

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		Ballroom
	"Hospice Care"		
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		Ballroom
	Louis Harkey Mayo "What Hollywood Teaches		
	(Wrongly) About the Rules of Trial Evidence"		
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	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 Of the month	1:30 pm	3:15 pm

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