

SUN	MON	TUE	WED	THUR	FRI	SAT	
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C)	<b>1</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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)	<b>2</b> 10:00 AM-Bridge Lessons For Beginners with Leslie Shafer (CR) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Movie Committee Meeting (AC) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)	<b>3</b> 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Trip to Trader Joe's: Wisconsin Ave (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 & Chance: Bingo (CR) 04:30 PM-Resident Reception "Welcome New Resident" (PL)	<b>4</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR)	<b>5</b> 09:00 AM-Fresh Flowers Arranging (DR) 10:00 AM-Exercise Class: Core Fitness (C9) 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) 08:00 PM-Friday Movie Night (C9)	<b>6</b> 08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)	
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C)	<b>8</b> 10:00 AM-Exercise Class: Core Fitness (B) 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)	<b>9</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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)	<b>10</b> 10:00 AM-Bridge Lessons For Beginners with Leslie Shafer (CR) 10:00 AM-Exercise Class: Core Fitness (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-Needle Nimble (PL) 02:00 PM-Food Discussion Meeting (PL) 02:30 PM-Catholic Mass (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)	<b>11</b> 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Movie Outing at Bethesda Row Cinema (L) 11:00 AM-Water Aerobics Class with Dominique (B) 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-Afternoon Social (PL) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR) 07:30 PM-Dr. Jenner Lecture Series (B)	<b>12</b> 10:00 AM-Co-op Board Meeting (B) 10:00 AM-Exercise Class: Core Fitness (C9) 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) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR) 07:30 PM-MPP Live Concert with Chuck & Robert Redd (B)	<b>13</b> 09:00 AM-Fresh Flowers Arranging (DR) 10:00 AM-Exercise Class: Core Fitness (C9) 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) 03:30 PM-Broadway Lecture with Steven Friedman (B) 08:00 PM-Friday Movie Night (C9)	<b>14</b> 08:00 AM-All Day Ping Pong (AC) 11:45 AM-Trip to Germantown Regal "MET Opera: Fedora" (L) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C)	<b>15</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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-Building & Facilities Committee Meeting (BR) 02:00 PM-Chair Yoga with Dominique (B) 02:30 PM-Matinee Movie & Popcorn "Selma": Celebrating Martin Luther King Jr (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	<b>16</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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-Building & Facilities Committee Meeting (BR) 02:00 PM-Chair Yoga with Dominique (B) 02:30 PM-Matinee Movie & Popcorn "Selma": Celebrating Martin Luther King Jr (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	<b>17</b> 10:00 AM-Bridge Lessons For Beginners with Leslie Shafer (CR) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 02:30 PM-Matinee Movie & Popcorn (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)	<b>18</b> 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Lunch Outing at Mon Ami Gabi (French Restaurant) (L) 11:00 AM-Messenger Committee Meeting (PL) 11:00 AM-Water Aerobics Class with Dominique (B) 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-Afternoon Social (PL) 03:00 PM-Billiards Team Play (BR) 03:30 PM-Guest Speaker Series with Malynnda Chizek (B) 04:00 PM-Game of Skill & Chance: Bingo (CR)	<b>19</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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-Reception: "Celebrating MPP Messenger" (PL) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR)	<b>20</b> 09:00 AM-Fresh Flowers Arranging (DR) 10:00 AM-Exercise Class: Core Fitness (C9) 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) 08:00 PM-Friday Movie Night (C9)	<b>21</b> 08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C)	<b>22</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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)	<b>23</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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)	<b>24</b> 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Protestant Communion Service (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)	<b>25</b> 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Trip to the National Gallery of Art (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-Afternoon Social (PL) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR)	<b>26</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR) 07:30 PM-MPP Live Concert with Raffi (B)	<b>27</b> 09:00 AM-Fresh Flowers Arranging (DR) 10:00 AM-Exercise Class: Core Fitness (C9) 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)	<b>28</b> 08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C)	<b>29</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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)	<b>30</b> 10:00 AM-Exercise Class: Core Fitness (C9) 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)	<b>31</b> 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 03:30 PM-Guest Speaker Series with Robert Sutter (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)				

January 2023

