

SUN	MON	TUE	WED	THUR	FRI	SAT
8:00 All Day Ping-Pong (AC) 1 9:30 Church Shuttle (L) 3:00 Billiards Team Play (BLR)	10:00 Pilates (BR) 2 11:45 Depart to: NIH "Manchester String Quartet" (L) 1:30 Old Georgetown Rd. Shuttle (L) 2:00 Manna Smart Sacks (AC) 2:30 Water Aerobics Class (P) 3:30 Yoga Class (BR) 7:00 Duplicate Bridge (CR) 7:30 Men's Pool Group (BLR) 8:00 Movie Night (BR/Ch.975)	10:00 Exercise Class (BR) 3 11:00 Movie Committee Meeting (AC) 12:00 Balance Class (BR) 3:00 Food Discussion Group (PL) 3:30 Bible Study (CR) 4:00 Meditation in Motion (BR) 5:00 Sing-a-Long w/ Jerry Roman (PL) 8:00 Wiz Quiz (BR)	Sukkot Begins at Sundown 4 10:00 Cardio Core & More (BR) 11:30 Extended Shopping at Montgomery Mall (L) 3:00 Billiards Team Play (BLR) 4:00 Arts & Crafts with Margaret (AC) 4:30 Resident Reception (PL) 6:45 Depart to: Olney Theatre (L)	10:00 Exercise Class (BR) 5 12:00 Balance Class (BR) 1:30 Matinee Bridge (CR) 3:00 Yoga Class w/ Aaron Gamble (BR) 4:00 French Club (PL) 8:00 MaCCRA Presentation (BR)	10:00 Food Committee Meeting (BRD) 6 10:00 Zumba Gold (CR) 10:15 Depart to: Kennedy Center "NSO" (L) 10:30 "Art Now" Workshop (AC) 11:00 -3:00 Linda's Treasures (BR) 12:00 Tai Chi Class (CR) 1:30 Old Georgetown Rd. Shuttle (L) 3:00 Billiards Lessons (BLR) 7:30 Social Bridge (CR) 8:00 Movie Night (BR/Ch.975)	8:00 All Day Ping-Pong (AC) 7 9:30 Pool-side Continental Breakfast (P) 10:30 Let's Color (CR) 11:00 -3:00 pm Janette's Traveling Show (BR) 11:45 Depart to: MET OPERA (L) 2:30 Afternoon Tea (PL) 3:00 Chorus Group (BR) 8:00 Bingo (BR)
8:00 All Day Ping-Pong (AC) 8 9:30 Church Shuttle (L) 1:00 Depart to: Signature Theatre (L) 3:00 Billiards Team Play (BLR)	Leif Erikson Day Columbus Day 9 10:00 Pilates (BR) 11:00 Activity Advisory Committee Meeting (AC) 1:30 Cabin John Shopping Center (L) 2:00 Manna Smart Sacks (AC) 2:30 Water Aerobics Class (P) 3:30 Yoga Class (BR) 7:00 Duplicate Bridge (CR) 7:30 Men's Pool Group (BLR) 8:00 Movie Night (BR/Ch.975)	10:00 Exercise Class (BR) 10 11:00 Newsletter Committee Meeting (AC) 12:00 Balance Class (BR) 2:30 Catholic Mass (GL) 3:00 Food Discussion Group (PL) 4:00 Meditation in Motion (BR) 8:00 Dr. Jenner's Lecture Series: (BR)	Sukkot Ends at Nightfall Shmini Atzeret Begins at Sundown 11 9:00 Depart to: Shenandoah Park (L) 10:00 Cardio Core & More (BR) 11:00 Caregiver Support Group (PR) 1:00 Knitting Circle (PL) 1:30 Shop at Montgomery Mall (L) 1:30 Men's Discussion Group (BR) 3:00 Billiards Team Play (BLR) 3:30 Sing-a-Long w/ Vivi Allen (BR) 4:00 Arts & Crafts with Margaret (AC) 8:00 Current Events (BR)	10:00 Exercise Class (BR) 12 12:00 Balance Class (BR) 1:30 Matinee Bridge (CR) 2:00 Book Club (LB) 3:00 Resident Town Hall (BR) 4:00 Episcopal Service (CR)	Simchat Torah Begins at Sundown 13 10:00 Zumba Gold (BR) 10:30 "Art Now" Workshop (AC) 12:00 Tai Chi Class (BR) 1:30 Old Georgetown Rd. Shuttle (L) 2:30 Shabbat Service (CR) 3:00 Billiards Lessons (BLR) 5:00 Oktoberfest Dinner (BR) 7:30 Social Bridge (CR) 8:00 Movie Night (BR/Ch.975)	8:00 All Day Ping-Pong (AC) 14 9:30 Pool-side Continental Breakfast (P) 10:30 Let's Color (CR) 2:30 Afternoon Tea (PL) 3:00 Chorus Group (BR) 8:00 Bingo (BR) 11:45 Depart to: MET Opera (L)
