







April 2019

TUDOR HEIGHTS 7218 PARK HEIGHTS AVENUE BALTIMORE, MARYLAND 21208 410-318-8000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Staff Key	1	2	3	4	5	6	
<p>Valeo Director Daniel Giller</p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Live Piano Music with Ester, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Olympic/Carnival Games, <i>MDR</i> 3:15pm Famous Birthdays, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Knitting with Ellen, <i>ML</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Classic's From the 40s an 50s Reminiscing, <i>MDR</i> 10:30am Jewish Culture with Malka, <i>MDR</i> 11:00am Shakespeare Reading Group, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Live Music with Tom Cooke, <i>MDR</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Poetry with Blanche and Joyce, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Olympic/Carnival Games, <i>MDR</i> 3:00pm Conversations with Rabbi Karp, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Ceramics with Cindy, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Live Klezmer Music with Yehuda Mond, <i>ML</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Shabbat Tunes, <i>MDR</i> 10:00am Yiddish Group with Rabbi Kurcfeld, <i>MDR</i> 11:00am Anagrams Games and Snack, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Virtual Travel Time, <i>MDR</i> 3:00pm Shabbat Music with Irina, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 10:00am Shabbat Services, <i>Shul</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 2:45pm Jewish History with Rabbi Karp, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Night at the Movies, <i>MDR</i></p>	
	7	8	9	10	11	12	13
	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:00am Brain Blocks with Shira, <i>MDR</i> 10:30am Music and Exercise with Nelli, <i>ML</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Sing A Long with Jerry Pepper, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 4:00pm Olympic/Carnival Games, <i>MDR</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Jewelry Making with Channa, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Olympic/Carnival Games, <i>MDR</i> 3:15pm Famous Birthdays, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Knitting with Ellen, <i>ML</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Classic's From the 40s and 50s Reminiscing, <i>MDR</i> 10:30am Jewish Culture with Malka, <i>MDR</i> 11:00am Shakespeare Reading Group, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Live Hebrew, Broadway and Standards with Hilda, <i>ML</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Live Sing-A-Long Music with Shalomis, <i>MDR</i> 11:00am Passover Art/History with Hilda, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Olympic/Carnival Games, <i>MDR</i> 3:00pm Conversation with Rabbi Karp, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Health Talk with Jen Navarro from Bayada, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Live Music with Tom Cooke, <i>MDR</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Shabbat Tunes, <i>MDR</i> 10:00am Yiddish Group with Rabbi Kurcfeld, <i>MDR</i> 11:00am Anagrams Games and Snack, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Virtual Travel Time, <i>MDR</i> 3:00pm Shabbat Music with Irina, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 10:00am Shabbat Services, <i>Shul</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 2:45pm Jewish History with Rabbi Karp, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Night at the Movies, <i>MDR</i></p>
	14	15	16	17	18	19	20
	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:00am Brain Blocks with Shira, <i>MDR</i> 10:30am Music and Exercise with Nelli, <i>ML</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Sing A Long with Jerry Pepper, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 4:00pm Olympic/Carnival Games, <i>MDR</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Crafts with Joan, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Olympic/Carnival Games, <i>MDR</i> 3:30pm Famous Birthdays, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Knitting with Ellen, <i>ML</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Classic's From the 40s and 50s Reminiscing, <i>MDR</i> 10:30am Jewish Culture with Malka, <i>MDR</i> 11:00am Shakespeare Reading Group, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm "Penny the King" Billy Joel Tribute, <i>ML</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Poetry with Blanche and Joyce, <i>MDR</i> 11:00am