

**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

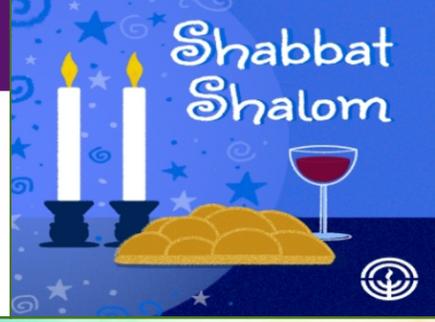
9:45 Exercise w/Kevin  
 10:45 Daily Chronical News & Facts  
 1:30 Spa Time: Benefits of Aromatherapy  
**2:00 Spring Fling Piano Hour Hour w/ Diane**  
 3:00 Monday Movie Matinée

**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**

