

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



FEBRUARY 2024

<p style="text-align: right;">4</p> <p>9:30 AM Church Shuttle to St Jane De Chantal - L 11:00 AM Sunday Brunch - DR 3:00 PM Billiards Team Play - BLR</p>	<p style="text-align: right;">5</p> <p>10:00 AM Headlines and Coffee Talk - BR 10:00 AM Exercise Class on 975 - Ch 975 11:15 AM Dumbbell workout with Aaron Gamble - BR 1:30 PM Trader Joe's Shuttle - L 2:00 PM Chair Yoga with Dominique - BR 2:00 PM Billiards Team Play - BLR 3:00 PM Trivial Pursuit - BR 8:00 PM Movie Night "My Big Fat Greek Wedding" - Ch 975</p>	<p style="text-align: right;">6</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:30 AM Cardio Balance Class with Dominique - BR 11:00 AM Movie Committee Meeting - AC 11:30 AM Balance Class - BR 2:00 PM Food Discussion Group - PL 2:00 PM Resident Town Hall Meeting "Board of Elections" - BR 2:45 PM Reminiscing Discussion - PL 3:30 PM Word Game - CR 4:00 PM Happy Hour - DR</p>	<p style="text-align: right;">7</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:00 AM Bodyweight workout with Aaron - BR 11:00 AM Water Aerobics Class with Dominique - P 11:00 AM Extended Shopping at Montgomery Mall - L 1:30 PM Meditation in Motion with Dominique - BR 2:00 PM Billiards Team Play - BLR 2:00 PM Care Partner's Support Group - BDR 4:00 PM Bingo - CR 4:30 PM Resident Reception - PL</p>	<p style="text-align: right;">8</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:30 AM Core Strength & Flexibility with Dominique - BR 11:30 AM Balance Class - BR 1:30 PM Mahjong - AC 2:00 PM Book Club "The Great Bridge" - CR 4:00 PM Happy Hour - DR 4:00 PM Arts & Craft - AC 7:30 PM Live Concert with the Redd Brothers "Piano, Vibraphone and Snare Drum" - BR</p>	<p style="text-align: right;">9</p> <p>9:00 AM Fresh Flower Arranging - Di - So 10:00 AM Dumbbell "Surprise" Workout - Ba - Fi 10:00 AM Exercise Class on 975 - Ch - Fi 11:00 AM Exercise for Wellness with Dominique - Ba - Fi 12:00 PM Tai Chi Class - Ch 975 1:30 PM Old Georgetown Rd Shuttle - Ba - Pu 2:00 PM Billiards Team Play - Bi - So 2:30 PM Shabbat Service - BR 8:00 PM Movie Night "Water for Elephant" - Ch 975</p>	<p style="text-align: right;">10</p> <p>2:00 PM Afternoon Tea - PL 7:30 PM Bingo - BR</p>
<p style="text-align: right;">11</p> <p>9:30 AM Church Shuttle to St Jane De Chantal - L 11:00 AM Sunday Brunch - DR 3:00 PM Billiards Team Play - BLR 6:30 PM Super Bowl Party - BR</p>	<p style="text-align: right;">12</p> <p>10:00 AM Headlines and Coffee Talk - BR 10:00 AM Exercise Class on 975 - Ch 975 11:15 AM Dumbbell workout with Aaron Gamble - BR 1:30 PM Cabin John Shuttle - L 2:00 PM Chair Yoga with Dominique - BR 2:00 PM Billiards Team Play - BLR 3:00 PM Lindbergh's Flight Trivia Game - CR 7:30 PM Guest Lecture Series with Nina Uzick "AARP Driver Safety" - BR 8:00 PM Movie Night "Kate and Leopold" - Ch 975</p>	<p style="text-align: right;">13</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:30 AM Cardio Balance Class with Dominique - BR 10:30 AM Activities Committee Meeting - AC 11:30 AM Balance Class - BR 1:00 PM Needle Nimble - PL 2:00 PM Food Discussion Group - PL 2:30 PM Catholic Mass - BR 3:00 PM Word Game - CR 4:00 PM Mardi Gras Happy Hour - DR 7:30 PM Dr. Jenner's Lecture Series "The Unconditional Alice Roosevelt" - BR</p>	<p style="text-align: right;">14</p> <p>10:00 AM Exercise Class on 975 - Ch 10:00 AM Bodyweight workout with Aaron - BR 11:00 AM Water Aerobics Class with Dominique - CR 11:30 AM Lunch Outing at Far East Restaurant - L 1:30 PM Meditation in Motion with Dominique - CR 1:30 PM Shop at Montgomery Mall - L 2:00 PM Billiards Team Play - BLR 2:00 PM Care Partner's Support Group - BDR 4:00 PM Bingo - CR 5:00 PM Valentine's Day Dinner With Live Music - BR Valentine's day</p>	<p style="text-align: right;">15</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:00 AM Coop Board Meeting - BR 10:30 AM Core Strength & Flexibility with Dominique - CR 11:30 AM Balance Class - CR 1:30 PM Mahjong - AC 3:30 PM Guest Lecture Series "Robert Sutter: Russia and China Challenging America" - BR 4:00 PM Happy Hour - DR 4:00 PM Arts & Craft - AC</p>	<p style="text-align: right;">16</p> <p>9:00 AM Fresh Flower Arranging - Di - So 10:00 AM Dumbbell "Surprise" Workout - BR 10:00 AM Exercise Class on 975 - Ch 975 11:00 AM Exercise for Wellness with Dominique - BR 12:00 PM Tai Chi Class - Ch 975 1:30 PM Old Georgetown Rd. Shuttle - L 2:00 PM Billiards Team Play - BR 3:00 PM Lifelong Learning Group "The Rise & Shine of Breakfast" - CR 8:00 PM Movie Night "The Talented Mr. Ripley" - Ch 975</p>	<p style="text-align: right;">17</p> <p>2:00 PM Afternoon Tea - PL 7:30 PM Bingo - BR</p>
