

SUN	MON	TUE	WED	THUR	FRI	SAT
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Matinee Movie: The Curious Case of Benjamin Botton (C9)	1 10:00 AM-Headlines & Coffee (PL) 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Dumbbell "Surprise" Workout with Aaron (B) 12:00 PM-Documentary: (C9) 01:00 PM-Cornhole Game (CRP) 01:30 PM-Old Georgetown Rd Shuttle (L) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	2 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Movie Committee Meeting (AC) 11:30 AM-Balance Class (B) 01:30 PM-Walk with Pauline (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)	3 10:00 AM- Exercise Class: Core Fitness (C9) 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Extended Shopping To Montgomery Mall (L) 11:00 AM-Water Aerobics Class with Dominique (B) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Care Partner's Support Group (BR) 03:00 PM-Billiards Team Play (BR) 03:00 PM-Game of Skill and Chance: Bingo (CR) 04:00 PM-Resident Reception/Cinco De Mayo Celebration (PL)	4 09:30 AM-Zumba Gold Fitness (C9) 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Treasures For NIH Kids with Margaret Finch (AC) 07:15 PM-Trip to Strathmore: Baltimore Symphony Orchestra" (L)	5 10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (Z) 03:00 PM-Presentation with Super Smile Center: Dental Care For Seniors (B) 03:00 PM-Shabbat Service (B) 07:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	6 08:00 AM-All Day Ping Pong (AC) 01:00 PM-Montgomery College Course: Writing Memoirs (CR) 01:00 PM-Montgomery College Course: Writing Memories (CR) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Sing along with Jerry Roman (GL) 05:30 PM-Matinee Movie: Snow Queen (C9)	8 10:00 AM-Headlines & Coffee (PL) 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Dumbbell "Surprise" Workout with Aaron (B) 12:00 PM-Documentary: (C9) 01:00 PM-Cornhole Game (CRP) 01:30 PM-Cabin John Shuttle (L) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Guest Speaker Series: Chuck Rosenberg (B) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	9 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Activities Committee Meeting (AC) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:00 PM-Knitting Circle (PL) 01:30 PM-Walk with Pauline (L) 02:00 PM-Food Discussion Meeting (PL) 02:30 PM-Catholic Mass (B) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)	10 09:45 AM-Day Trip to Annapolis MD (L) 10:00 AM- Exercise Class: Core Fitness (C9) 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Water Aerobics Class with Dominique (B) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Care Partner's Support Group (BR) 03:00 PM-Billiards Team Play (BR) 03:30 PM-Dr. Jenner's Lecture Series: The Roaring 20's (B) 04:00 PM-Game of Skill and Chance: Bingo (CR)	11 09:30 AM-Zumba Gold Fitness (C9) 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 02:00 PM-Book Club (CR) 03:00 PM-Fruit Smoothies Social (BRP) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 07:30 PM-MPP Live Concert Series: Erik Franklin (B)	12 10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (Z) 01:30 PM-Horseshoe Game (GLP) 02:00 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	13 08:00 AM-All Day Ping Pong (AC) 01:00 PM-Montgomery College Course: Writing Memoirs (CR) 01:00 PM-Montgomery College Course: Writing Memories (CR) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Matinee Movie: Of Mice & Men (C9)	15 10:00 AM-Headlines & Coffee (PL) 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Dumbbell "Surprise" Workout with Aaron (B) 12:00 PM-Documentary: (C9) 01:00 PM-Cornhole Game (CRP) 01:30 PM-Old Georgetown Rd Shuttle (L) 02:00 PM-Building & Facilities Committee Meeting (BR) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	16 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Newsletter Committee Meeting (AC) 11:30 AM-Balance Class (B) 01:30 PM-Walk with Pauline (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Live Dining At Hearth Oven w/Chef Francis (DR)	17 10:00 AM- Exercise Class: Core Fitness (C9) 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:15 AM-Trip to The United States Botanic Garden (L) 11:00 AM-Water Aerobics Class with Dominique (B) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Care Partner's Support Group (BR) 03:00 PM-Live Concert With Mixed Company "Accapella Group" (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR)	18 09:30 AM-Zumba Gold Fitness (C9) 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 07:30 PM-MPP Live Concert Series: Margaret Singer (B)	19 10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (Z) 02:00 PM-Ice Cream (BRP) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Guest Lecture Series: Pauline Jacobsberg (B) 08:00 PM-Friday Movie Night (C9)	20 08:00 AM-All Day Ping Pong (AC) 09:45 AM-Lunch Cruise at Spirit of Baltimore (L) 01:00 PM-Montgomery College Course: Writing Memoirs (CR) 01:00 PM-Montgomery College Course: Writing Memories (CR) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Matinee Movie: Johnson Family Vacation (C9)	22 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Dumbbell "Surprise" Workout with Aaron (B) 12:00 PM-Documentary: (C9) 01:00 PM-Cornhole Game (CRP) 01:30 PM-Cabin John Shopping Shuttle (L) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	23 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Walk with Pauline (L) 02:00 PM-Food Discussion Meeting (PL) 02:30 PM-Exotic Live Animals Presentation with Echoes of Nature (B) 03:00 PM-Protestant Communion Service (B) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)	24 10:00 AM-Bake Sale (PL) 10:00 AM- Exercise Class: Core Fitness (C9) 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Water Aerobics Class with Dominique (B) 01:00 PM-Budget Committee Meeting (CR) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Care Partner's Support Group (BR) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Lecture Series: Dan Sherman (B) 04:00 PM-Game of Skill and Chance: Bingo (CR)	25 09:30 AM-Zumba Gold Fitness (C9) 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Outdoor Sip & Paint (AC) 07:30 PM-MPP Guest Lecture Series: Diane Steinbrink (B)	26 08:00 AM-Waffle Breakfast (DR) 10:00 AM-Jewelry Repair Clinic (PL) 10:00 AM-MPP Car Wash (GL) 10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 10:00 AM- Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (Z) 02:00 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 03:30 PM-Horseshoe Game (GLP) 08:00 PM-Friday Movie Night (C9)	27 08:00 AM-All Day Ping Pong (AC) 01:00 PM-Montgomery College Course: Writing Memories (CR) 02:00 PM-Afternoon Tea (PL) 03:00 PM-Opera Matinee (C9) 07:30 PM-Game of Skill and Chance: Bingo (B)
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Matinee Movie: Tommy Boy (C9)	29 10:00 AM- Exercise Class: Core Fitness (C9) 12:00 PM-Documentary: (C9) 01:30 PM-Old Georgetown Rd Shuttle (L) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	30 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Walk with Pauline (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR) 07:30 PM-Art Lecture with Judy Feldman (B)	31 10:00 AM- Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Walk with Pauline (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)			

May 2022

