

# MARCH 2020

# PROGRAMS & EVENTS

# 1st FLOOR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 10:00 Morning Exercise HL 10:30 Active Games HL 1:45 The Sunday Afternoon Concert Series presents: 'Patrizia Coletta' HL 3:45 The Tree of Life : Creative Exploration HL *No BINGO tonight</p>	<p>2 9:30 Keep Fit HL 9:30 Expressive Arts Group 1 A&amp;C 11:00 Expressive Arts Group 2 A&amp;C 10:00 Word Games HL 11:45 A Little Poetry CL 1:30 Brier Choir HL 1:30 The Purlers FL 2:00 Jewish Trivia A&amp;C 2:00 Travelling Activity Trolley 2:30 Giant Crossword Puzzle 3:30 Conversational Hebrew CL 4:15 Fireside Chat FL 4:30 Drop in Arts &amp; Crafts CL 5:45 Jazz Lounge – Jesse Arens HL</p>	<p>3 10:00 Israel Current Events A&amp;C HL 10:00 Yoga FL 10:00 Montessori Mixer HL 11:00 Time Slips HL 11:15 Jewish Custom &amp; Traditions A&amp;C FL 11:15 Helping Hands FL 11:45 A Little Poetry CL 1:30 Chime Times HL 2:15 Fold &amp; Sort CL 2:30 Active Games HL 2:00 Armchair Travel to Israel A&amp;C 3:00 Israeli Music Hour A&amp;C 4:15 Fireside Chat FL 4:15 Hand Massage HL 4:30 Drop in Arts &amp; Crafts CL 6:00 Movie Night HL</p>	<p>4 10:00 Conversational Hebrew A&amp;C 10:00 Baking A&amp;C 10:30 Peggy's Music Hour HL 11:00 Sing Along and Dance HL 11:00 Jewish Trivia A&amp;C 1:30 High Tea at the LB HL 2:15 Brain Games FL 2:30 Temple Sholom Social Tea S 2:45 The Israeli Experience A&amp;C 4:45 Fireside Chat FL 7:00 BINGO HL</p>	<p>5 9:30 Active Games HL 9:45 Creative Exploration A&amp;C 10:00 Brain Games CL 11:10 Horticulture Therapy A&amp;C 1:30 Melody Makers HL 2:30 Crafts Class HL 2:30 Israel discussion A&amp;C 4:15 Fireside Chats FL 4:30 Drop in Arts &amp; Crafts CL 6:00 Documentary Hour HL 'Babies' - the Biology of Bonding'</p>	<p>6 9:00 Challah Baking A&amp;C 9:00 Shabbos Music HL 10:00 Circle Dance HL 1:30 Active Games HL 2:15 Travelling Activity Cart 2:30 Oneg Shabbat –Steve Levin HL 3:45 Candle Lighting CL 4:00 Shabbat Services S Light candles at 5:47 PM Shabbat ends at 6:44 PM</p>	<p>Shabbat Shalom This week's Parsha is Tetzaveh 9:30 Services **Set your clocks back 1 hour at bedtime tonight Shabbat ends at 6:44 PM</p>
<p>8 Daylight Savings Time International Women's Day 10:00 Morning Exercise HL 10:30 Active Games HL 1:45 The Sunday Afternoon Concert Series presents: 'Stephenson-Thornhill' HL 3:45 The Tree of Life : Creative Exploration HL *No BINGO tonight</p>	<p>9 Fast of Esther 9:30 Keep Fit HL 10:00 Synagogue Contemplation S 10:00 Crofton House Student visiting: – 'Historical Women in History' HL 11:45 A Little Poetry CL 1:30 The Purlers FL 2:00 Travelling Activity Trolley 2:30 Giant Crossword Puzzle HL 4:15 Fireside Chat FL 4:30 Drop in Arts &amp; Crafts CL</p>	<p>10 PURIM 9:30 Synagogue Services S 10:30 Megillah Reading S 11:30 Helping Hands FL 11:45 A Little Poetry CL 1:00 King David High School students Purim parade &amp; visit HL 2:15 The Annual Campus-Wide PURIM PARTY With 'Tzimmes' performing 4:15 Fireside Chat FL 4:15 Hand Massage HL 4:30 