

SUN	MON	TUE	WED	THUR	FRI	SAT							
			10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 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) 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)	1	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) 01:30 PM-Mahjong (CR) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR)	2	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)	3	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)	4			
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C)	5	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (B) 10:00 AM-Headlines & Coffee (PL) 11:15 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary (C9) 01:30 PM-Trader Joe's Shuttle (L) 02:00 PM-Chair Yoga with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 07:30 PM-MPP Live Concert with James & John Dapogny (B) 08:00 PM-Monday Night Movie (C9)	6	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) 03:00 PM-MPP Guest Speaker Series with Julie Cohen (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)	7	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 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) 01:30 PM-Shop at Montgomery Mall (L) 02:00 PM-Care Partner's Support Group (BR) 02:30 PM-Matinee Movie & Mini Pizza "A Passage to India" (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR)	8	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) 01:30 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 Steve Abshire & Steve Herberman (B)	9	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-Guest Speaker Series with Chuck Rosenberg (B) 03:30 PM-MPP Guest Speaker Series with Chuck Rosenberg (B) 08:00 PM-Friday Movie Night (C9)	10	08:00 AM-All Day Ping Pong (AC) 10:30 AM-Community Shopping with Taylor Marie (B) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)	11
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 02:00 PM-Matinee Movie: "Hidden Figures" Celebrating Women's Month (B)	12	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (B) 10:00 AM-Headlines & Coffee (PL) 11:15 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)	13	10:00 AM-Bridge Lesson 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) 07:30 PM-Dr. Jenner Lecture Series: "Around the World with Nellie Bly" (B)	14	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Newsletter Committee Meeting (AC) 11:00 AM-Water Aerobics Class with Dominique (B) 11:30 AM-Lunch Outing at Ristorante Piccolo "Italian 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 & Chance: Bingo (CR)	15	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) 01:30 PM-Mahjong (CR) 02:00 PM-Tai Chi Class with Linda Kalb "NEW" (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR)	16	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) 12:30 PM-Music Documentary (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Saint Patrick's Day Celebration (PL) 04:00 PM-Special Happy Hour: Celebrating Saint Patrick's Day (PL)	17	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)	18
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 01:15 PM-Trip to Kensington Town Hall "British Player: As You Like It" (L)	19	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (B) 10:00 AM-Headlines & Coffee (PL) 11:15 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary (C9) 01:30 PM-Trader Joe's Shuttle (L) 03:00 PM-Billiards Team Play (BR) 03:30 PM-Sing - a - Long with Vivi Allen (PL) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	20	10:00 AM-Bridge Lesson with Leslie Shafer (CR) 10:00 AM-Exercise Class: Core Fitness (C9) 11:30 AM-Balance Class (B) 02:00 PM-Music Trivia: Name That Tune (PL) 03:00 PM-Resident Town Hall Meeting: "Committee Presentations & Updates" (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)	21	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 10:45 AM-Trip to the National Aquarium (L) 01:30 PM-Shop at Montgomery Mall (L) 02:30 PM-Irish Scones & Tea Social (PL) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR)	22	10:00 AM-Exercise Class: Core Fitness (C9) 11:30 AM-Balance Class (B) 12:00 PM-European History Documentary: (C9) 01:30 PM-Mahjong (CR) 02:00 PM-Tai Chi Class with Linda Kalb "NEW" (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR) 07:30 PM-MPP Live Concert with Ginny Carr Goldberg & Holly Shockey (B)	23	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) 10:15 AM-Trip to the Kennedy Center "NSO" (L) 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 Speaker Series with Allen Pietrobon (B)	24	08:00 AM-All Day Ping Pong (AC) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (B)	25
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 02:00 PM-Metropolitan Opera (B)	26	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (B) 10:00 AM-Headlines & Coffee (PL) 11:15 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 12:00 PM-Documentary (C9) 01:30 PM-Cabin John Shopping Ctr (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	27	10:00 AM-Bridge Lesson with Leslie Shafer (CR) 10:00 AM-Exercise Class: Core Fitness (C9) 11:30 AM-Balance Class (B) 03:00 PM-Protestant Communion Service (B) 04:00 PM-Happy Hour (DR) 04:00 PM-Word Game (CR)	28	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 12:00 PM-Dollar Tree Shuttle (L) 01:30 PM-Shop at Montgomery Mall (L) 03:00 PM-Billiards Team Play (BR) 03:30 PM-Guest Speaker Series with Allen Pietrobon (B) 04:00 PM-Game of Skill & Chance: Bingo (CR)	29	10:00 AM-Exercise Class: Core Fitness (C9) 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-Tai Chi Class with Linda Kalb "NEW" (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR)	30	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) 01:30 PM-Rockville Pike Shuttle (L) 03:00 PM-Billiards Team Play (BR)	31		

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