

SUN	MON	TUE	WED	THUR	FRI	SAT
					09:00 AM-Fresh Flowers Arranging (9C) 10:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:00 PM-Billiards Team Play (BR) 05:30 PM-Dinner In Greece Under the Stars (BRP) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 11:45 AM-Trip to the Kennedy Center "Moulin Rouge" (L) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 11:15 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 02:00 PM-Billiards Team Play (BR) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:00 AM-Movie Committee Meeting (AC) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 03:30 PM-Guest Speaker Series with Anne Sarah Rubin "What Did George Washington Have to do with the American Civil War?" (B) 04:00 PM-Happy Hour (9C) 04:00 PM-Word Game (CR)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Extended Shopping at Montgomery Mall (L) 11:00 AM-Water Aerobics Class with Dominique (P) 01:30 PM-Meditation in Motion with Dominique (B) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Care Partner's Support Group (BR) 04:00 PM- Bingo (CR) 04:30 PM-Resident Reception (PL)	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 03:30 PM-Broadway Lecture with Steven Friedman (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (9C)	09:00 AM-Fresh Flowers Arranging (9C) 10:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:00 PM-Billiards Team Play (BR) 02:30 PM-Shabbat Service (B) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 02:00 PM-Matinee Movie "Singin' in the Rain" (B) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Headlines & Coffee (B) 11:15 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 01:30 PM-Cabin John Shopping Ctr (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Activities Committee Meeting (AC) 10:30 AM-Cardio Balance Class with Dominique (B) 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 (9C) 04:00 PM-Word Game (CR) 07:30 PM-Dr. Jenner Speaker Series "The Story of Los Angeles" (B)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Lunch Outing at Rakugaki "Japanese Restaurant" (L) 11:00 AM-Water Aerobics Class with Dominique (P) 01:30 PM-Meditation in Motion with Dominique (B) 01:30 PM-Shop at Montgomery Mall (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Care Partner's Support Group (BR) 03:30 PM-Guest Speaker Series with Glenn Fine "The Role of Inspectors General in Keeping Government Honest and Accountable" (B) 04:00 PM- Bingo (CR)	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 02:00 PM-Book Club (CR) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (9C)	09:00 AM-Fresh Flowers Arranging (9C) 10:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 01:30 PM-Old Georgetown Rd. Shuttle (L) 01:30 PM-Resident Town Hall with Sunrise CEO (B) 02:00 PM-Billiards Team Play (BR) 06:00 PM-Rosh Hashanah (B) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Headlines & Coffee (B) 11:15 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 01:30 PM-Trader Joe Shuttle (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Building & Facilities Committee Meeting (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivia Pursuit (CR) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 01:00 PM-IT Committee Meeting (BR) 02:00 PM-Food Discussion Meeting (PL) 04:00 PM-Happy Hour (9C) 04:00 PM-Word Game (CR)	09:45 AM-Trip to the Walters Art Museum (L) 10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Water Aerobics Class with Dominique (P) 01:30 PM-Meditation in Motion with Dominique (B) 01:30 PM-Shop at Montgomery Mall (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Care Partner's Support Group (BR) 02:00 PM-Health Fair For Residents (B) 04:00 PM- Bingo (CR)	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Co-Op Board Meeting (B) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 03:30 PM-Guest Speaker Series Julie R. Moyes "Carrot or Stick? The Influence of Soft Power on International Relations" (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (9C) 05:00 PM-Last Summer BBQ (CR)	09:00 AM-Fresh Flowers Arranging (9C) 10:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 01:30 PM-Old Georgetown Rd. Shuttle (L) 02:00 PM-Billiards Team Play (BR) 02:30 PM-Shabbat Service (B) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 01:30 PM-Sunday Opera (BR) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Headlines & Coffee (B) 11:15 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 01:30 PM-Cabin John Shopping Ctr (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivia Pursuit (CR) 06:00 PM-Yom Kippur Break the Fast (B) 08:00 PM-Monday Night Movie (C9)	10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 03:00 PM-Protestant Communion Service (B) 04:00 PM-Happy Hour (9C) 04:00 PM-Word Game (CR)	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Water Aerobics Class with Dominique (P) 12:00 PM-Dollar Tree Shuttle (L) 01:30 PM-Meditation in Motion with Dominique (B) 01:30 PM-Shop at Montgomery Mall (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Care Partner's Support Group (BR) 02:30 PM-Mini Pizza Social (PL) 03:00 PM-Landscaping Committee Meeting (BR) 04:00 PM- Bingo (CR)	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility with Dominique (B) 11:30 AM-Balance Class (B) 01:30 PM-Mahjong (CR) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (9C)	08:00 AM-Waffle Breakfast (9C) 09:00 AM-Fresh Flowers Arranging (9C) 10:00 AM-Dumbbell "Surprise" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Exercise For Wellness with Dominique (B) 01:30 PM-Rockville Pike Shuttle (L) 02:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)

September 2023

