

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY PAC - Performing Arts Center RR - The River Room					8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Shopping trip to Whole Foods 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 3:00 Film Fest: Norma Rae (PAC) 5:00 Virtual Shabbat (970)	1 10:30 Eastern Market, DC 3:00 Concert: Opera gala: the greatest arias from Mozart, Verdi, Rossini and others (970) 8:00 Evening Movie: Matewan (971)
9:45 Bus to St. Bart's Church (Meet in Lobby) 10:00 Sunday Service live from Potomac Presbyterian (970) 2:00 Sunday Series with Lila: The Paul Taylor Dance Co. - Master of American Modern Dance (PAC) 4:00 Documentary: The Most Fascinating Places on All Continents (970)	3 Labor Day 1:30 Scrabble Players Group (4th Floor Porch) 2:00 Afternoon Documentary: Music from the Inside Out (Channel 971)	4 10:30 Current Affairs (on Zoom) 11:00 Open Art Studio 11am-1pm 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework Group in the Living Room 2:00 Bridge Group (Parlor) 2:00 Create a Photo Legacy Wrkshp (PAC) 5:00 Silent Meditation (3rd fl sunroom) 5:15 Donny at the Piano (Bar)	5 9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 11:30 Parkinson's Support Group (Parlor) 1:00 Green Team Comm. Mtg (4 Fl Club) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:00 Chess Club & Games (Bar) 2:15 Poetry Group (3rd Floor Sunroom) 2:30 Grounds Committee Meeting (3 Fl Club Rm) 8:00 Evening Movie: The Good Liar (971)	6 9:30 Balance Class (PAC) 12:00 Outing: The Phillips Collection Museum Docent Tour \$25 5:00 Wine and Cheese Social (Kindred Spirits)	7 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Trip to Giant 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 3:00 Film Fest: Asteroid City (PAC) 5:00 Virtual Shabbat (970)	8 10:30 Shopping Trip: Total Wine 3:00 Concert: Frédéric Chopin: Piano Concerto No. 1 e-minor (Olga Scheps live) (970) 3:00 Duplicate Bridge (PAC) 8:00 Evening Movie: Cat on a Hot Tin Roof (971)
9:45 Bus to St. Bart's Church (Meet in Lobby) 10:00 Sunday Service live from Potomac Presbyterian (970) 12:00 Tech Help w/ Cell Phones & iPads by Student "Social Coach" Group (Wintergarden) 3:00 Grandparent's Day Celebration with Magician Chris Michaels (PAC)	10 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble Players Group (4th Floor Porch) 2:00 Master Board Meeting (PAC) 2:30 RCA Board Meeting (PAC & on 970. Questions during meeting x81790.) 8:00 Opera Viewing: Rigoletto (970)	11 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (PAC) 10:30 Current Affairs (on Zoom) 11:00 Line Dancing with Denise (PAC) 11:00 Open Art Studio 11am-1pm 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework Group in the Living Room 2:00 Bridge Group (Parlor) 2:00 iPhone Photography Wrkshp Pt 1 (PAC) 3:00 Poker (Winter Garden) 5:00 Silent Meditation (3rd fl sunroom) 6:45 "Ink" at Round House Theater 8:00 Opera Viewing: Rigoletto (970)	12 9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 12:30 Opera Appreciation Group: Rigoletto (PAC) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:00 Chess Club & Games (Bar) 2:15 Classical Literature Group (3rd Floor Sunroom) 8:00 Evening Movie: The Last Full Measure (971)	13 9:30 Balance Class (PAC) 12:00 Museum Outing: National Air and Space Museum, DC 5:00 Wine and Cheese Social (Kindred Spirits)	14 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Trader Joe's (Rockville) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 1:30 Dr. Jenner lecture: The Story of Los Angeles (PAC) 3:00 Film Fest: See How They Run (PAC) 5:00 Virtual Shabbat (970)	15 Rosh Hashanah 10:30 Connie Morella Library, Bethesda 3:00 Concert: Frank Sinatra - Melbourne, Australia - March 1991 (970) 8:00 Evening Movie: The Upside (971)
