

Recreation Program

Week of March 6th – March 12th

Monday, March 6th 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
11:15 am	Dumbbell "Surprise" Workout with Aaron Gamble	Ballroom
12:00 pm	Documentary: "How the World's Deadliest Ebola Outbreak Unfold"	Ch. 975
1:30 pm	Trader Joe's	Lobby
2:00 pm	Chair Yoga with Dominique	Ballroom
3:00 pm	Billiards Team Play	Billiards Room
4:00 pm	Trivia Pursuit	Club Room
7:30 pm	MPP Live Concert with James & John Dapogny	Ballroom
8:00 pm	Monday Movie Night: Fried Green Tomatoes	Ch. 975
Tuesday, March 7th Transportation to Doctor Appointments 8:00 am – 4:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
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
3:00 pm	MPP Guest Speaker Series with Julie Cohen "Gabby Giffords Won't Back Down"	Ballroom
4:00 pm	Words Game	Club Room
4:00 pm	Happy Hour	9707 Café
Wednesday, March 8th Transportation to Doctor Appointments 8:00 am – 12:00pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Bodyweight "Magic" Workout with Aaron	Ballroom
11:00 am	Water Aerobics Class/ Dominique	Pool
11:00 am	Extended Shopping at Montgomery Mall	Lobby
1:30 pm	Meditation in Motion with Dominique	Ballroom
2:00 pm	Care Partner's Support Group	Board Room
2:30 pm	Matinee Movie & Mini Pizza "A Passage to India"	Ballroom
3:00 pm	Billiards Team Play	Billiards Room
4:00 pm	Game of Skill & Chance: Bingo	Club Room
"Name Tag Day"		
Thursday, March 9th 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: History of Ancient Celts	Ch. 975
1:30 pm	Mahjong	Club Room
2:00 pm	Book Club "A Passage to India"	Club Room
4:00 pm	Happy Hour	9707 Café
4:00 pm	Arts & Craft with Margaret Finch	Arts Center
7:30 pm	MPP Live Concert with Steve Abshire & Steve Herberman	Ballroom
Friday, March 10th 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
2:30 pm	Shabbat Service	Ballroom
3:00 pm	Billiards Team Play	Billiards Room
3:30 pm	MPP Guest Speaker Series with Chuck Rosenberg "The January 6th Committee, a new special counsel, And the department of justice. Where do we go from here?"	Ballroom
8:00 pm	Movie Night: Billy Elliot	Ch. 975
Saturday, March 11th Closed		
10:30 am	Community Shopping with Taylor Marie	Ballroom
2:00 pm	Afternoon Tea	Piano Lounge
7:30 pm	Game of Skill & Chances	Ballroom
Sunday, March 12th Closed		
9:30 am	Church Shuttle to St. Jane De Chantal	Lobby
11:00 am	Sunday Brunch	9707 Café
2:00 pm	Matinee Movie: "Hidden Figures"	Ballroom
3:00 pm	Billiards Team Play	Billiards Room

For Your Information

Pool Hours:

Monday – Friday: 7:30 am – 4:00 pm

Saturday: 8:00 am – 11:00am

Sunday & Holidays: 9:00am – 12:00pm

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, March 6th: Fried Green Tomatoes

(1991) Rated PG -13 2hr 16 mins. **English Subtitles Available**

In this adaptation of Fanny Flagg's novel, flashbacks reveal the remarkable and mysterious story of soul mates Idgie (Mary Stuart Masterson) and Ruth (Mary-Louise Parker), whose antics cause an uproar in their rural Southern town during the 1920s.

Friday Movie: Friday, March 10th: Billy Elliot

(2000) Rated PG-13 1hr 50mins. **English Subtitles Available**

When 11-year-old Billy Elliot (Jamie Bell) trades boxing school for ballet lessons, his father (Gary Lewis) -- a hardworking miner from Northern England who despises the idea of his son running around in toe shoes is less than pleased. But when the boy wins an audition for the Royal Ballet School, he experiences a change of heart. Stephen Daldry directs this Oscar-nominated drama that spawned a Tony-winning Broadway musical of the same name.

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	2 nd & 4 th Monday	1:30 pm	3:00 pm
Old Georgetown Rd. Shuttle	1 st & 3 rd 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	