

<div> <div>Recreation Program</div> <div>Week of January 8th – January 14th</div> </div>		
Monday, January 8th Transportation to Doctor Appointments 8:00 am - 4:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Headlines & Coffee	Ballroom
11:15 am	Dumbbell "Surprise" Workout with Aaron Gamble	Ballroom
2:00 pm	Billiards Team Play	Ballroom
2:00 pm	Chair Yoga Class with Dominique	Ballroom
4:00 pm	Trivial Pursuit	Club Room
8:00 pm	Monday Movie: Children of a lesser God	Ch. 975
Tuesday, January 9th 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	Needle Nimble	Piano Lounge
2:00 pm	Food Discussion Group	Piano Lounge
2:30 pm	Catholic Mass	Ballroom
3:00 pm	Word Game	Club Room
4:00 pm	Happy Hour	9707 Café
7:30 pm	Dr. Jenner's Lecture Series: "The Unconventional Alice Roosevelt"	Ballroom
Wednesday, January 10th 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
10:00 am	Activities Committee Meeting	Arts Center
10:45 am	Trip to Rodman's Discount Store	Lobby
11:00 am	Water Aerobics Class with Dominique	Pool
1:30 pm	Meditation in Motion	Ballroom
2:00 pm	Care Partner's Support Group	Board Room
2:00 pm	Billiards Team Play	Billiards Room
2:30 pm	Chocolate Brownies & Vanilla Ice Cream Social	Piano Lounge
4:00 pm	Bingo	Club Room
"Name Tag Day"		
Thursday, January 11th 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	Ballroom
11:30 pm	Balance Class (PT physical assessment needed)	Ballroom
1:30 pm	Mahjong	Art Center
2:00 pm	Book Club: "Sister Carrie" by Theodore Dreiser	Club Room
3:30 pm	Guest Speaker Serie with John McCarthy "Use of Technology to Prove Crimes"	Ballroom
4:00 pm	Arts & Craft "Handmade Necklace"	Art Center
4:00 pm	Happy Hour	9707 Café
Friday, January 12th Transportation to Doctor Appointment 8:00 am – 12:00 pm		
10:00 am	Exercise Class: Yoga Class with Anne	Ch. 975
10:00 am	Dumbbell "Surprise" Workout	Ballroom
10:15 am	Trip to the Kennedy Center "NSO"	Lobby
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: Mr. Roberts	Ch. 975
Saturday, January 13th Closed		
2:30 pm	Afternoon Tea Social	Lobby
7:30 pm	Bingo	Club Room
Sunday, January 14th Closed		
9:30 am	Church Shuttle to St. Jane De Chantal	Lobby
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, January 8th: Children of a lesser God

(1986) Rated PG-13 1hr 59 mins. English Subtitles NOT Available
Starting his new job as an instructor at a New England school for the deaf, James Leeds (William Hurt) meets Sarah Norman (Marlee Matlin), a young deaf woman who works at the school as a member of the custodial staff. A romance slowly develops between the pair in spite of Sarah's withdrawn emotional state due in part to her difficult relationship with her mother (Piper Laurie). Matlin, who is deaf in real life, won the Academy Award for Best Actress for this, her first film role.

Friday Movie: Friday, January 12th: Mister Roberts

(1955) Not Rated 2hr 3 mins. English Subtitles Available
Bittersweet film about a supply officer aboard a decrepit cargo ship during World War II who yearns for a transfer into a combat zone but is thwarted by the ship's captain, a petty tyrant. Forced to endure various humiliations in exchange for privileges, the crew engage in minor acts of resistance, and look to Mr. Roberts for inspiration and moral support. Based on the hit Broadway play

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	1:30 pm	3:00 pm
Extended Shopping at Montgomery Mall	Wednesday		
	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	1:30 pm	3:15 pm
	Of the month		

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