Drop in Arts &amp; Crafts CL 6:00 Movie Night HL</p>	<p>11 9:30 Keep Fit HL 10:00 Conversational Hebrew A&amp;C 10:00 Baking A&amp;C 10:30 Peggy's Music Hour HL 11:00 Sing Along and Dance HL 11:00 Jewish Trivia A&amp;C 1:30 High Tea at the LB HL 2:00 Art Crawl 2:15 Brain Games FL 3:00 Resident Council Meeting HL 4:45 Fireside Chat FL 7:00 BINGO HL</p>	<p>12 9:45 Creative Exploration A&amp;C 10:00 'Telling your Life Story' HL With Crofton House students 11:10 Horticulture Therapy A&amp;C 1:10-1:40 King David High School student band concert HL 2:30 Crafts Class HL 2:30 Israel discussion A&amp;C 4:15 Fireside Chats FL 4:30 Drop in Arts &amp; Crafts CL 6:00 Documentary Hour HL Betty White: First Lady of Television'</p>	<p>13 9:00 Challah Baking A&amp;C 9:00 Shabbos Music HL 10:00 Expressive Dance HL 1:30 Active Games HL 2:15 Travelling Activity Cart 2:30 Oneg Shabbat –Harriet Frost HL 3:45 Candle Lighting CL 4:00 Shabbat Services S Light candles at 6:58 PM Shabbat ends at 7:55 PM</p>	<p>Shabbat Shalom This week's Parsha is Ki Tisa 9:30 Services Shabbat ends at 7:55 PM</p>
<p>15 10:00 Morning Exercise HL 10:30 Seated Dance HL 1:45 The Sunday Afternoon Concert Series presents: 'Lui Fox' HL 3:45 The Tree of Life : Creative Exploration HL *No BINGO tonight</p>	<p>16 9:30 Keep Fit HL 9:30 Expressive Arts Group 1 A&amp;C 11:00 Expressive Arts Group 2 A&amp;C 11:45 A Little Poetry CL 1:30 The Purlers FL 1:30 Brier Choir HL 2:00 Jewish Trivia A&amp;C 2:00 Travelling Activity Trolley 2:30 Giant Crossword Puzzle HL 3:30 Conversational Hebrew CL 4:15 Fireside Chat FL 4:30 Drop in Arts &amp; Crafts CL 5:45 Jazz Lounge - Jesse Arens HL</p>	<p>17 10:00 Israel Current Events A&amp;C HL 10:00 Yoga FL 10:00 Montessori Mixer HL 11:00 Time Slips HL 11:15 Jewish Custom &amp; Traditions A&amp;C FL 11:15 Helping Hands FL 11:45 A Little Poetry CL 1:30 Chime Times HL 2:15 Fold &amp; Sort CL 2:30 The Monthly Resident Showcase HL 2:00 Armchair Travel to Israel A&amp;C 3:00 Israeli Music Hour A&amp;C 4:15 Fireside Chat FL 4:15 Hand Massage HL 4:30 Drop in Arts &amp; Crafts CL 6:00 Movie Night HL</p>	<p>18 9:30 Keep Fit HL 10:00 Conversational Hebrew A&amp;C 10:00 Baking A&amp;C 10:30 Peggy's Music Hour HL 11:00 Sing Along and Dance HL 11:00 Jewish Trivia A&amp;C 1:30 High Tea at the LB HL 2:15 Brain Games FL 2:45 The Israeli Experience A&amp;C 4:45 Fireside Chat FL 6:15 Concert: Saul Berson HL</p>	<p>19 First Day of Spring 9:45 Active Games HL 9:45 Creative Exploration A&amp;C 10:00 Brain Games CL 11:10 Horticulture Therapy A&amp;C 1:30 Melody Makers HL 2:30 Crafts Class HL 2:30 Fiber Arts A&amp;C 2:30 Israel discussion A&amp;C 4:15 Fireside Chats FL 4:30 Drop in Arts &amp; Crafts CL 6:00 Documentary Hour HL 'Spring: the Return of Life'</p>	<p>20 9:00 Challah Baking A&amp;C 9:00 Shabbos Music HL 10:30 Concert: The Elgar Strings HL -Violin orchestra 1:30 Active Games HL 2:15 Travelling Activity Cart 2:30 Oneg Shabbat-Steve Levin HL 3:45 Candle Lighting CL 4:00 Shabbat Services S Light candles 7:08 PM Shabbat ends at 8:06 PM</p>	<p>Shabbat Shalom This week's Parsha is Vayakhel-Pekudei Blessing of New Month With Cantor Orzech and the Kol Simcha Choir 9:15 Services Shabbat ends at 8:06 PM</p>
