

Recreation Program

Week of February 5th – February 11th

Monday, February 5th Transportation to Doctor's Appointment 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
1:30 pm	Trader Joe's Shuttle	Lobby
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: My Big Fat Greek Wedding	Ch. 975
Tuesday, February 6th Transportation to Doctor's Appointment 8:00 am - 4:00 pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:30 am	Cardio Balance Class with Dominique	Ballroom
11:00 am	Movie Committee Meeting	Art Center
11:30 am	Balance Class (PT physical assessment needed)	Ballroom
2:00 pm	Food Discussion Group	Piano Lounge
2:00 pm	Resident Town Hall Meeting "Board of Elections"	Ballroom
3:00 pm	Reminiscing Discussion	Club Room
3:30 pm	Word Game	Club Room
4:00 pm	Happy Hour	9707 Café
Wednesday, February 7th Transportation to Doctor's Appointment 8:00 am - 12:00pm		
10:00 am	Exercise Class: Core Fitness	Ch. 975
10:00 am	Bodyweight "Magic" Workout with Aaron	Ballroom
11:00 am	Water Aerobics Class with Dominique	Pool
11:00 am	Extended Shopping at Montgomery Mall	Lobby
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
4:00 pm	Bingo	Club Room
4:30 pm	Resident Reception "Welcome New Residents"	Piano Lounge
	"Name Tag Day"	
Thursday, February 8th Transportation to Doctor's Appointment 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 "The Great Bridge"	Club Room
4:00 pm	Arts & Craft	Art Center
4:00 pm	Happy Hour	9707 Café
7:30 pm	Live Concert with the Redd Brothers	Ballroom
	"Piano, Vibraphone and Snare Drum"	
Friday, February 9th Transportation to Doctor's Appointment 8:00 am - 12:00 pm		
9:30 am	Flower Arrangement	9707 Café
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
2:30 pm	Shabbat Service	Ballroom
7:30 pm	Lecture Series with George Cohen	Ballroom
	"His Experience with Black Super Star Professional Athletes"	
8:00 pm	Movie Night: Water for Elephant	Ch. 975
Saturday, February 10th Transportation to Doctor's Appointment Closed		
2:00 pm	Afternoon Tea Social	Piano Lounge
7:30 pm	Bingo	Club Room
Sunday, February 11th Transportation to Doctor's Appointment Closed		
9:30 am	Church Shuttle to St. Jane De Chantal	Lobby
3:00 pm	Billiards Team Play	Billiards Room
6:30 pm	Superbowl Party	Ballroom

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, February 5th: My Big Fat Greek Wedding

(2002) Rated PG-13 1hr 35 mins. **English Subtitles NOT Available**

Everyone in the Portokalos family worries about Toula (Nia Vardalos). Still unmarried at 30 years old, she works at Dancing Zorba's, the Greek restaurant owned by her parents, Gus (Michael Constantine) and Maria (Lainie Kazan). After taking a job at her aunt's travel agency, she falls in love with Ian Miller (John Corbett), a teacher who is tall, handsome and definitely not Greek. Toula isn't sure which will be more upsetting to her father, that Ian is a foreigner or that he's a vegetarian. **(Movie Showing on Ch.975)**

Friday Movie: Friday, February 9th: Water for Elephant

(2011) Not Rated 2hr 00. **English Subtitles Available**

Jacob Jankowski (Robert Pattinson), a veterinary student, is close to graduating when a terrible tragedy forces him to leave school. With nowhere else to go, he hops on a passing train and finds it belongs to a traveling circus. Jacob takes a job as an animal caretaker and meets Marlena (Reese Witherspoon), a beautiful circus performer. Their shared compassion for a special elephant named Rosie leads to love, but August (Christoph Waltz), Marlena's cruel husband, stands in their way. **(Movie Showing on Ch.975)**

Churches

<u>SERVICE/DESCRIPTION</u>	<u>DAY</u>	<u>DEPARTURE/PICK-UP TIME</u>	
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	1:30 pm	3:15 pm
	Of the month		
Metro Drop Off:	Daily M-F	10:00am & 11:30am	