

SUN	MON	TUE	WED	THUR	FRI	SAT							
				10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 12:00 PM-European History Documentary: (C9) 01:00 PM-Puzzle Words Search (CR) 01:30 PM-Mahjong (CR) 04:00 PM-Happy Hour (DR) 04:00 PM-Treasures For NIH Kids with Margaret Finch (PL) 07:30 PM-MPP Guest Lecture with George Cohen: (B)	1	10:00 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-Chocolate Brownie Social (BRP) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	2	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	3				
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	4	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Investigation Discovery 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)	5	10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Movie Committee Meeting (CR) 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)	6	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:45 AM-Trip To Bethesda Row Cinema: "Three Minutes: A Lengthening" (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) 04:30 PM-Resident Reception (PL)	7	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 12:00 PM-European History Documentary: (C9) 01:00 PM-Puzzle Words Search (CR) 01:30 PM-Mahjong (CR) 02:00 PM-Book Club (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 with Ginny Carr "Classical Pianist & Vocalist" (B)	8	10:00 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) 03:30 PM-MPP Guest Lecture Series with Robert Blumenthal (B) 08:00 PM-Friday Movie Night (C9)	9	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)	10
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	11	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Investigation Discovery 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)	12	10:30 AM-Activities Committee Meeting (CR) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Walking Club (L) 02:00 PM-Catholic Mass (B) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)	13	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: "The Viking Age" (B) 04:00 PM-Game of Skill and Chance: Bingo (CR)	14	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 10:45 AM-Trip to Seneca Creek State Park: "MPP Picnic" (L) 11:30 AM-Balance Class (B) 12:00 PM-European History Documentary: (C9) 01:00 PM-Puzzle Words Search (CR) 01:30 PM-Mahjong (CR) 02:30 PM-Matinee Movie & Popcorn (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC)	15	10:00 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) 02:00 PM-Ice Cream Social (BRP) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	16	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	17
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	18	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Investigation Discovery 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)	19	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-Broadway Lecture with Steven Friedman (B) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)	20	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:45 AM-Trip to National Building Museum (L) 11:00 AM-Newsletter Committee Meeting (AC) 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) 02:00 PM-Tea Sandwich Social (BRP) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR)	21	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 12:00 PM-European History Documentary: (C9) 01:00 PM-Puzzle Words Search (CR) 01:30 PM-Mahjong (CR) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 05:00 PM-Summer BBQ (CR)	22	10:00 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) 03:30 PM-MPP Guest Lecture Series with Kristina Obom (B) 08:00 PM-Friday Movie Night (C9)	23	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 03:30 PM-MPP Guest Lecture Series with Tamara Keith (B) 07:30 PM-Game of Skill and Chance: Bingo (B)	24
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	25	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Investigation Discovery Documentary (C9) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Guest Lecture Series with Kim O'Connell (B) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	26	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) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)	27	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:45 AM-Trip to National Aquarium (L) 11:00 AM-Water Aerobics Class with Dominique (B) 01:00 PM-Budget Committee Meeting (B) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Care Partner's Support Group (BR) 02:00 PM-Mini Pizza Social (BRP) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR)	28	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:30 AM-Balance Class (B) 12:00 PM-European History Documentary: (C9) 01:00 PM-Puzzle Words Search (CR) 01:30 PM-Mahjong (CR) 03:00 PM-Outdoor Concert with Chip Smoley (BRP) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC)	29	10:00 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) 08:00 PM-Friday Movie Night (C9)	30		

September 2022

