PM Afternoon Movie: Daisies in December (TH) 3:30 PM Exercise with Taylor (SF) 4:00 PM Poetry Inkwell Insights with Nyah (SF)	13 10:00 AM Music and Strengthening Exercise with Claudia & Jiyoung (SF) 10:45 AM Meditation Club (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM America in Color: Organized Crime (SF) 1:45 PM Soundtrack of Our Lives with Bev and Jiyoung (TH) 3:00 PM Landow House Happy Hour (Café) 4:00 PM Shabbat Service	14 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
15 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 2:00 PM Pottery Presentaion by Deedee(SF) 3:00 PM Coffee & Pastries (L&C)	16 10:00 AM Chair Dance Claudia (SF) 11:00 AM Landow News Feeds with Nyah and Claudia (SF) 1:30 PM Music for The Holiday Season with the Trio 2:45 PM The Crown Netflix Series (SF) 4:00 PM You Be the Judge Stories (SF)	17 10:00 AM Resistance Band Exercise 10:30 AM Scenic Drive 11:00 AM Mind Joggers with Jeff (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 1:30 PM Landow Chorus 2:00 PM Guitar Music with Vladimir (TH) 3:00 PM Walking Club with Taylor (LB) 4:00 PM Bingo (SF)	18 10:00 AM Workout with Lori (SF) 11:00 AM Current Events with Judy Cohen (SF) 1:30 PM The Legacy of Quincy Jones with Joanna 2:30 PM Resident Council (TH) 4:00 PM Stories & Reminiscence (BCAT) (SF)	19 10:00 AM Morning Stretch Class with Mariah (SF) 11:00 AM Spotlight on George Gershwin with Lauren (TH) 1:30 PM Afternoon Classic Movies: An American in Paris (TH) 3:30 PM Exercise with Taylor (SF) 4:00 PM Dear Linda & Jean Advice (SF)	20 10:00 AM Strengthening Exercise with Claudia (SF) 10:45 AM Meditation Club (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM Skit Reading (SF) 1:30 PM Music Entertainmen with Singer Patty Reese (TH) 3:00 PM Monthly Birthday Celebrations Social (Café) 4:00 PM Shabbat Service (TH)	21 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 6:45 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
22 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 3:00 PM Tea & Cookies Social (L&C)	23 10:00 AM Chair Dance Claudia (SF) 11:00 AM Mariah & Martha's Presentation (SF) 1:30 PM The Crown Netflix Series (SF) 3:00 PM Chanukkah Houses Decorations 4:00 PM Current Events & Discussions with Shirley (SF)	24 10:00 AM Resistance Band Exercise 11:00 AM Mind Joggers with Jeff (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 2:00 PM Torah Talk with Rabbah Arlene 3:00 PM Walking Club with Taylor (LB) 4:00 PM Let's Talk About It (SF)	25 Chanukkah, First Candle 10:00 AM Chair Dance with Marcy (SF) 10:45 AM Poetry with Marcy (SF) 2:00 PM "How Greece Affected Judaism" Lecture by Dr. Alan Breitler (SF) 3:00 PM Coffee, Hot Chocolate and Jelly Donuts Social (Café) 4:45 PM Menorah Lighting (LB) 1st Night of Chanukkah	26 Chanukkah, Second Candle 10:00 AM Morning Stretch Class with Mariah (SF) 1:30 PM Afternoon Movie : Love, Lights, Hanukkah! (TH) 3:30 PM Exercise with Taylor (SF) 4:00 PM Chanukkah Bingo (L&C) 4:45 PM Menorah Lighting (LB)	27 Chanukkah, Third Candle 10:00 AM Strengthening Exercise with Nyah (SF) 10:45 AM Meditation Club (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 11:00 AM America in Color: Playtime (SF) 1:30 PM Music Entertainment 3:00 PM Landow House Chanukkah Social (Café) 4:00 PM Shabbat Service (TH) 4:45 PM Menorah Lighting (LB)	28 Chanukkah, Fourth Candle 10:30 AM Shabbat Services (TH) 2:00 PM Shabbos Study Group with Dr. Alan Breitler (SF) 4:45 PM Menorah Lighting (LB) 6:45 PM Havdalah Blessings with Dr. Alan Breitler (L&C)
29 Chanukkah, Fifth Candle 10:00 AM Morning Exercise with Joyce (SF) 11:00 AM Trivia Games with Joyce 1:30 PM Karaoke with Joyce (SF) 3:00 PM Hot Chocolate & Cookies Social (L&C) 4:45 PM Menorah Lighting (LB)	30 Chanukkah, Sixth Candle 10:00 AM Chair Dance Mariah (SF) 11:00 AM Chanukkah Tour in Jerusalem Jewish Quarter Documentary (SF) 2:00 PM The Crown Netflix Series (SF) 3:00 PM ChanukKah Cookies Decoration (Café) 4:45 PM Menorah Lighting (LB)	31 Chanukkah, Seventh Candle 10:00 AM Resistance Band Exercise 11:00 AM Mind Joggers with Jeff (SF) 11:00 AM One on One's Pet Visits with Barry & Bo 2:00 PM Let's Talk About It Chanukkah Traditions & Food (SF) 3:00 PM Walking Club with Taylor (LB) 4:45 PM Menorah Lighting (LB) 6:30 PM New Year's Eve Music and Social with Laurie Mangold (SF) NEW YEAR'S EVE				