<p style="text-align: right;">18</p> <p>9:30 AM Church Shuttle to St Jane De Chantal - L 11:00 AM Sunday Brunch - DR 3:00 PM Billiards Team Play - BLR</p>	<p style="text-align: right;">19</p> <p>10:00 AM Headlines and Coffee Talk - BR 10:00 AM Exercise Class on 975 - Ch 975 11:15 AM Dumbbell workout with Aaron Gamble - BR 1:30 PM Trader Joe's Shuttle - L 2:00 PM Chair Yoga with Dominique - BR 2:00 PM Billiards Team Play - BLR 2:00 PM Building & Facilities Committee Meeting - BR 3:00 PM Presidential Trivia - PL 8:00 PM Movie Night "Walk Don't Run" - Ch 975 Presidents' Day</p>	<p style="text-align: right;">20</p> <p>10:00 AM Exercise Class on 975 - Ch - Fi 10:30 AM Cardio Balance Class with Dominique - Ba - Fi 11:30 AM Balance Class - Ba - Fi 2:00 PM Food Discussion Group - P 2:30 PM Reminiscing Discussion - PL 3:00 PM Word Smith - CR 3:30 PM Guest Lecture Series with Bob Voas "MPP Newsletter" - BR 4:00 PM Happy Hour - DR</p>	<p style="text-align: right;">21</p> <p>10:00 AM Exercise Class on 975 - Ch - Fi 10:00 AM Bodyweight workout with Aaron - Ba - Fi 11:00 AM Water Aerobics Class with Dominique - P 11:30 AM Lunch Outing at Seasons 52 - L 1:30 PM Meditation in Motion with Dominique - BR 1:30 PM Shop at Montgomery Mall - L 2:00 PM Billiards Team Play - BLR 2:00 PM Care Partner's Support Group - BR 2:00 PM Movie & Popcorn: Celebrating Black History Month "Hidden Colors" - BR 4:00 PM Bingo - CR</p>	<p style="text-align: right;">22</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:30 AM Core Strength & Flexibility with Dominique - BR 11:30 AM Balance Class - BR 1:30 PM Mahjong - AC 3:00 PM Live Concert with Sheldon Schuman - BR 4:00 PM Happy Hour - DR 4:00 PM Arts & Craft - AC</p>	<p style="text-align: right;">23</p> <p>9:00 AM Fresh Flower Arranging - DR 10:00 AM Dumbbell "Surprise" Workout - BR 10:00 AM Exercise Class on 975 - Ch 975 11:00 AM Exercise for Wellness with Dominique - BR 12:00 PM Tai Chi Class - Ch 975 1:30 PM Rockville Pike Shuttle - L 2:00 PM Billiards Team Play - BRD 2:30 PM Shabbat Service - BR 8:00 PM Movie Night "On Golden Pond" - Ch 975</p>	<p style="text-align: right;">24</p> <p>2:00 PM Afternoon Tea - PL 7:30 PM Bingo - BR</p>
<p style="text-align: right;">25</p> <p>9:30 AM Church Shuttle to St Jane De Chantal - L 11:00 AM Sunday Brunch - DR 1:30 PM Sunday Opera - BR 3:00 PM Billiards Team Play - BLR</p>	<p style="text-align: right;">26</p> <p>10:00 AM Headlines and Coffee Talk - BR 10:00 AM Exercise Class on 975 - Ch 975 11:15 AM Dumbbell workout with Aaron Gamble - BR 1:30 PM Cabin John Shuttle - L 2:00 PM Chair Yoga with Dominique - BR 2:00 PM Billiards Team Play - BLR 3:00 PM Trivial Pursuit - CR 8:00 PM Movie Night "Walk the Line" - Ch 975</p>	<p style="text-align: right;">27</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:30 AM Cardio Balance Class with Dominique - BR 11:30 AM Balance Class - BR 2:00 PM Food Discussion Group - PL 3:00 PM Word Game - CR 3:00 PM Protestant Communion Service - BR 4:00 PM Happy Hour - DR 7:30 PM MPP Wizards with Michelle Michaels - BR</p>	<p style="text-align: right;">28</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:00 AM Bodyweight workout with Aaron - BR 11:00 AM Water Aerobics Class with Dominique - P 12:00 PM Dollar Tree Shuttle - L 1:30 PM Meditation in Motion with Dominique - BR 1:30 PM Shop at Montgomery Mall - L 2:00 PM Billiards Team Play - BLR 2:00 PM Care Partner's Support Group - BDR 3:00 PM Mini Pizza Social - PL 4:00 PM Bingo - CR</p>	<p style="text-align: right;">29</p> <p>10:00 AM Exercise Class on 975 - Ch 975 10:30 AM Core Strength & Flexibility with Dominique - BR 11:30 AM Balance Class - BR 1:30 PM Mahjong - AC 3:30 PM Guest Lecture Series with Emily Gilgoff "Antisemitism & Extremism" - BR 4:00 PM Happy Hour - DR 4:00 PM Arts & Craft - AC</p>		