

SUN	MON	TUE	WED	THUR	FRI	SAT							
		10:00 AM-Bridge For Beginners with Leslie Shafer (CR) 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-Montgomery College Course: Poetry in the Age of Shakespeare and Donne (BR) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 03:30 PM-MPP Guest Speaker with Sheldon Hochberg (B) 04:00 PM-Happy Hour (DR)	1	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Water Aerobics Class with Dominique (B) 11:45 AM-Movie Outing: "Amsterdam" (L) 01:30 PM-Meditation in Motion with Dominique (B) 01:30 PM-Shop at Montgomery Mall (L) 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)	2	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:00 AM-Walking Club (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) 03:30 PM-Sip with Chip Smoley (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Treasures For The NIH Kids with Margaret Finch (AC)	3	09:00 AM-Fresh Flowers Arranging (DR) 10:00 AM-Jewelry Repair Clinic (PL) 10:00 AM-TheraBand Resistance Workout with Aaron Gamble (B) 10:15 AM-Trip to the Kennedy Center "National Symphony Orchestra" (L) 11:00 AM-Exercise For Wellness with Dominique (B) 12:00 PM-Tai Chi Class (C9) 12:30 PM-Music Documentary (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	4	08:00 AM-All Day Ping Pong (AC) 11:45 AM-Trip to Regal Germantown "Metropolitan Opera" (L) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	5		
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	6	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary (C9) 01:30 PM-Whole Food Shuttle (L) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Guest Speaker with Calvin Goldscheider (B) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	7	08:00 AM-Primary Election: Voting Shuttle (L) 10:00 AM-Bridge For Beginners with Leslie Shafer (CR) 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-Needle Nimble (PL) 01:30 PM-Montgomery College Course: Poetry in the Age of Shakespeare and Donne (BR) 02:00 PM-Food Discussion Meeting (PL) 02:30 PM-Catholic Mass (B) 03:00 PM-Words Game (CR) 03:30 PM-Broadway Lecture with Steve Friedman (B) 04:00 PM-Happy Hour (DR)	8	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) 02:30 PM-Chicken & Vegetable Spring Rolls Social (PL) 03:00 PM-Billiards Team Play (BR) 03:30 PM-Dr. Jenner Lecture Series (B) 04:00 PM-Game of Skill and Chance: Bingo (CR)	9	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:00 AM-Walking Club (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) 02:00 PM-Book Club (CR) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC) 07:30 PM-Play Reading Group (B)	10	09:00 AM-Fresh Flowers Arranging (DR) 09:00 AM-Veterans Day Celebration (B) 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) 12:30 PM-Music Documentary (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)	11	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	12
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	13	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 Shopping Ctr (L) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Guest Speaker with Claudia Kalb (B) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	14	10:00 AM-Bridge For Beginners with Leslie Shafer (CR) 10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Health Care Hall Chat (CR) 11:30 AM-Balance Class (B) 01:30 PM-Montgomery College Course: Poetry in the Age of Shakespeare and Donne (BR) 02:00 PM-Food Discussion Meeting (PL) 02:00 PM-Matinee Movie & Popcorn: Death on The Nile (B) 03:00 PM-Words Game (CR) 04:00 PM-Happy Hour (DR)	15	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Water Aerobics Class with Dominique (B) 11:30 AM-Lunch Outing at El Mariachi Restaurant (L) 01:30 PM-Meditation in Motion with Dominique (B) 01:30 PM-Shop at Montgomery Mall (L) 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)	16	10:30 AM-Core Strength & Flexibility Class with Dominique (B) 11:00 AM-Walking Club (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) 04:00 PM-Happy Hour (DR) 04:00 PM-Arts & Crafts with Margaret Finch (AC)	17	09:00 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) 12:30 PM-Music Documentary (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 03:00 PM-Billiards Team Play (BR) 07:30 PM-MPP Live Concert with Halley Shoenberg (B) 08:00 PM-Friday Movie Night (C9)	18	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	19
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 02:15 PM-Depart to Strathmore Music Center: "The Fantastic Symphony" (L) 03:00 PM-Billiards Team Play (BR)	20	10:00 AM-Headlines & Coffee (PL) 11:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary (C9) 01:30 PM-Whole Food 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)	21	10:00 AM-Bridge For Beginners with Leslie Shafer (CR) 10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Health Care Hall Chat (CR) 11:30 AM-Balance Class (B) 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)	22	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 11:00 AM-Water Aerobics Class with Dominique (B) 11:45 AM-National Museum of African American History and Culture (L) 01:30 PM-Meditation in Motion with Dominique (B) 01:30 PM-Shop at Montgomery Mall (L) 02:00 PM-Care Partner's Support Group (BR) 02:30 PM-Shrimp Cocktail Social (PL) 03:00 PM-Billiards Team Play (BR) 03:30 PM-MPP Guest Speaker with Tamara Keith (B) 04:00 PM-Game of Skill and Chance: Bingo (CR)	23	12:00 PM-European History Documentary: (C9)	24	09:00 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) 12:30 PM-Music Documentary (C9) 01:30 PM-Rockville Pike Shuttle (L) 02:30 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	25	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill and Chance: Bingo (B)	26
09:30 AM-Church Shuttle to St. Jane (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	27	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 Shopping Ctr (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)	28	10:00 AM-Bridge For Beginners with Leslie Shafer (CR) 10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Health Care Hall Chat (CR) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Words Game (CR) 03:30 PM-Sip & Pain with Pauline (PL) 04:00 PM-Happy Hour (DR)	29	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:45 AM-Trip to the Museum of the Bible (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) 01:30 PM-Shop at Montgomery Mall (L) 02:00 PM-Care Partner's Support Group (BR) 02:30 PM-Bacon-Wrapped Water Chestnut Social (PL) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill and Chance: Bingo (CR)	30						

November 2022

