

SUN	MON	TUE	WED	THUR	FRI	SAT
	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 Class with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 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) 07:30 PM-Guest Speaker Series with George Cohen (B)	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) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR) 04:30 PM-Resident Reception "Wear Your Name Tag" (PL)	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) 03:30 PM-Broadway Music Lecture with Steven Friedman (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (DR)	09:00 AM-Fresh Flowers Arranging (DR) 10:00 AM-Exercise Class: Core Fitness (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea (PL) 05:30 PM-Kentucky Derby (B) 07:30 PM-Game of Skill & Chances (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 04:00 PM-Art Gallery Reception (CR)	10:00 AM-Exercise Class: Core Fitness (C9) 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 Class with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 07:30 PM-MPP Live Concert with NSO Flute Player (B) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Activities Committee Meeting (AC) 11:30 AM-Balance Class (B) 01:00 PM-Budget & Finance Committee Meeting (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's Lecture Series (B)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Trip to Rodman's Discount Food & Drug Store (L) 01:30 PM-Shop at Montgomery Mall (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR) 07:30 PM-Stage Reading Performance (B)	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-Book Club (CR) 03:30 PM-Guest Speaker Series with Nira Berry (B) 04:00 PM-Arts & Craft with Margaret Finch (AC)	09:00 AM-Fresh Flowers Arranging (DR) 10:00 AM-Exercise Class: Core Fitness (C9) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:30 PM-Shabbat Service (B) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	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)	10:00 AM-Exercise Class: Core Fitness (C9) 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-Building & Facilities Committee Meeting (B) 02:00 PM-Chair Yoga Class with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 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)	10:00 AM-Bake Sales (PL) 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 10:45 AM-Trip to Seneca Creek State Park "Picnic" (L) 11:00 AM-Newsletter Committee Meeting (AC) 01:30 PM-Shop at Montgomery Mall (L) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR)	10:00 AM-Coop Board Meeting (B) 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) 04:00 PM-Arts & Craft with Margaret Finch (AC) 07:30 PM-MPP Live Concert with Dapogny's (B)	09:00 AM-Fresh Flowers Arranging (9C) 10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-MPP Car Wash (GL) 10:15 AM-Trip to the Kennedy Center "National Symphony Orchestra" (L) 01:30 PM-Old Georgetown Rd Shuttle (L) 03:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	11:45 AM-Trip to Germantown Regal "MET Opera: Don Giovanni" (L) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Game of Skill & Chances (CR)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C)	10:00 AM-Exercise Class: Core Fitness (C9) 12:00 PM-Documentary (C9) 01:30 PM-Cabin John Shopping Ctr (L) 02:00 PM-Chair Yoga Class with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Protestant Communion Service (B) 03:30 PM-Trivia: Name That Tune (PL) 04:00 PM-Word Game (CR)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:30 AM-Lunch Outing at Duck Duck Goose Restaurant (L) 01:30 PM-Shop at Montgomery Mall (L) 02:00 PM-Cooking Demo with Chef Francis (PL) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Game of Skill & Chance: Bingo (CR) 07:30 PM-Art Lecture with Judy Feldman (B)	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) 03:00 PM-Sing-a-Long with Vivi Allen (PL) 04:00 PM-Arts & Craft with Margaret Finch (AC)	09:00 AM-Fresh Flowers Arranging (9C) 10:00 AM-Exercise Class: Core Fitness (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)	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) 01:30 PM-Sunday at the Opera (B)	09:00 AM-Memorial Day Celebration "Flag Raising Ceremony" (L) 10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (B) 12:00 PM-Documentary (C9) 01:30 PM-Trader Joe's Shopping Ctr (L) 02:00 PM-Chair Yoga Class with Dominique (B) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 03:30 PM-Guest Speaker Series with Ellen Katz (B) 04:00 PM-Word Game (CR)	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-Sweet Tooth & Cocktail Social (BRP) 04:00 PM-Game of Skill & Chance: Bingo (CR)			

May 2023

