

Recreation Program

Week of January 2nd – January 8th

Monday, January 2nd			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 with Aaron Gamble	Ballroom		
12:00 pm	Documentary: Bangladesh Struggles with Flooding	Ch. 975		
1:30 pm	Whole Food Shuttle	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 Movie Night: The Bridges of Madison	Ch. 975		
Tuesday, January 3rd			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	Movie Committee Meeting	Arts Center		
11:30 am	Balance Class (PT physical assessment needed)	Ballroom		
2:00 pm	Food Discussion Group	Piano Lounge		
4:00 pm	Words Game	Club Room		
4:00 pm	Happy Hour	9707 Café		
Wednesday, January 4th			Transportation to Doctor Appointments	8:00 am – 12:00pm
10:00 am	Exercise Class: Core Fitness	Ch. 975		
10:00 am	Bodyweight "Magic" Workout	Ballroom		
11:00 am	Water Aerobics Class/ Dominique	Pool		
11:00 am	Trip to Trader Joe's on Wisconsin Ave	Lobby		
1:30 pm	Shop at Montgomery Mall	Lobby		
1:30 pm	Meditation in Motion with Dominique	Ballroom		
2:00 pm	Care Partner's Support Group	Board Room		
3:00 pm	Billiards Team Play	Billiards Room		
4:00 pm	Game of Skill & Chance: Bingo	Club Room		
4:30 pm	Resident Reception: Welcome New Resident	Piano Lounge		
	"Name Tag Day"			
Thursday, January 5th			Transportation to Doctor Appointments	8:00 am – 4:00pm
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:	Ballroom		
11:30 pm	Balance Class (PT physical assessment needed)	Ballroom		
12:30 pm	European Documentary: "Mind Blowing Documentary: The Amazing Planet Earth"	Ch. 975		
1:30 pm	Mahjong	Club Room		
4:00 pm	Happy Hour	9707 Café		
4:00 pm	Arts & Craft with Margaret Finch	Arts Center		
Friday, January 6th			Transportation to Doctor Appointment	8:00 am – 12:00 pm
09:00 am	Fresh Flower Arranging	Dining Room		
10:00 am	Exercise Class: Yoga Class with Anne	Ch. 975		
10:00 am	Dumbbell "Surprise" Workout	Ballroom		
11:00 am	Exercise for Wellness with Dominique	Ballroom		
12:00 pm	Tai Chi Class	Ch. 975		
1:30 pm	Old Georgetown Rd Shuttle	Lobby		
3:00 pm	Billiards Team Play	Billiards Room		
8:00 pm	Movie Night: Birdman	Ch. 975		
Saturday, January 7th				Closed
2:00 pm	Afternoon Tea	Piano Lounge		
7:30 pm	Game of Skill & Chances	Ballroom		
Sunday, January 8th				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, January 2nd: The Bridges of Madison

(1995) Rated PG -13 2hr 15 mins. **English Subtitles Available**

When vaguely discontented Iowa housewife Francesca Johnson (Meryl Streep) meets *National Geographic* shutterbug Robert Kincaid (Clint Eastwood), what begins as a guarded friendship soon erupts into an intense affair that rekindles Francesca's forgotten passions. But Francesca finds her emotions in conflict when the time comes to choose her future. This emotional, Oscar-nominated drama is based on the best-selling novel by Robert James Waller.

Friday Movie: Friday, January 6th: Birdman

(2014) Rated PG-13 1hr 59 mins. **English Subtitles Available**

Michael Keaton delivers a winking performance in this dark comedy about a cinematic superhero trying to forge a comeback with a Broadway play. With none of the super-powers of his former character, the actor struggles to rebuild his career and life.

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	1:30 pm	3:00 pm
	Except the Last Friday of the Month		
Rockville Pike Shuttle	Last Friday Of the month	1:30 pm	3:15 pm
Metro Drop Off:	Daily M-F	10:00am & 11:30am	