<p>22 10:00 Morning Exercise HL 10:30 Active Games HL 1:45 The Sunday Afternoon Concert Series presents: HL 3:45 The Tree of Life : Creative Exploration HL *No BINGO tonight</p>	<p>23 9:30 Keep Fit HL 10:00 Synagogue Contemplation S 10:00 Montessori Mixer HL 11:45 A Little Poetry CL 1:30 The Purlers FL 2:00 Travelling Activity Trolley 2:30 Giant Crossword Puzzle HL 2:30 Weird Science A&amp;C 4:15 Fireside Chat FL 4:30 Drop in Arts &amp; Crafts CL</p>	<p>24 10:00 Israel Current Events A&amp;C HL 10:00 Yoga FL 10:00 Montessori Mixer HL 11:00 Time Slips HL 11:15 Jewish Custom &amp; Traditions A&amp;C FL 11:15 Helping Hands FL 11:45 A Little Poetry CL 1:30 Brier Choir HL 2:15 Fold &amp; Sort CL 2:30 Active Games HL 2:00 Armchair Travel to Israel A&amp;C 3:00 Israeli Music Hour A&amp;C 4:15 Fireside Chat FL 4:15 Hand Massage HL 4:30 Drop in Arts &amp; Crafts CL 6:00 Movie Night HL</p>	<p>25 9:30 Keep Fit HL 10:00 Conversational Hebrew A&amp;C 10:00 Baking A&amp;C 10:30 Peggy's Music Hour HL 11:00 Sing Along and Dance HL 11:00 Jewish Trivia A&amp;C 2:15 The Monthly Birthday Celebration With musical guest: Patrizia Coletta 4:45 Fireside Chat FL 7:00 BINGO HL</p>	<p>26 Rosh Chodesh 9:45 Active Games HL 9:45 Creative Exploration A&amp;C 10:00 Brain Games CL 11:10 Horticulture Therapy A&amp;C 1:30 Drum Circle HL 2:30 Israel discussion A&amp;C 2:30 Crafts Class HL 4:15 Fireside Chats FL 4:30 Drop in Arts &amp; Crafts CL 6:00 Documentary Hour HL 'Memory: the Mind Explained'</p>	<p>27 9:00 Challah Baking A&amp;C 9:00 Shabbos Music HL 10:00 Circle Dance HL 1:30 Active Games HL 1:30 Beth Israel Tea CL 2:15 Travelling Activity Cart 2:30 Oneg Shabbat –Harriet Frost HL 3:00 Art Crawl 3:45 Candle Lighting CL 4:00 Shabbat Services S Light candles at 7:19 PM Shabbat ends at 8:17 PM</p>	<p>Shabbat Shalom This week's Parsha is Vayikra 9:15 Services Shabbat ends at 8:17 PM</p>



Please see the Event Calendar for BOTH FLOORS and refer to the daily schedule for updates

1ST FLOOR PROGRAM LOCATIONS:

A&C Arts & Crafts Room CL Candle Light Lounge

# MARCH 2020 Rehab Programs at the LBHH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:00–11:00 Get up and Go–2nd fl RG 9:30–10:45 1:1 Fine Motor Skills –2nd fl 9:30–10:00 Keep Fit–1st floor HL 11:00–11:45 Pop-up Group 1st floor 11:30–12:30 Restorative Dining Program –B 1:30–2:15 1:1 Walking Program 1st fl 1:30–2:30 Strength Training (DR) 2:30–3:30 Special Care Unit Program 4:30–5:30 Restorative Dining Program –B	3 9:00-11:00 'Building Better Bodies RG 10:00–11:00 Program in Special Care RG 11:30–12:30 Restorative Dining Program 2nd fl B 1:30–3:00 Strength & Balance for 1st fl residents RG 1:30–2:30 1:1 Walking Program - 1st floor H 1:30–2:30 Range of Motion–2nd fl H 2:30–3:00 Russian