

SUN	MON	TUE	WED	THUR	FRI	SAT							
			10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Extended Shopping at 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-World Culture Club with Rochelle Pring (GL) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR) 04:30 PM-Resident Reception (PL)	1	09:30 AM-Zumba Gold Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 04:00 PM-Happy Hour (9C) 04:00 PM-Treasures For NIH Kids (AC)	2	10:00 AM-Food Committee Meeting (BR) 10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:00 PM-Horseshoe Game (GLP) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	3	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 03:30 PM-Guest Speaker Lecture Series: Tamara Keith (B) 07:30 PM-Game of Skill and Chance: Bingo (B)	4			
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR)	5	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 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)	6	10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Movie Committee Meeting (AC) 11:30 AM-Balance Class (B) 01:00 PM-Bridge Lessons with Leslie Shafer (CR) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 03:30 PM-Broadway Lecture Series with Steven Friedman (B) 04:00 PM-Happy Hour (9C)	7	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:15 AM-Trip to The Mormon Temple (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) 04:00 PM-Game of Skill and Chance: Bingo (CR) 07:30 PM-Guest Speaker Series: Chuck Todd "Meet The Press" (B)	8	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Co-Op Board Meeting (B) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 04:00 PM-Happy Hour (9C) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 07:30 PM-Live Concert: Robert Redd & Sue Mathews (B)	9	10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:00 PM-Horseshoe Game (GLP) 02:30 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	10	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	11
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR)	12	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary: (C9) 01:30 PM-Cabin John 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)	13	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-Bridge Lessons with Leslie Shafer (CR) 01:00 PM-Nimble Needles (PL) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (9C)	14	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:45 AM-MPP Picnic at Seneca Creek State Park (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) 04:00 PM-Game of Skill and Chance: Bingo (CR)	15	09:30 AM-Zumba Gold Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 02:00 PM-Matinee Movie & Popcorn (B) 04:00 PM-Happy Hour (9C) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 07:30 PM-Faust Rossi's Lecture (B)	16	10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:00 PM-Horseshoe Game (GLP) 03:00 PM-Fruit Smoothies Social (BRP) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	17	08:00 AM-All Day Ping Pong (AC) 11:00 AM-Community Shopping with Taylor Marie (B) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	18
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR)	19	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary: (C9) 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)	20	10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Newsletter Committee Meeting (AC) 11:30 AM-Balance Class (B) 01:00 PM-Bridge Lessons with Leslie Shafer (CR) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (9C) 04:30 PM-Live Dining with Chef Francis (9C)	21	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:15 AM-Trip to the National Cathedral (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-Game Hour: Name That Tune "Music from the 20's, 30's, 40's, 50's, 60's" (PL) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR)	22	09:30 AM-Zumba Gold Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 04:00 PM-Happy Hour (9C) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 05:00 PM-First Summer BBQ (CRP)	23	10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:00 PM-Horseshoe Game (GLP) 02:30 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 07:30 PM-Live Concert: Dapogny Duo (B) 08:00 PM-Friday Movie Night (C9)	24	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	25
09:30 AM-Church Shuttle to St. Jane (L) 03:00 PM-Billiards Team Play (BR)	26	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary: (C9) 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-Assorted Cookies & Punch Social (BRP) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	27	10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:00 PM-Bridge Lessons with Leslie Shafer (CR) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Protestant Communion Service (B) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (9C)	28	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Water Aerobics Class with Dominique (B) 01:00 PM-Budget & Finance Committee Meeting (CR) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Care Partner's Support Group (BR) 03:00 PM-Landscaping Committee Meeting (BR) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR)	29	09:30 AM-Zumba Gold Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 03:00 PM-MPP Talent Show (B) 04:00 PM-Happy Hour (9C) 04:00 PM-Arts & Crafts with Margaret Finch (AC)	30				

June 2022

