

Recreation Program

Week of November 13th – November 19th

Monday, November 13th Transportation to Doctor Appointments 8:00 am – 4:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Headlines & Coffee Talk	Ballroom
11:15 am	Dumbbell "Surprise" Workout with Aaron Gamble	Ballroom
1:30 pm	Cabin John Shopping Ctr Shuttle	Lobby
2:00 pm	Billiards Team Play	Billiards Room
2:00 pm	Chair Yoga with Dominique	Ballroom
4:00 pm	Trivial Pursuit	Club Room
8:00 pm	Monday Movie: Revenge of the Pink Panther	Ch. 975
Tuesday, November 14th 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
10:30 am	Activities Committee Meeting	Art Center
11:30 am	Balance Class (PT physical assessment needed)	Ballroom
1:00 pm	Needle Nimble	Piano Lounge
2:00 pm	Food Discussion Group	Piano Lounge
2:30 pm	Catholic Mass	Ballroom
4:00 pm	Word Game	Club Room
4:00 pm	Happy Hour	9707 Café
7:30 pm	Dr. Jenner's Lecture Series "The Life of Bob Hope"	Ballroom
Wednesday, November 15th 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
10:15 am	Trip to the National Gallery of Art	Lobby
11:00 am	Water Aerobics Class with Dominique	Pool
1:30 pm	Meditation in Motion with Dominique	Ballroom
1:30 pm	Shop at Montgomery Mall	Lobby
2:00 pm	Care Partner's Support Group	Board Room
2:00 pm	Billiards Team Play	Billiards Room
4:00 pm	Bingo	Club Room
"Name Tag Day"		
Thursday, November 16th 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
10:30 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 Featuring Amy Tucci "Hospice Care"	Ballroom
4:00 pm	Arts & Craft with Margaret Finch	Art Center
4:00 pm	Happy Hour	Cancelled
5:00 pm	Seafood Night	9707 Café
Friday, November 17th 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
3:30 pm	Guest Speaker Series with Laird Kirkpatrick Louis Harkey Mayo "What Hollywood Teaches (Wrongly) About the Rules of Trial Evidence"	Ballroom
8:00 pm	Movie Night: Everything, Everywhere, All at Once	Ch. 975
Saturday, November 18th Closed		
2:00 pm	Afternoon Tea	Piano Lounge
7:30 pm	Bingo	Ballroom
Sunday, November 19th 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 – 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, November 13th: Revenge of the Pink Panther

(1978) Rated PG-13 1hr 48 mins. **English Subtitles Available**

When French drug kingpin Philippe Douvier (Robert Webber) learns that he's losing the respect of New York mob bosses, he decides to murder Chief Inspector Jacques Clouseau (Peter Sellers) to regain his reputation. After a case of mistaken identity, Clouseau is declared dead, much to the delight of his former boss, Charles Dreyfus (Herbert Lom). When Clouseau reemerges, he teams up with Douvier's ex-lover, Simone LeGree (Dyan Cannon), to break up the drug trafficking operation.

Friday Movie: Friday, November 17th: Everything, Everywhere, All at Once

(2022) Not Rated 2hr 19 mins. **English Subtitles Available**

When an interdimensional rupture unravels reality, an unlikely hero must channel her newfound powers to fight bizarre and bewildering dangers from the multiverse as the fate of the world hangs in the balance.

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

1:30 pm

3:15 pm

Of the month

Metro Drop Off:

Daily M-F

10:00am & 11:30am