

Recreation Program

Week of March 18th – March 24th

Monday, March 18th 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	TraderJoe's Shuttle	Lobby
2:00 pm	Billiards Team Play	Ballroom
2:00 pm	Chair Yoga Class with Dominique	Ballroom
2:00 pm	Building & Facilities Committee Meeting	Board Room
4:00 pm	Trivial Pursuit	Club Room
8:00 pm	Monday Movie: Open Range	Ch. 975
Tuesday, March 19th 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
11:30 am	Balance Class (PT physical assessment needed)	Ballroom
1:00 pm	IT Committee Meeting	Board Room
2:00 pm	Food Discussion Group	Piano Lounge
3:00 pm	Word Game	Club Room
3:30 pm	Guest Lecture Series w/ Barbara Mathias-Riegel "The Joys and Challenge of Writing Features"	Ballroom
4:00 pm	Happy Hour	9707 Café
7:30 pm	MPP Wizard Game w/Michelle Michaels	Ballroom
Wednesday, March 20th 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
1:30 pm	Meditation in Motion	Ballroom
1:30 pm	Shop at Montgomery Mall	Lobby
2:00 pm	Care Partner's Support Group	Board Room
2:00 pm	Billiards Team Play	Billiards Room
3:30 pm	Broadway Lecture with Steven Friedman	Ballroom
4:00 pm	Bingo	Club Room
"Name Tag Day"		
Thursday, March 21st Transportation to Doctor's Appointment		8:00 am – 4:00pm
10:00 am	Exercise Class: Core Stretch	Ch. 975
10:00 am	Coop Board Meeting	Ballroom
10:30 am	Core Strength & Flexibility with Dominique	Club Room
11:30 pm	Balance Class (PT physical assessment needed)	Club Room
1:30 pm	Mahjong	Art Center
4:00 pm	Arts & Craft "Wood Shamrocks Painting"	Art Center
4:00 pm	Happy Hour	9707 Café
7:30 pm	Live Concert	Ballroom
Friday, March 22nd 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	Virtual 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	
8:00 pm	Movie Night: Open Range	Ch. 975
Saturday, March 23rd Transportation to Doctor's Appointment		Closed
11:45 am	Trip to Germantown Regal "MET Opera"	Lobby
2:00 pm	Afternoon Tea Social	Piano Lounge
7:30 pm	Bingo	Club Room
Sunday, March 24th Transportation to Doctor's Appointment		Closed
9:30 am	Church Shuttle to St. Jane De Chantal	Lobby
11:00 am	Sunday Brunch	Dining Room
2:15 pm	Trip to Strathmore Music Center "BSO"	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, March 11th: The Pelican Brief

(1993) Rated PG-13 2hr 21 mins. English Subtitles Available
Taut thriller about a young law student whose legal brief about the assassination of two Supreme Court justices causes her to be targeted by killers. She realizes just how accurate her accusations have been when her lover and mentor is murdered. Forced to go on the run in New Orleans, she is aided by a journalist who helps her unravel a conspiracy involving senior government figures.

Friday Movie: Friday, March 15th: Open Range

(2003) Not Rated 2hr 19min. English Subtitles Available
Boss Spearman (Robert Duvall) and his cowhands Charley (Kevin Costner) and Mose (Abraham Benrubi) are driving cattle across a large expanse of country. When Mose ventures into a sparse village to buy a few necessities, he is met with violent hostility from Denton Baxter (Michael Gambon), an affluent landowner, and his right-hand man, Poole (James Russo). When Mose doesn't come back, Boss and Charley realize he's in trouble, so they plot to get him back and get revenge on those who captured him.

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
	Wednesday		
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
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