Group CLL 2:30–3:30 Pop-Up Exercises 1st fl 4:30–5:30 Restorative Dining Program B	4 9:00–11:00 Get Up & Go 2nd floor RG 9:30–10:00 Keep Fit 1st floor HL 11:30–12:30 Restorative Dining Program B 1:30–2:30 Strength Training 2nd fl DR 2:30–3:30 Range of Motion 2nd fl 4:30–5:30 Restorative Dining Program B	5 9:00 Building better bodies 2nd fl RG 9:30–10:00 1:1 Fine Motor Skills 2nd fl 11:30–12:30 Restorative Dining Program B 1:30–3:00 Strength & Balance For 1st floor RG 1:30–2:30 1:1 Walking H 1:30–2:30 1:1 Range of Motion 2nd fl H 2:30–3:30 Pop-Up Exercises 1st floor 2:30–3:30 Russian Group CL 4:30–5:30 Restorative Dining Program 2nd fl B	6 9:00-11:00 Building Better Bodies 2nd fl RG 9:30–10:00 Keep Fit 1st fl HL 11:15–11:45 Balance Class RG -for 1st fl residents 11:30 -12:30 Restorative Dining Program B 4:30-5:30 Restorative Program	7
8	9 9:00–11:00 Get up and Go–2nd fl RG 9:30–10:45 1:1 Fine Motor Skills –2nd fl 9:30–10:00 Keep Fit–1st floor HL 11:00–11:45 Pop-up Group 1st floor 11:30–12:30 Restorative Dining Program –B 1:30–2:15 1:1 Walking Program 1st fl 1:30–2:30 Strength Training (DR) 2:30–3:30 Special Care Unit Program 4:30–5:30 Restorative Dining Program –B	<b>PURIM</b> 10 9:00-11:00 'Building Better Bodies RG 10:00–11:00 Program in Special Care RG 11:30–12:30 Restorative Dining Program 2nd fl B 1:30–3:00 Strength & Balance for 1st fl residents RG 1:30–2:30 1:1 Walking Program - 1st floor H 1:30–2:30 Range of Motion–2nd fl H 2:30–3:00 Russian Group CLL 2:30–3:30 Pop-Up Exercises 1st fl 4:30–5:30 Restorative Dining Program B	11 9:00–11:00 Get Up & Go 2nd floor RG 9:30–10:00 Keep Fit 1st floor HL 11:30–12:30 Restorative Dining Program B 1:30–2:30 Strength Training 2nd fl DR 2:30–3:30 Range of Motion 2nd fl 4:30–5:30 Restorative Dining Program B	12 9:00 Building better bodies 2nd fl RG 9:30–10:00 1:1 Fine Motor Skills 2nd fl 11:30–12:30 Restorative Dining Program B 1:30–3:00 Strength & Balance For 1st floor RG 1:30–2:30 1:1 Walking H 1:30–2:30 1:1 Range of Motion 2nd fl H 2:30–3:30 Pop-Up Exercises 1st floor 2:30–3:30 Russian Group CL 4:30–5:30 Restorative Dining Program 2nd fl B	13 9:00-11:00 Building Better Bodies 2nd fl RG 9:30–10:00 Keep Fit 1st fl HL 11:15–11:45 Balance Class RG -for 1st fl residents 11:30 -12:30 Restorative Dining Program B 4:30-5:30 Restorative Program	14
15	16 9:00–11:00 Get up and Go–2nd fl RG 9:30–10:45 1:1 Fine Motor Skills –2nd fl 9:30–10:00 Keep Fit–1st floor HL 11:00–11:45 Pop-up Group 1st floor 11:30–12:30 Restorative Dining (B) 1:30–2:30 Strength Training (DR) 1:30–2:15 1:1 Walking Program 1st fl 2:30–3:30 Special Care Unit Program 4:30–5:30 Restorative Dining	17 9:00-11:00 'Building Better Bodies RG 10:00–11:00 Program in Special Care RG 11:30–12:30 Restorative Dining Program 2nd fl B 1:30–3:00 Strength & Balance for 1st fl residents RG 1:30–2:30 1:1 Walking Program - 1st floor H 1:30–2:30 Range of Motion–2nd fl H 2:30–3:00 Russian Group CLL 2:30–3:30 Pop-Up Exercises 1st fl 4:30–5:30 Restorative Dining