

SUN	MON	TUE	WED	THUR	FRI	SAT
	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) 11:30 AM-Balance Class (B) 02:00 PM-Food Discussion Meeting (PL) 04:00 PM-Happy Hour (9C) 04:00 PM-Words Game (CR)	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) 11:00 AM-Movie Committee Meeting (AC) 01:30 PM-Mahjong (AC) 04:00 PM-Arts & Craft "Painting" (AC) 04:00 PM-Happy Hour (9C) 07:30 PM-Live Concert with Tim & Charles Roberts (Saxophonists) (B)	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) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea Social (PL) 07:30 PM-Bingo (B)
11:00 AM-Sunday Brunch (9C) 02:15 PM-Trip to Strathmore Music Center "BSO" (L) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Headlines & Coffee (B) 11:15 AM-Dumbbell “Surprise” Workout with Aaron Gamble (B) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivial 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-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-Words Game (CR) 07:30 PM-Dr. Jenner's Lecture Series "The Unconventional Alice Roosevelt" (B)	10:00 AM-Exercise Class: Core Fitness (C9) 10:45 AM-Trip to Rodman's Discount Store (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) 02:00 PM-Chocolate Brownies & Vanilla Ice Cream Social (PL) 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) 01:30 PM-Mahjong (AC) 02:00 PM-Book Club (CR) 03:30 PM-Guest Speaker Serie with John McCarthy "Use of Technology to Prove Crimes" (B) 04:00 PM-Arts & Craft "Handmade Necklace" (AC) 04:00 PM-Happy Hour (9C)	10:00 AM-Dumbbell “Surprise” Workout with Aaron Gamble (B) 10:00 AM-Exercise Class: Core Fitness (C9) 10:15 AM-Trip to the Kennedy Center "National Symphony Orchestra" (L) 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 Social (PL) 07:30 PM-Bingo (B)
11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Headlines & Coffee (B) 11:15 AM-Dumbbell “Surprise” Workout with Aaron Gamble (B) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Building & Facilities Committee Meeting (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 02:30 PM-Afternoon Movie & Popcorn "All The Way" (B) 04:00 PM-Trivial 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) 02:00 PM-Food Discussion Meeting (PL) 03:30 PM-Guest Speaker Series: Sheldon Hochberg "Generative AI" (B) 04:00 PM-Happy Hour (9C) 04:00 PM-Words Game (CR)	10:00 AM-Exercise Class: Core Fitness (C9) 11:00 AM-Water Aerobics Class with Dominique (P) 11:45 AM-Lunch Outing at the Lebanese Restaurant (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)	09:30 AM-Zumba Gold Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility with Dominique (B) 01:30 PM-Mahjong (AC) 04:00 PM-Arts & Craft "Sip & Color" (AC) 04:00 PM-Happy Hour (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) 05:00 PM-Tacos & Movie Night (B) 08:00 PM-Friday Movie Night (C9)	02:00 PM-Afternoon Tea Social (PL) 07:30 PM-Bingo (B)
11:00 AM-Sunday Brunch (9C) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Headlines & Coffee (B) 11:15 AM-Dumbbell “Surprise” Workout with Aaron Gamble (B) 01:00 PM-Water Aerobics Class with Dominique (P) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivial 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) 02:00 PM-Food Discussion Meeting (PL) 04:00 PM-Happy Hour (9C) 04:00 PM-Words Game (CR) 07:30 PM-MPP Wizards (Q & A Contest) with Michelle Micheals (B)	10:00 AM-Exercise Class: Core Fitness (C9) 10:45 AM-Trip to Arthur M. Sackler Gallery (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) 03:00 PM-Lecture with Steven Friedman (B) 04:00 PM-Bingo (CR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:30 AM-Core Strength & Flexibility with Dominique (B) 01:30 PM-Mahjong (AC) 02:00 PM-Resident Town Hall Meeting "Wellness Presentation" (B) 04:00 PM-Arts & Craft "Rocks Painting" (AC) 04:00 PM-Happy Hour (9C) 07:30 PM-Live Concert with Darius Skoraczweski "Cello" (B)	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)	11:45 AM-Trip to Germantown Regal "MET Opera" (L) 02:00 PM-Afternoon Tea Social (PL) 07:30 PM-Bingo (B)
11:00 AM-Sunday Brunch (9C) 01:30 PM-Sunday Opera (B) 03:00 PM-Billiards Team Play (BR)	10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Exercise Class: Core Fitness (C9) 10:00 AM-Headlines & Coffee (B) 11:15 AM-Dumbbell “Surprise” Workout with Aaron Gamble (B) 01:00 PM-Water Aerobics Class with Dominique (P) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Chair Yoga Class with Dominique (B) 04:00 PM-Trivial 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) 02:00 PM-Food Discussion Meeting (PL) 04:00 PM-Happy Hour (9C) 04:00 PM-Words Game (CR)	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) 02:00 PM-Billiards Team Play (BR) 02:00 PM-Care Partner’s Support Group (BR) 03:00 PM-Indoor Volleyball (B) 04:00 PM-Bingo (CR)			