

Recreation Program

Week of November 28th – December 4th

Monday, November 28th Transportation to Doctor Appointments 8:00 am – 4:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Headlines and Coffee	Ballroom
11:00 am	Dumbbell "Surprise" Workout w/Aaron Gamble	Ballroom
12:00 pm	Documentary: "Egypt's Lost Wonders"	Ch. 975
1:30 pm	Cabin John Shopping Center	Lobby
2:00 pm	Chair Yoga with Dominique	Ballroom
3:00 pm	Billiards Team Play	Billiards Room
4:00 pm	Trivia Pursuit	Club Room
8:00 pm	Monday Night Movie: Rocky	Ch. 975
Tuesday, November 29th Transportation to Doctor Appointments 8:00 am – 4:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Bridge Lessons for Beginners with Leslie Shafer	Club Room
10:30 am	Cardio Balance Class with Dominique	Ballroom
11:00 am	Health Care Hall Chat	Ballroom
11:30 am	Balance Class (PT physical assessment needed)	Ballroom
2:00 pm	Food Discussion Group	Piano Lounge
3:30 pm	Sip & Pain	Piano Lounge
4:00 pm	Words Game	Club Room
4:00 pm	Happy Hour	9707 Café
Wednesday, November 30th Transportation to Doctor Appointments 8:00 am – 12:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Bodyweight "Magic" Workout w/Aaron Gamble	Ballroom
11:00 am	Water Aerobics Class/ Dominique	Pool
12:00 pm	Dollar Tree Shuttle	Lobby
1:30 pm	Meditation in Motion with Dominique	Ballroom
1:30 pm	Shop at Montgomery Mall	Lobby
2:00 pm	Care Partner's Support Group	Board Room
2:30 pm	Bacon-Wrapped Water Chestnut Social	Piano Lounge
3:00 pm	Billiards Team Play	Billiards Room
4:00 pm	Game of Skill & Chance: Bingo	Club Room
"Name Tag Day"		
Thursday, December 1st Transportation to Doctor Appointments 8:00 am – 4:00 pm		
09:30 am	Zumba Gold Fitness	Ch. 975
10:00 am	Exercise Class: Core Stretch	Ch. 975
10:30 am	Core Strength & Flexibility with Dominique:	Club Room
11:00 pm	Walking Group	Lobby
11:30 pm	Balance Class (PT physical assessment needed)	Club Room
12:30 pm	European Documentary: "Switzerland From Above"	Ch. 975
1:30 pm	Mahjong	Club Room
2:00 pm	Christmas Tree Decoration	Lobby
4:00 pm	Happy Hour	9707 Café
4:00 pm	Arts & Craft with Margaret Finch	Arts Center
Friday, December 2nd Transportation to Doctor Appointment 8:00 am – 12:00 pm		
09:00 am	Fresh Flower Arranging	Dining Room
10:00 am	Food Committee Meeting	Board Room
10:15 am	Depart to the Kennedy Center "NSO"	Lobby
10:00 am	Exercise Class: Yoga Class with Anne	Ch. 975
10:00 am	TheraBand Resistance Workout w/ Aaron Gamble	Ballroom
11:00 am	Exercise for Wellness with Dominique	Ballroom
12:00 pm	Tai Chi Class	Ch. 975
12:30 pm	Music Documentary: "Oprah Winfrey on Career, Life & Leadership"	Ch. 975
1:30 pm	Old Georgetown Rd. Shuttle	Lobby
3:00 pm	Billiards Team Play	Billiards Room
8:00 pm	Movie Night: The African Queen	Ch. 975
Saturday, December 3rd Closed		
2:00 pm	Afternoon tea	Piano Lounge
1:15 pm	"Depart to DAR Constitution Hall: US Army Band Holiday Concert"	Lobby
7:30 pm	Bingo	Ballroom
Sunday, December 4th Closed		
9:30 am	Church Shuttle to St. Jane De Chantal	Lobby
11:00 am	Sunday Brunch	9707 Café
3:00 pm	Billiards Team Play	Billiards Room

For Your Information

Pool Hours: See Pool Schedule on the Bulletin Board.

Recreation Basics

- All outings are dependent upon adequate resident participation, favorable weather conditions, and staff availability.
- Extra copies of any material distributed from the Recreation Office are available on the wall mounted shelf (to your left) as you enter the Arts Center.
- Refer to the "Information You Need to Know" handout for more details on our sign-up and billing policy.
- Refer to the Activities Board and Elevator Notices for the most up-to-date information.
- Copies of the Resident Phone Directory (numerical & alphabetical) are available in the at the concierge desk.

Fitness Center Hours of Operation

The Maplewood Fitness Center will be staffed by Wellness Program Coordinator, Dominique Davis of Key of Life Yoga & Wellness, Monday through Friday. You may reach Dominique during the Fitness Center staffed hours at (301) 581-7108. After hours, leave a voicemail and your call will be returned within the next business day.

Fitness Center Staffed Hours

Monday – 9am to 11am

Tuesday – 9am to 10am and 1pm to 2pm

Wednesday – 9am to 10am

Thursday – 9am to 10am and 1pm to 2pm

Friday – 9am to 11am

Monday Movie: Monday, November 28th: Rocky

(1976) Rated PG-13 1hr 59 mins. **English Subtitles Available**

When world heavyweight boxing champ Apollo Creed announces he'll give an unknown fighter a shot at the title as a publicity stunt, his handlers pick palooka Rocky Balboa, an uneducated collector for a Philadelphia loan shark.

Friday Movie: Friday, December 3rd: The African Queen

(1951) Rated R 2hr 15 mins. **English Subtitles Available**

Charlie Allnut (Humphrey Bogart), the booze-guzzling, rough-hewn captain of a broken-down East African riverboat, teams with a straitlaced, iron-willed missionary (Katharine Hepburn) to take on a menacing German gunboat during World War I.

Churches

<u>SERVICE/DESCRIPTION</u>	<u>DAY</u>	<u>DEPARTURE/PICK-UP TIME</u>	
St. Jane's Catholic Church	Sunday	9:30am	11:00am
St. Luke Episcopal Church	Sunday	9:45am	11:30am
United Methodist Church	Sunday	10:30am	12:15pm

Department Store

Montgomery Mall	Every Other Month Wednesday	1:30 pm	3:00 pm
Extended Shopping at Montgomery Mall	1st Wednesday	11:00 am	3:00 pm

Doctors' Appointments

Monday	8:00am	4:00pm
Tuesday	8:00am	4:00pm
Wednesday	8:00am	12:30pm
Thursday	8:00am	4:00pm
Friday	8:00am	12:30pm

Grocery Stores

Dollar Tree Shuttle	Every Other Month Of the month	12:00 pm	1:00 pm
Cabin John Shopping Center Shuttle	2nd & 4th Monday	1:30 pm	3:00 pm
Old Georgetown Rd. Shuttle	1st & 3rd Monday		
Old Georgetown Rd. Shuttle	Every Friday Except the Last Friday of the Month	1:30 pm	3:00 pm
Rockville Pike Shuttle	Last Friday Of the month	1:30 pm	3:15 pm
Metro Drop Off:	Daily M-F	10:00am & 11:30am	