Program B	18 9:00–11:00 Get Up & Go 2nd floor RG 9:30–10:00 Keep Fit 1st floor HL 11:30–12:30 Restorative Dining Program B 1:30–2:30 Strength Training 2nd fl DR 2:30–3:30 Range of Motion 2nd fl 4:30–5:30 Restorative Dining Program B	19 9:00 Building better bodies 2nd fl RG 9:30–10:00 1:1 Fine Motor Skills 2nd fl 11:30–12:30 Restorative Dining Program B 1:30–3:00 Strength & Balance For 1st floor RG 1:30–2:30 1:1 Walking H 1:30–2:30 1:1 Range of Motion 2nd fl H 2:30–3:30 Pop-Up Exercises 1st floor 2:30–3:30 Russian Group CL 4:30–5:30 Restorative Dining Program 2nd fl B	20 9:00-11:00 Building Better Bodies 2nd fl RG 9:30–10:00 Keep Fit 1st fl HL 11:15–11:45 Balance Class RG -for 1st fl residents 11:30 -12:30 Restorative Dining Program B 4:30-5:30 Restorative Program	21
22	23 9:00–11:00 Get up and Go–2nd fl RG 9:30–10:45 1:1 Fine Motor Skills –2nd fl 9:30–10:00 Keep Fit–1st floor HL 11:00–11:45 Pop-up Group 1st floor 11:30–12:30 Restorative Dining (B) 1:30–2:30 Strength Training (DR) 1:30–2:15 1:1 Walking Program 1st fl 2:30–3:30 Special Care Unit Program 4:30–5:30 Restorative Dining	24 9:00-11:00 'Building Better Bodies RG 10:00–11:00 Program in Special Care RG 11:30–12:30 Restorative Dining Program 2nd fl B 1:30–3:00 Strength & Balance for 1st fl residents RG 1:30–2:30 1:1 Walking Program 1st fl H 1:30–2:30 Range of Motion–2nd fl H 2:30–3:00 Russian Group CLL 2:30–3:30 Pop-Up Exercises 1st fl 4:30–5:30 Restorative Dining B	25 9:00–11:00 Get Up & Go 2nd floor RG 9:30–10:00 Keep Fit 1st floor HL 11:30–12:30 Restorative Dining Program B 1:30–2:30 Strength Training 2nd fl DR 2:30–3:30 Range of Motion 2nd fl 4:30–5:30 Restorative Dining Program B	26 9:00 Building better bodies 2nd fl RG 9:30–10:00 1:1 Fine Motor Skills 2nd fl 11:30–12:30 Restorative Dining Program B 1:30–3:00 Strength & Balance For 1st floor RG 1:30–2:30 1:1 Walking H 1:30–2:30 1:1 Range of Motion 2nd fl H 2:30–3:30 Pop-Up Exercises 1st floor 2:30–3:30 Russian Group CL 4:30–5:30 Restorative Dining Program 2nd fl B	27 9:00-11:00 Building Better Bodies 2nd fl RG 9:30–10:00 Keep Fit 1st fl HL 11:15–11:45 Balance Class RG -for 1st fl residents 11:30 -12:30 Restorative Dining Program B	28
29	30 9:00–11:00 Get up and Go–2nd fl RG 9:30–10:45 1:1 Fine Motor Skills –2nd fl 9:30–10:00 Keep Fit–1st floor HL 11:00–11:45 Pop-up Group 1st floor 11:30–12:30 Restorative Dining B 1:30–2:30 Strength Training (DR) 1:30–2:15 1:1 Walking Program 1st fl 2:30–3:30 Special Care Unit Program 4:30–5:30 Restorative Dining (B)	31 9:00-11:00 'Building Better Bodies RG 10:00–11:00 Program in Special Care RG 11:30–12:30 Restorative Dining Program 2nd fl B 1:30–3:00 Strength & Balance for 1st fl residents RG 1:30–2:30 1:1 Walking Program - 1st floor H 1:30–2:30 Range of Motion–2nd fl H 2:30–3:00 Russian Group CLL 2:30–3:30 Pop-Up Exercises 1st fl 4:30–5:30 Restorative Dining B	<b>Program Location Legend:</b>  RG—Rehab Gym DR—Dining Room B—Bistro HL—Homeside Lounge H—Hallways CL—Candle Lighting Lounge		29	