8:00 All Day Ping-Pong (AC) 15 9:30 Church Shuttle (L) 3:00 Billiards Team Play (BLR)	Boss's Day 16 10:00 Pilates (BR) 1:30 Old Georgetown Rd. Shuttle (L) 2:00 Manna Smart Sacks (AC) 2:30 Water Aerobics Class (P) 3:30 Yoga Class (BR) 7:00 Duplicate Bridge (CR) 7:30 Men's Pool Group (BLR) 8:00 Movie Night (BR/Ch.975)	10:00 Exercise Class (BR) 17 12:00 Balance Class (BR) 3:00 Food Discussion Group (PL) 3:30 Bible Study (CR) 4:00 Meditation in Motion (BR) 8:00 Wiz Quiz (BR)	10:00 Cardio Core & More (BR) 18 10:30 Depart to: Philips Collection (L) 1:30 Shop at Montgomery Mall (L) 3:00 Yoga Class w/ Aaron Gamble (BR) 3:00 Billiards Team Play (BLR) 4:00 Arts & Crafts with Margaret (AC)	10:00 Exercise Class (BR) 19 12:00 Balance Class (BR) 1:30 Matinee Bridge (CR) 3:00 The Maplewood Players (BR) 4:00 French Club (PL) 5:30 Wine Dinner (CR)	10:00 Zumba Gold (BR) 20 10:30 "Art Now" Workshop (AC) 12:00 Tai Chi Class (BR) 1:30 Old Georgetown Rd. Shuttle (L) 3:00 Billiards Lessons (BLR) 4:00 Happy Hour (PL) 5:00 Strathmore Artist in Residence (BR) 5:45 Depart to: Kennedy Center (L) 7:30 Social Bridge (AC) 8:00 Movie Night (BR/Ch.975)	8:00 All Day Ping-Pong (AC) 21 9:30 Pool-side Continental Breakfast (P) 10:30 Let's Color (CR) 2:30 Afternoon Tea (PL) 3:00 Chorus Group (BR) 8:00 Bingo (BR)
8:00 All Day Ping-Pong (AC) 22 9:30 Church Shuttle (L) 3:00 Billiards Team Play (BLR)	10:00 Pilates (BR) 23 11:45 Depart to: NIH "Manchester String Quartet" (L) 1:30 Cabin John Shopping Center (L) 2:00 Manna Smart Sacks (AC) 2:30 Water Aerobics Class (P) 3:30 Yoga Class (BR) 7:00 Duplicate Bridge (CR) 7:30 Men's Pool Group (BLR) 8:00 Movie Night (BR/Ch.975)	10:00 Exercise Class (BR) 24 12:00 Balance Class (BR) 1:00 Knitting Circle (PL) 3:00 Food Discussion Group (PL) 4:00 Meditation in Motion (BR)	10:00 Cardio Core & More (BR) 25 11:00 Caregiver Support Group (PR) 11:15 Depart to: Lincoln Cottage (L) 12:00 Arlington Rd. Shuttle (L) 1:30 Shop at Montgomery Mall (L) 1:30 Men's Discussion Group (BR) 3:00 Billiards Team Play (BLR) 3:00 Landscaping Committee Meeting (BRD) 4:00 Arts & Crafts with Margaret (AC) 8:00 Continuing Education w/ Andy Steigman (BR)	10:00 Exercise Class (BR) 26 12:00 Balance Class (BR) 1:30 Matinee Bridge (CR) 2:00 Thoughtful Treasures (AC) 3:00 Documentary: Morgan Wootten (BR) 8:00 Current Events (BR)	10:00 Zumba Gold (BR) 27 10:30 "Art Now" Workshop (AC) 12:00 Tai Chi Class (BR) 1:30 Rockville Pike Shuttle (L) 2:30 Shabbat Service (CR) 3:00 Billiards Lessons (BLR) 7:30 Social Bridge (CR) 8:00 Movie Night (BR/Ch.975)	8:00 All Day Ping-Pong (AC) 28 9:30 Pool-side Continental Breakfast (P) 10:30 Let's Color (CR) 2:30 Afternoon Tea (PL) 3:00 Winifred Hyson Presentation (BR) 8:00 Bingo (BR)
World Stroke Day 29 8:00 All Day Ping-Pong (AC) 9:30 Church Shuttle (L) 3:00 Billiards Team Play (BLR)	10:00 Pilates (BR) 30 1:30 Old Georgetown Rd. Shuttle (L) 2:00 Manna Smart Sacks (AC) 2:30 Water Aerobics Class (P) 3:45 Yoga Class (BR) 7:00 Duplicate Bridge (CR) 7:30 Men's Pool Group (BLR) 8:00 Movie Night (BR/Ch.975)	Halloween 31 10:00 Exercise Class (BR) 12:00 Balance Class (BR) 3:00 Food Discussion Group (PL) 4:00 Meditation in Motion (BR) 5:00 Haunted Happy Hour (PL) 8:00 Monthly Birthday Celebration (BR)	ROOM KEY AC - Arts Center BR - Ballroom BLR - Billiards Room BRD - Board Room CR - Club Room	GL - Garden Level LB - Library L - Lobby PL - Piano Lounge P - Pool PR - Potomac Room		

October 2017

Independent Living
9707 Old Georgetown Road, Bethesda, MD 20814

