

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

2nd & 4th Monday

1:30 pm

3:00 pm

Trader Joe's Shuttle

1st & 3rd Monday

Old Georgetown Rd. Shuttle

Every Friday

1:30 pm

3:00 pm

Rockville Pike Shuttle

Last Friday
Of the month

1:30 pm

3:15 pm

Metro Drop Off:

Daily M-F

10:00am & 11:30am