




SUN	MON	TUE	WED	THUR	FRI	SAT
	All activities are subject to change at any given time due to the resident's preferences.		9:45 Exercise with Kevin 10:45 Music with Maya 1:30 B'nai Shalom Bingo Social 3:00 Welcome March Gazette	World Book Day 9:45 Chair Zumba Ball Workout 10:45 Achi's Music Hour 1:30 Balloon Volleyball 3:00 Karaoke Sing Along for Fun	9:45 Exercise with Kevin 10:45 Coffee & Conversation 1:30 Outdoor/Indoor Stroll 2:30 Arts & Crafts 4:00 Shabbat Services	9:30 Chair Yoga 10:30 Musical Shabbat w/ Rabbi and Asaf 2:00 Musical Favorites with Hank 3:30 Arm Chair Travels: Chicago
9:45 Morning Exercise 10:45 Coffee & Conversation 2:30 Let's Make Hamantaschen w/ Hebrew Day Youths 3:30 Bingo	9:45 Exercise w/ Kevin 10:45 Daily Chronical News & Facts 2:00 Esther's Day! Purim Schpiel 2023 3:30 Spa Time: Hand Massages	9:45 Klezmercise 10:30 Magellah Reading 1:30 Book of Esther Summary and Facts 2:00 Purim Song-Fest with Achi 3:30 Bingo	International Women's Day 9:45 Exercise with Kevin 10:45 Music with Maya 1:30 Purim Stories and Songs w/Asaf 3:00 Famous Female Inventors: Marion Donovan	Popcorn Lover's Day 10:00 Rabbi's Morning Meditation 10:45 Daily Chronical News & Facts 2:00 Healthy Aging: 50 Bake-free Foods 3:00 Theater Thursday Popcorn Snacks	9:45 Exercise with Kevin 10:45 Coffee & Conversation 1:30 Outdoor/Indoor Stroll 2:30 Arts & Crafts 4:00 Shabbat Services	9:30 Chair Yoga 10:30 Musical Shabbat w/ Rabbi and Joel 2:00 Musical Moments with Andy Lovesong 3:30 Musical Matinee
Daylight Savings Time Begins Plant a Flower Day 9:45 Morning Exercise 10:45 Coffee & Conversation 2:00 Guitar Favorites with Sue 3:30 Bingo	9:45 Exercise w/ Kevin 10:45 Daily Chronical News & Facts 1:30 Spa Time: Aromatherapy Recipes 2:00 Brain Fitness: Crossword Puzzles 3:00 Monday Movie Matinée	Einstein's Birthday 9:45 Klezmercise 10:45 Let's Reminisce This Day in History 1:30 Garden Walks and Chat 2:30 Biography Hour: Albert Einstein 3:30 Bingo	9:30 Exercise with Kevin 10:45 Music with Maya 1:30 Nutrition Corner 2:00 Gary's Great American Songbook Piano Hour 3:30 Residents Council	Giant Panda Day 9:45 Sit & Be Fit 10:45 Achi's Music Hour 1:30 B'nai Shalom Bingo Social 2:00 Karaoke Sing Along for Fun 3:00 Theater Thursday: The Amazing Panda Adventure	St. Patrick's Day 9:45 Exercise with Kevin 10:45 Stories & Songs with Rabbi Stein 1:30 Outdoor/Indoor Stroll 2:30 Arts & Crafts 4:00 Shabbat Services	9:30 Chair Yoga 10:30 Musical Shabbat w/ Rabbi and Achi 2:00 Students on Stage 3:30 Arm Chair Travels
9:45 Morning Exercise 10:45 Coffee & Conversation 2:00 Teens in Concert/ Music 4-America 3:30 Bingo	Spring 9:45 Exercise w/ Kevin 10:45 Daily Chronical News & Facts 1:30 Spa Time: Scent Guessing 2:00 Spring Fling Lemonade Social/Singing with Shirley 3:00 Monday Movie Matinée	World Poetry Day 9:45 Klezmercise 10:45 Famous Poets And Poems Trivia 1:30 Garden Walks and Chat 2:00 Afternoon Tea and Harp Music 3:30 Bingo	Beginning of Ramadan World Water Day 9:45 Exercise with Kevin 10:45 Music with Maya 1:30 Ocean Facts And Interesting Trivia 2:00 Songs & Stories from Israeli Kibbutzim w/Asaf	National Chip and Dip Day 10:00 Rabbi's Morning Meditation 10:45 Zumba Gold Dance 2:00 Karaoke Sing Along for Fun 3:00 Theater Thursday Chip and Dip	9:45 Exercise with Kevin 10:45 Coffee & Conversation 1:30 Outdoor/Indoor Stroll 2:30 Arts & Crafts 4:00 Shabbat Services	Greek Independence Day 9:30 Chair Yoga 10:30 Musical Shabbat w/ Rabbi and Joel 2:00 Play Music Teens Variety Music Program 3:30 Musical Matinee
9:45 Morning Exercise 10:45 Coffee & Conversation 2:00 B'nai Tikvah Youths Variety Program 3:30 Bingo	9:45 Exercise w/ Kevin 10:45 Daily Chronical News & Facts 1:30 Spa Time: Benefits of Aromatherapy 2:00 Spring Fling Piano Hour Hour w/ Diane 3:00 Monday Movie Matinée	9:45 Klezmercise 10:45 Let's Reminisce This Day in History 1:30 Garden Walks and Chat 2:30 Biography Hour: David Copperfield 3:30 Bingo	9:45 Exercise with Kevin 10:45 Catholic Mass 10:45 Music with Maya 1:30 Travelogue: Spain 2:30 Word Search: SPAIN Categories 3:30 Karaoke Fun	10:00 Rabbi's Morning Meditation 10:45 Daily Chronical News & Facts 2:00 Karaoke Sing Along for Fun 3:00 Theater Thursday Mighty Joe Young	9:45 Exercise with Kevin 10:45 Coffee & Conversation 1:30 Outdoor/Indoor Stroll 2:30 Arts & Crafts 4:00 Shabbat Services	

March 2023

Tikvah: 4000 Camino Tassajara Danville, CA 94506 (925) 648-2800 www.rcjl.org

