

SUN	MON	TUE	WED	THUR	FRI	SAT							
			10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Shop 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)	1	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) 03:30 PM-Guest Speaker with Robert F Allnutt "A Career in the Early Space Program" (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (9C)	2	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) 10:00 AM-Food Committee Meeting (BR) 10:15 AM-Trip to the Kennedy Center "NSO" (L) 11:00 AM-Exercise For Wellness with Dominique (B) 02:00 PM-Billiards Team Play (BR) 08:00 PM-Friday Movie Night (C9)	3	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)	4			
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	5	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's Shuttle (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivia Pursuit (CR) 07:30 PM-Social Bridge (CR) 08:00 PM-Monday Night Movie (C9)	6	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) 03:00 PM-Sing Along with Rick & Chip (PL) 04:00 PM-Happy Hour (9C) 04:00 PM-Word Game (CR)	7	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 10:15 AM-Trip to the National Museum of the American Indian (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) 04:00 PM- Bingo (CR)	8	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) 02:00 PM-Book Club (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)	9	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) 02:00 PM-Billiards Team Play (BR) 02:30 PM-Shabbat Service (B) 08:00 PM-Friday Movie Night (C9)	10	09:00 AM-Flag Raising Ceremony (L) 09:30 AM-Veterans Day Breakfast (B) 10:00 AM-Veterans Day Concert with Ginny Carr "Pianist & Vocalist" (B) 02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)	11
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR) 04:00 PM-Live Concert with 3 Wheel Drive (B)	12	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) 07:30 PM-Social Bridge (CR) 08:00 PM-Monday Night Movie (C9)	13	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) 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's Lecture Series: "The Life of Bob Hope" (B)	14	10:00 AM-Bodyweight "Magic" Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 10:15 AM-The National Gallery Museum (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) 02:30 PM-Mini Sandwiches Social (PL) 04:00 PM- Bingo (CR)	15	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Coop 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) 03:30 PM-Guest Speaker "Hospice" (B) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (9C)	16	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) 02:00 PM-Billiards Team Play (BR) 03:30 PM-Guest Speaker Series with Laird Kirkpatrick, Louis Harkey Mayo "What Hollywood Teaches (Wrongly) About the Rules of Trial Evidence" (B) 08:00 PM-Friday Movie Night (C9)	17	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)	18
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	19	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's Shuttle (L) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Building & Facilities Committee Meeting (L) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivia Pursuit (CR) 07:30 PM-MPP Live Concert with the Dapogny's (B) 07:30 PM-Social Bridge (CR) 08:00 PM-Monday Night Movie (C9)	20	10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Cardio Balance Class with Dominique (B) 11:30 AM-Balance Class (B) 12:00 PM-Trip to Mykonos Restaurant (L) 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)	21	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) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Care Partner's Support Group (BR) 04:00 PM- Bingo (CR)	22	09:30 AM-Zumba Gold Fitness (C9)	23	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) 02:00 PM-Billiards Team Play (BR) 02:30 PM-Shabbat Service (B) 08:00 PM-Friday Movie Night (C9)	24	02:00 PM-Afternoon Tea (PL) 07:30 PM-Bingo (B)	25
09:30 AM-Church Shuttle (L) 11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	26	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) 07:30 PM-Social Bridge (CR) 08:00 PM-Monday Night Movie (C9)	27	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)	28	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) 12:15 PM-Trip to the Olney Theatre "Fiddler on the Roof" (L) 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)	29	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) 04:00 PM-Arts & Craft with Margaret Finch (AC) 04:00 PM-Happy Hour (9C) 07:30 PM-Staged Reading (B)	30				

November 2023

