

SUN	MON	TUE	WED	THUR	FRI	SAT
	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary: (C9) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Guest Lecture with Daryl Davis (B) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (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-Walking Club (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR) 08:00 PM-Symphony Fantastique: Berlioz (C9)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Trip to Trader Joe's "Wisconsin Ave" (L) 11:00 AM-Water Aerobics Class with Dominique (B) 01:00 PM-Group Puzzles Search Words (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) 04:00 PM-Game of Skill and Chance: Bingo (CR) 04:30 PM-Resident Reception "Welcome New Resident" (PL)	09:30 AM-Zumba Gold Fitness (C9) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 12:30 PM-European History Documentary: (C9) 01:30 PM-Mahjong (CR) 03:00 PM-Music Trivia: Name That Tune "songs of the 20s, 30s, 40s, 50s, 60s" (PL) 04:00 PM-Happy Hour (DR) 04:00 PM-Treasures for NIH Kids with Margaret Finch (PL)	08:00 AM-Fresh Flowers Arranging (DR) 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) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Sing- A- Long with Vivi Allen (PL) 08:00 PM-Friday Movie Night (C9)	08:00 AM-All Day Ping Pong (AC) 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) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary: (C9) 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)	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-Nimble Needle (L) 01:30 PM-Walking Club (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) 04:00 PM-Words Game (CR) 08:00 PM-Classical Ballet & Opera House: "Sleeping Beauty" (C9)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:45 AM-Trip to Wegman Food Market (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) 03:30 PM-Dr. Jenner's Lecture Series (B) 04:00 PM-Game of Skill and Chance: Bingo (CR)	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Co-op Board Meeting (B) 10:00 AM-Trip to Tudor Place Historic House & Garden (L) 10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 02:00 PM-Book Club (CR) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 07:30 PM-MPP Live Concert: Jesse Paladofski (B)	08:00 AM-Fresh Flowers Arranging (DR) 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) 02:30 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	08:00 AM-All Day Ping Pong (AC) 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) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary: (C9) 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)	10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Walking Club (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Live Dining with Chef Francis (DR) 07:30 PM-Dr. Faust Rossi's Lecture: "Like It or Not: Free Speech in America: the Supreme Court Speaks" (B)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:15 AM-Trip to the Renwick Gallery (L) 11:00 AM-Water Aerobics Class with Dominique (B) 01:00 PM-Shop at Montgomery Mall (L) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Care Partner's Support Group (BR) 02:30 PM-Matinee Movie & Popcorn (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR)	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-Group Puzzles Search Words (CR) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 05:00 PM-Caribbean Themed Dinner (B)	08:00 AM-Fresh Flowers Arranging (DR) 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) 02:30 PM-Ice Cream Social (PL) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 03:00 PM-Live Concert: Capitol Chorus Group (B) 07:30 PM-Game of Skill and Chance: Bingo (B)
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 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)	10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Walking Club (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Protestant Communion Service (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Words Game (CR) 08:00 PM-Movie "Shelter" (C9)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:15 AM-Trip to the National Building Museum (L) 11:00 AM-Water Aerobics Class with Dominique (B) 01:00 PM-Budget & Finance Committee Meeting (B) 01:00 PM-Shop at Montgomery Mall (L) 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)	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 02:00 PM-Group Puzzles Search Words (CR) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 05:00 PM-Summer BBQ (CR) 07:30 PM-MPP Live Concert: (B)	08:00 AM-Fresh Flowers Arranging (DR) 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) 02:30 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	08:00 AM-All Day Ping Pong (AC) 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) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 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)	10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Walking Club (L) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 03:30 PM-MPP Guest Lecture Series: Ryan Grim (B) 04:00 PM-Happy Hour (DR)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Lunch Outing at Duck Duck Goose (L) 11:00 AM-Water Aerobics Class with Dominique (B) 12:00 PM-Dollar Tree Shuttle (L) 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-Art Lecture with Judy Feldman (B)			

August 2022

