

Recreation Program

Week of May 15th – May 21st

Monday, May 15 th Transportation to Doctor Appointments 8:00 am – 4:00 pm		
09:30 am	Water Aerobics Class with Dominique	Pool
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: "Clarence and Ginni Thomas: Politics, Power & the Supreme Court"	Ch. 975
1:30 pm	Trader Joe's Shuttle	Lobby
2:00 pm	Building & Facilities Committee Meeting	Board Room
2:00 pm	Chair Yoga with Dominique	Ballroom
3:00 pm	Billiards Team Play	Billiards Room
4:00 pm	Trivial Pursuit	Club Room
8:00 pm	Monday Movie: Nightmare Alley	Ch. 975
Tuesday, May 16 th Transportation to Doctor Appointments 8:00 am – 4:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Bridge Lesson with Leslie Shafer	Ballroom
10:30 am	Cardio Balance Class with Dominique	Ballroom
11:30 am	Balance Class (PT physical assessment needed)	Ballroom
2:00 pm	Food Discussion Group	Piano Lounge
2:30 pm	Matinee Movie & Popcorn "The Philadelphia Story"	Ballroom
4:00 pm	Words Game	Club Room
4:00 pm	Happy Hour	9707 Café
Wednesday, May 17 th Transportation to Doctor Appointments 8:00 am – 12:00pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Bake Sales	Piano Lounge
10:00 am	Bodyweight "Magic" Workout with Aaron	Ballroom
10:45 am	Trip to Seneca Creek State Park "Picnic"	Lobby
11:00 am	Newsletter Committee Meeting	Art Center
11:00 am	Water Aerobics Class/ Dominique	Pool
2:00 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	Bingo	Club Room
"Name Tag Day"		
Thursday, May 18 th Transportation to Doctor Appointments 8:00 am – 4:00pm		
09:30 am	Zumba Gold Fitness	Ch. 975
10:00 am	Coop Board Meeting	Ballroom
10:00 am	Exercise Class: Core Stretch	Ch. 975
10:30 am	Core Strength & Flexibility with Dominique:	Club Room
11:30 pm	Balance Class (PT physical assessment needed)	Club Room
12:30 pm	History Documentary: "New Eyes on the Universe"	Ch. 975
1:30 pm	Mahjong	Art Center
4:00 pm	Happy Hour	9707 Café
4:00 pm	Arts & Craft with Margaret Finch	Art Center
7:30 pm	MPP Live Concert with John & James Dapogny "Jazz Duo"	Ballroom
Friday, May 19 th 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	MPP Car Wash	Garden Level
10:15 am	Trip to the Kennedy Center "NSO"	Lobby
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: 80 for Brady	Ch. 975
Saturday, May 20 th Closed		
11:45 am	Trip to Germantown Regal "Met Opera: Don Giovanni"	Lobby
2:00 pm	Afternoon Tea	Piano Lounge
7:30 pm	Bingo	Ballroom
Sunday, May 21 st 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 & Spa 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 is open 7 days a week & 24hrs a day. Dominique Davis, Wellness Program Coordinator is available for support during the business hours listed below.

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

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.

Monday Movie: Monday, May 15th: Nightmare Alley

(2021) Not Rated 2hr 30 mins. English Subtitles Available

When a manipulative carnival man teams with an equally deceptive psychiatrist to grift the wealthy in 1940s New York society, he learns that his new partner in crime might be his most formidable opponent yet.

Friday Movie: Friday, May 19th: 80 for Brady

(2023) Rated PG-13 1hr 38mins. English Subtitles Available

Four lifelong friends set out on an unforgettable journey to see their hero Tom Brady play in Super Bowl LI and witness one of the greatest comebacks in sports history, discovering that it's never too late to live life to the fullest..

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	Last Wednesday 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
Trader Joe’s 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	