9:45 Bus to St. Bart's Church (Meet in Lobby) 10:00 Sunday Service live from Potomac Presbyterian (970) 2:00 Cinema Sundays: The Fabulous Baker Boys (In the PAC) 4:00 Documentary: Wild Costa Rica (970)	17 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Workshop with Andrea. Sign up is required. Space is limited. (Art Rm) 1:30 Scrabble Players Group (4th Floor Porch) 2:00 Wandering Docent Art Lecture: Rich Man, Poor Man, Beggar Man, Thief (PAC)	18 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (PAC) 10:30 Current Affairs (on Zoom) 11:00 Open Art Studio 11am-1pm 11:00 Zumba w/Viki (PAC) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework Group in the Living Room 2:00 Bridge Group (Parlor) 2:00 iPhone Photography Wrkshp Pt 2 (PAC) 3:00 Black Jack (Winter Garden) 3:30 German Discussion (4 Fl Cl Rm) 5:00 Silent Meditation (3rd fl sunroom) 5:15 Donny at the Piano (Bar)	19 9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 Activity Committee Mtg (4 Fl Club Rm) 11:00 St. Bart's Church Service (5 Fl) 11:30 Parkinson's Support Group (Parlor) 1:00 Chamber Music Series by Levine Music (PAC) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:00 Chess Club & Games (Bar) 2:15 Poetry Group (3rd Floor Sunroom) 5:30 Dinner Out: Commonwealth Indian Restaurant (Bethesda) 8:00 Evening Movie (971)	20 9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 10:00 Museum Outing: Picnic & Tour Kenilworth Aquatic Gardens 5:00 Wine and Cheese Social (Kindred Spirits)	21 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Trip to Wegmans in McLean, VA (Meet in Lobby) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 1:30 Karaoke (PAC) 3:00 Film Fest: The Phantom of the Open (PAC) 5:00 Virtual Shabbat (970)	22 11:00 AAUW (PAC) 11:30 Shopping & Dining Trip to Downtown Bethesda 3:00 Concert: University Symphony Orchestra Concert - January 28, 2023 (970) 8:00 Evening Movie (971)
Yom Kippur Begins 9:45 Bus to St. Bart's Church (Meet in Lobby) 10:00 Sunday Service live from Potomac Presbyterian (970) 12:00 Tech Help w/ Cell Phones & iPads by Student "Social Coach" Group (Wintergarden) 2:00 Sunday Series w/Lila (In the PAC) 4:00 Documentary: Life in Bhutan - The Most Isolated Country in the World (970)	24 Yom Kippur Ends 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble Players Group (4th Floor Porch) 2:00 Team Trivia (Kindred Spirits) 2:30 Finance Committee Meeting (4th Fl Club Rm)	25 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (PAC) 10:30 Current Affairs (on Zoom) 11:00 Line Dancing w/Denise (PAC) 11:00 Open Art Studio 11am-1pm 11:00 Resource Fair (Wintergarden) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework Group in the Living Room 2:00 Bridge Group (Parlor) 2:00 Building Comm Mtg (4 Fl Club Rm) 2:00 iPhone Photography Wrkshp Pt 3 (PAC) 3:30 Metaphysics Class w/Rev. Martha Saenz (PAC) 5:00 Silent Meditation (3rd fl sunroom)	26 9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:00 Green Team Guest Speaker - Nina Dodge (PAC) 2:15 Classical Literature Group (3rd Floor Sunroom) 3:00 Chess Club & Games (Bar) 8:00 Evening Movie (971)	27 9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 12:30 Museum Outing: Canal Boat Tour - Georgetown, DC 5:00 Wine and Cheese Social (Kindred Spirits)	28 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Shopping Trip: Harris Teeter (Park Potomac) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 2:00 Steve Freidman Broadway Lecture (In the PAC) 3:00 Film Fest: East of Eden (PAC) 5:00 Virtual Shabbat (970)	29 10:30 Shopping Trip: Tysons Galleria 3:00 Concert: (Inmo Yang) - Sibelius Violin Concerto in D minor op. 47 (970) 8:00 Evening Movie (971)

September 2023

Independent Living