

SUN	MON	TUE	WED	THUR	FRI	SAT	
9:45 Church Shuttle (L) 3:00 Afternoon Movie (Ch.975 ONLY) 3:00 Billiards Team Play (BLR)	<b>30</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>31</b> <b>LOCATION KEY</b> AC - Arts Center BR - Ballroom BLR - Billiards Room BRD - Board Room CR - Club Room GL - Garden Level L - Lobby PL - Piano Lounge				<b>New Year's Day</b> 2:30 Afternoon Tea (CR) 3:00 Afternoon Movie (Ch.975 ONLY) 7:30 Bingo (BR)	
9:45 Church Shuttle (L) 3:00 Afternoon Movie (Ch.975 ONLY) 3:00 Billiards Team Play (BLR)	<b>2</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Cabin John Shopping Ctr (L) 1:30 Old Georgetown Rd. Shuttle (L) 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>3</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Cabin John Shopping Ctr (L) 1:30 Old Georgetown Rd. Shuttle (L) 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>4</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) <b>11:00 Movie Committee Meeting (Art Center)</b> 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Line Dancing with Denise Love **NEW** (BR)</b> 3:00 Food Discussion Group (AC) <b>4:00 Sing-a-Long with Vivi Allen (PL)</b> <b>4:00 Words in a Word Game (CR)</b>	<b>5</b> <b>9:45 Depart to:</b> 10:00 Exercise Class w/ Aaron Gamble (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Computer Tutorial (Ch.975 ONLY)</b> 1:30 Caregiver Support Group (BRD) 1:30 Shop at Montgomery Mall (L) 3:00 Billiards Team Play (BLR) 4:00 Afternoon Bingo (CR) <b>4:30 Resident Reception (CR)</b>	<b>6</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 10:30 Walking Club (L) 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>2:00 Thoughtful Treasures (Art Center)</b> <b>3:00 Corn Holes Game (BR)</b> 4:00 Arts & Crafts with Margaret (AC)	<b>7</b> 1:30 Rockville Pike Shuttle (L) <b>9:00 Food Committee Meeting (BRD)</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class: Strength & Stretch w/ Dominique (BR) <b>11:45 American University: OLLI Course "Foreign Films" (BR)</b> 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Old Georgetown Rd. Shuttle (L) 3:00 Billiards Team Play (BLR) 7:30 Social Bridge (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>8</b> 2:30 Afternoon Tea (CR) 3:00 Afternoon Movie (Ch.975 ONLY) 7:30 Bingo (BR) 8:00 Bingo (BR)
9:45 Church Shuttle (L) 3:00 Afternoon Movie (Ch.975 ONLY) 3:00 Billiards Team Play (BLR)	<b>9</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) <b>11:00 Activity Advisory Committee Meeting (AC)</b> 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Cabin John Shopping Ctr (L) 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>10</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) <b>11:00 Activity Advisory Committee Meeting (AC)</b> 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Cabin John Shopping Ctr (L) 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>11</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) <b>11:00 Newsletter Committee Meeting (AC)</b> 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Line Dancing with Denise Love **NEW** (BR)</b> <b>2:30 Catholic Mass (GL)</b> 3:00 Food Discussion Group (AC) <b>4:00 Words in a Word Game (CR)</b> <b>8:00 Dr. Jenner's Lecture Series: (CR)</b>	<b>12</b> <b>9:45 Depart to:</b> 10:00 Exercise Class w/ Aaron Gamble (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Computer Tutorial (Ch.975 ONLY)</b> 1:30 Caregiver Support Group (BRD) 3:00 Billiards Team Play (BLR) 4:00 Afternoon Bingo (CR)	<b>13</b> <b>10:00 Co-op Board Meeting (BR)</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 10:30 Walking Club (L) 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>2:00 Book Club (CR)</b> <b>3:00 Corn Holes Game (BR)</b> 4:00 Arts & Crafts with Margaret (AC)	<b>14</b> 1:30 Rockville Pike Shuttle (L) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class: Strength & Stretch w/ Dominique (BR) <b>11:45 American University: OLLI Course "Foreign Films" (BR)</b> 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Old Georgetown Rd. Shuttle (L) 2:30 Shabbat Service (GL) 3:00 Billiards Team Play (BLR) 7:30 Social Bridge (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>15</b> 2:30 Afternoon Tea (CR) 3:00 Afternoon Movie (Ch.975 ONLY) 7:30 Bingo (BR) 8:00 Bingo (BR)