Passover Art/History with Hilda, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Olympic/Carnival Games, <i>MDR</i> 3:00pm Conversations with Rabbi Karp, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Ceramics with Cindy, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm "Bonnie Jazz Music" with Franklin, <i>MDR</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Pesach Tunes, <i>MDR</i> 10:00am PESACH ACTIVITY, <i>MDR</i> 11:00am Anagrams Games and Snack, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm PESACH MOVIE: THE PRINCE OF EGYPT, <i>MDR</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 7:31pm Pesach/Shabbat Candle Lighting, <i>MDR</i> 8:00pm PESACH SEDER, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 10:00am Shabbat Services, <i>Shul</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 2:45pm Jewish History with Rabbi Karp, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 8:00pm PESACH SEDER, <i>MDR</i> 8:30pm 2ND NIGHT OF PESACH</p>
	21	22	23	24	25	26	27
	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:00am (Cancelled Due To Passover) Brain Blocks with Shira, <i>MDR</i> 10:30am (Cancelled Due To Passover) Music and Exercise with Nelli, <i>ML</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm (Cancelled Due To Passover) Sing A Long with Jerry Pepper, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Live Music with John Schneider, "Celebration of Spring", <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Olympic/Carnival Games, <i>MDR</i> 3:15pm Solvere University, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Knitting with Ellen, <i>ML</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Classic's From the 40s an 50s Reminiscing, <i>MDR</i> 10:30am Jewish Culture with Malka, <i>MDR</i> 11:00am Shakespeare Reading Group, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Live Hebrew, Broadway and Standards with Hilda, <i>ML</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Conversations with Rabbi Karp, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Live Broadway Music with Sherri, <i>MDR</i> 2:30pm Bingo Birthday Bash, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Donuts and Conversation with Brandon, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Music and Exercise with Nelli, <i>ML</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Pesach Tunes, <i>MDR</i> 10:00am PESACH SERVICE WITH RABBI SHLOMO LINZER AND RABBI MARKOWITZ, <i>Shul</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 2:15pm Special Passover Conversation with Rabbi Karp, <i>MDR</i> 3:00pm Shabbat Music with Irina, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 7:30pm 8TH NIGHT OF PESACH CANDLE LIGHTING/SHABBAT BEGINS, <i>Shul</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 10:00am Shabbat & YIZKOR SERVICES, <i>Shul</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 2:45pm Pesach talk with Rabbi Karp, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 8:30pm CONCLUSION OF PESACH AND HAVDALAH, <i>Shul</i></p>
28	29	30					
<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:00am Brain Blocks with Shira, <i>MDR</i> 10:00am Donuts & Dear Abby & Anne Landers Conversation with Brandon, <i>MDR</i> 10:30am Music and Exercise with Nelli, <i>ML</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Sing A Long with Jerry Pepper, <i>MDR</i> 4:00pm Family Visits, <i>ML</i> 4:00pm Olympic/Carnival Games, <i>MDR</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Jewelry Making with Channa, <i>MDR</i> 11:00am Anagrams/Word Scramble Brain Game, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm Chocolate Bingo, <i>MDR</i> 3:30pm Live Music with Tom Cooke, <i>MDR</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Knitting with Ellen, <i>ML</i></p>	<p>8:00am Breakfast Served, on Your Floor, <i>D.R.F</i> 9:30am Stretch and Flex Exercise Class, <i>MDR</i> 10:00am Classic's From the 40s an 50s Reminiscing, <i>MDR</i> 10:30am Jewish Culture with Malka, <i>MDR</i> 11:00am Shakespeare Reading Group, <i>MDR</i> 12:00pm Lunch Served on your floor, <i>D.R.F</i> 1:30pm "Penny the King" Billy Joel Tribute, <i>ML</i> 2:30pm Seated Exercise with Kass, <i>MDR</i> 4:00pm Trivia & Brain Games with Tehilla, <i>ML</i> 5:00pm Dinner Served in the main dining room, <i>MDR</i> 6:30pm Evening Movie Presentation, <i>MDR</i></p>			<p>MEETING PLACES</p> <p><i>D.R.F</i> - Dining Room on your floor <i>MDR</i> - Main Dining Room <i>ML</i> - Main Lobby <i>Shul</i> - Shul</p>	<p>DIMENSIONS OF WELLNESS</p> <p> Physical  Spiritual  Social  Intellectual</p>	