

Recreation Program

Week of September 18th – September 24th

Monday, September 18th 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
1:30 pm	Trader Joe's Shuttle		Lobby
2:00 pm	Chair Yoga with Dominique		Ballroom
2:00 pm	Billiards Team Play		Billiards Room
2:00 pm	Building & Facilities Committee Meeting		Board Room
3:30 pm	Live Concert with Shelly Schuman & Larry Khan		Ballroom
	"Songs from the Great American Song Book"		
4:00 pm	Trivial Pursuit		Club Room
7:30 pm	Social Bridge		Club Room
8:00 pm	Monday Movie: Madame Curie		Ch. 975
Tuesday, September 19th 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
11:30 am	Balance Class (PT physical assessment needed)		Ballroom
1:00 pm	IT Committee Meeting		Board Room
2:00 pm	Food Discussion Group		Piano Lounge
4:00 pm	Words Game		Club Room
4:00 pm	Happy Hour		9707 Café
Wednesday, September 20th 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 with Dominique		Pool
1:00 pm	Shop at Montgomery Mall		Lobby
1:30 pm	Meditation in Motion with Dominique		Ballroom
2:00 pm	Care Partner's Support Group		Board Room
2:00 pm	Billiards Team Play		Billiards Room
2:00 pm	Resident's Health Fair		Ballroom
4:00 pm	Bingo		Club Room
"Name Tag Day"			
Thursday, September 21st 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
10:00 pm	Co-Op Board Meeting		Ballroom
10:30 am	Core Strength & Flexibility with Dominique:		Club Room
11:30 pm	Balance Class (PT physical assessment needed)		Club Room
1:30 pm	Mahjong		Art Center
3:30 pm	Guest Speaker Lecture series with Julie R. Moyes		Ballroom
	"Carrot or Stick? The Influence of Soft Power on International Relations"		
4:00 pm	Happy Hour		9707 Café
4:00 pm	Arts & Craft with Margaret Finch		Art Center
5:00 pm	Last Summer BBQ		Club Room
Friday, September 22nd 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
2:00 pm	Billiards Team Play		Billiards Room
2:30 pm	Shabbat Service		Ballroom
8:00 pm	Movie Night: A Man Called Otto		Ch. 975
Saturday, September 23rd			Closed
2:00 pm	Afternoon Tea		Piano Lounge
7:30 pm	Bingo		Ballroom
Sunday, September 24th			Closed
9:30 am	Church Shuttle to St. Jane De Chantal		Lobby
11:00 am	Sunday Brunch		9707 Café
1:30 pm	Sunday Opera		Ballroom
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 – 9:30am to 11am
Tuesday – 9:30am to 10:30am and 1pm to 2pm
Wednesday – 9:30am to 11am
Thursday – 9:30am to 10:30am and 1pm to 2pm
Friday – 9:30am 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, September 18th: Madame Curie

(1943) Rated PG-13`2hr 4 mins. English Subtitles Available
Raising the biopic to new heights, director Mervyn LeRoy's Oscar-nominated drama stars Greer Garson and Walter Pidgeon as the titular scientist and her French physicist husband. After young Polish student Marie and Dr. Pierre Curie fall in love and marry, the pair sets to work isolating a new element, radium. After years of painstaking research, their efforts pay off, but just as success comes calling, so does tragedy.

Friday Movie: Friday, September 22nd: A Man Called Otto

(2022) Rated PG-13`2hr 6 mins. English Subtitles Available
Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around.

Churches

SERVICE/DESCRIPTION	DAY	DEPARTURE/PICK-UP TIME	
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	1:30 pm	3:15 pm
	Of the month		

Metro Drop Off: Daily M-F 10:00am & 11:30am