9:45 Church Shuttle (L) 3:00 Afternoon Movie (Ch.975 ONLY) 3:00 Billiards Team Play (BLR)	<b>16</b> <b>Martin Luther King Jr. Day</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Old Georgetown Rd. Shuttle (L) <b>2:00 Building &amp; Facilities Committee Meeting (BRD)</b> 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>17</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Old Georgetown Rd. Shuttle (L) <b>2:00 Building &amp; Facilities Committee Meeting (BRD)</b> 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>18</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Line Dancing with Denise Love **NEW** (BR)</b> 3:00 Food Discussion Group (AC) <b>4:00 Sing - a - Long with Vivi Allen</b> <b>4:00 Words in a Word Game (CR)</b> <b>7:30 Wiz Quiz (BR)</b>	<b>19</b> <b>9:45 Depart to:</b> 10:00 Exercise Class w/ Aaron Gamble (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Computer Tutorial (Ch.975 ONLY)</b> 1:30 Caregiver Support Group (BRD) 1:30 Caregiver Support Group (BRD) 3:00 Billiards Team Play (BLR) 4:00 Afternoon Bingo (CR)	<b>20</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 10:30 Walking Club (L) 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>3:00 Corn Holes Game (BR)</b> 4:00 Arts & Crafts with Margaret (AC)	<b>21</b> 1:30 Rockville Pike Shuttle (L) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class: Strength & Stretch w/ Dominique (BR) <b>11:45 American University: OLLI Course "Foreign Films" (BR)</b> 12:00 Virtual Documentary (Ch.975 ONLY) 1:00 Knitting Circle (PL) 1:30 Old Georgetown Rd. Shuttle (L) 3:00 Billiards Team Play (BLR) 7:30 Social Bridge (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>22</b> 2:30 Afternoon Tea (CR) 3:00 Afternoon Movie (Ch.975 ONLY) 7:30 Bingo (BR) 8:00 Bingo (BR)
9:45 Church Shuttle (L) 3:00 Afternoon Movie (Ch.975 ONLY) 3:00 Billiards Team Play (BLR)	<b>23</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Cabin John Shopping Ctr (L) 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>24</b> 3:00 Billiards Team Play (BLR) 10:00 Headlines and Coffee (PL) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class w/ Aaron Gamble: Strengthening with Weights (BR) 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Cabin John Shopping Ctr (L) 2:30 Yoga Class with Dominique (BR) 3:00 Billiards Team Play (BLR) 4:00 Trivia Game (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>25</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Line Dancing with Denise Love **NEW** (BR)</b> <b>2:00 Episcopal Service (BR)</b> 3:00 Food Discussion Group (AC) <b>4:00 Words in a Word Game (CR)</b>	<b>26</b> <b>9:45 Depart to:</b> 10:00 Exercise Class w/ Aaron Gamble (BR) 12:00 Dollar Tree (L) 12:00 Virtual Documentary (Ch.975 ONLY) <b>1:00 Computer Tutorial (Ch.975 ONLY)</b> 1:30 Caregiver Support Group (BRD) <b>3:00 Landscaping Committee Meeting (BRD)</b> 3:00 Billiards Team Play (BLR) 4:00 Afternoon Bingo (CR) <b>8:00 Art Lecture w/ Judy Feldman (CR)</b>	<b>27</b> 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 10:30 Walking Club (L) 11:30 Balance Class (Closed) (BR) 12:00 Virtual Documentary (Ch.975 ONLY) <b>3:00 Corn Holes Game (BR)</b> 4:00 Arts & Crafts with Margaret (AC)	<b>28</b> 1:30 Rockville Pike Shuttle (L) 10:00 Virtual DVD Exercise Class (Ch.975 ONLY) 11:00 Exercise Class: Strength & Stretch w/ Dominique (BR) <b>11:45 American University: OLLI Course "Foreign Films" (BR)</b> 12:00 Virtual Documentary (Ch.975 ONLY) 1:30 Old Georgetown Rd. Shuttle (L) 2:30 Shabbat Service (GL) 3:00 Billiards Team Play (BLR) 7:30 Social Bridge (CR) <b>8:00 Movie Night (Ch.975 ONLY)</b>	<b>29</b> 2:30 Afternoon Tea (CR) 3:00 Afternoon Movie (Ch.975 ONLY) 7:30 Bingo (BR) 8:00 Bingo (BR)

# January 2022

Independent Living

9707 Old Georgetown Road, Bethesda, MD 20814

