

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY PAC - Performing Arts Center RR - The River Room			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 Mtg (3 Fl Club Rm) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 12:30 No Outing This Week 5:00 Wine and Cheese Social (Kindred Spirits)	8:30 Men's Breakfast (RR) 8:45 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: Indiana Jones and The Dial of Destiny (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip - Total Wine McLean, VA 3:00 Concert: Beethoven 9 - Chicago Symphony Orchestra - Riccardo Muti (970) 8:00 Evening Movie (971)
Daylight Savings Time Ends 9:45 Bus to St. Bart's Church 10:00 Fall Book Exchange Donations (Wintergarden) 11:00 Service Streamed from Potomac Presbyterian (970) 12:00 Tech Help w/Cell Phones/iPads w/Student "Social Coach" Group (Wintergarden) 2:00 Cinema Sundays: The Martian (In the PAC) 4:00 Documentary: 30 Greatest Man-Made Wonders (970)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Workshop w/Andrea. Sign up is required (Art Rm) 11:00 Back Pain Exercises Demo (PAC) 12:00 Book Exchange begins (Wintergarden) 1:30 Scrabble (4th Floor Porch) 2:00 Candidates Forum (PAC) 8:00 Opera Viewing: Der Rosenkavalier (970)	9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 10:30 Current Affairs (on Zoom) 11:00 Zumba w/Viki (PAC) 12:00 Fox Hill Players (Art room) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 2:00 Health Seminar: Montgomery Hospice (PAC) 3:00 Microbrewery Beer Tasting (RivRm) 3:00 Safety, Security & Wellness Comm. (3 Fl Sun Rm) 5:00 Silent Meditation (3rd fl sunroom) 5:15 Donny at the Piano (Bar) 8:00 Opera Viewing: Der Rosenkavalier (970)	9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 12:30 Opera Appreciation Group: Der Rosenkavalier (PAC) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:00 Chess Club (Bar) 2:15 Classical Literature (3rd Floor Sunroom) 5:30 Dinner Out: Old Anglers Inn (Potomac) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 12:00 Outing: Holiday Market at Strathmore 5:00 Wine and Cheese Social (Kindred Spirits)	8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Trip to Giant 10:30 Water Aerobics (Pool) 12:00 Book Exchange Ends 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 2:00 Steve Friedman Broadway Lecture (In the PAC) 3:15 Film Fest: Guy Ritchie's The Covenant (PAC) 5:00 Virtual Shabbat (970)	Veterans Day 11:00 AAUW: Great Women's Roles in Musicals (PAC) 12:00 Veteran's Day Ceremony w/Bagpiper (Outside the Main Lobby) 1:00 Wildwood Shopping (Balducci's, CVS & more) 3:00 Spirit of America Concert (970) 3:00 Duplicate Bridge (PAC) 8:00 Evening Movie (971)
Diwali 9:45 Bus to St. Bart's Church 11:00 Sunday Service live from Potomac Presbyterian (970) 1:00 Fox Hill 2023 Memorial Service with Rev. Martha Saenz 2:00 Sunday Series w/Lila: Porgy & Bess (In the PAC) 4:00 Documentary: New Delhi India (970)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Painting Class w/Anastasia. Sign-up required. (Art room) 1:30 Scrabble Players Group (4th Floor Porch) 2:00 Master Board Meeting (PAC) 2:30 RCA Annual Board Meeting (PAC & on 970. Questions during meeting x81790.) 4:00 RCA Board Voting (Living Room)	9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 10:30 Current Affairs (on Zoom) 11:00 Zumba w/Viki (PAC) 11:00 New RCA Board Mtg (3rd Club Room) 11:00 Open Art Studio 11am-1pm 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework Group (Living Rm) 2:00 Bridge Group (Parlor) 2:30 RCA Annual Board Mtg resumes (PAC) 2:45 RCA Monthly Board Mtg (PAC) 3:00 Poker (Winter Garden) 5:00 Silent Meditation (3rd fl sunroom)	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) 12:00 Fox Hill Players Rehearsal (Art room) 1:00 Chamber Music 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) 5:00 Newcomers Social Hour (Parlor) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 12:30 Museum Outing: TBD 5:00 Wine and Cheese Social (Kindred Spirits)	8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:00 RSV Vaccination Clinic (Wintergarden) 9:30 Intro to Yoga (In the PAC) 10:30 Trader Joe's (Rockville) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:30 Dr. Jenner: The Life of Bob Hope (PAC) 3:00 Film Fest: A Million Miles Away (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip - Leesburg Premium Outlets 12:15 HD Opera: The Life & Times of Malcolm X, Rockville Regal 3:00 Concert: Israel Philharmonic Orchestra - Itzhak Perlman (970) 8:00 Evening Movie (971)
9:45 Bus to St. Bart's Church 11:00 Service live from Potomac Presbyterian (970) 12:00 Tech Help w/ Cell Phones & iPads by Student "Social Coach" Group (Wintergarden) 2:00 Cinema Sundays: Arrival (In the PAC) 4:00 Afternoon Documentary: BELIZE THE PEOPLE'S PARADISE (970) 6:00 Theater Outing: Fiddler on the Roof (Olney Theatre)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Workshop with Andrea. Sign up is required (Art Rm) 1:30 Scrabble (4th Floor Porch) 2:00 Wandering Docent Italian Art: Artists from Florence (PAC) 3:30 Metaphysics w/Rev. Martha Saenz	9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 10:30 Current Affairs (on Zoom) 11:00 Open Art Studio 11am-1pm 11:00 Paul & Diane Ballroom Dancing (PAC) 12:00 Tech Videos 12 & 3:00pm 970 12:15 Fox Hill Players Rehearsal (PAC) 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 3:00 Black Jack (Winter Garden) 5:00 Silent Meditation (3rd fl sunroom) 5:15 Donny at the Piano (Bar)	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 Chess Club & Games (Bar) 2:15 Classical Literature (3rd Floor Sunroom) 8:00 Evening Movie (971)	Thanksgiving 11:00 Thanksgiving Brunch Buffet 11am to 2pm (Riv Rm)	8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Trip to Wegmans (McLean, VA) (Meet in Lobby) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 3:00 Film Fest: Fat Man & Little Boy (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip - Rodman's DC 3:00 Concert: University Symphony Orchestra (970) 8:00 Evening Movie (971)
9:45 Bus to St. Bart's Church 11:00 Service streamed from Potomac Presbyterian (970) 2:00 Sunday Series w/Lila: Les Miserables 25th Anniversary in Concert (In the PAC) 4:00 Documentary: Bali, Indonesia (970)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Painting Class w/Anastasia. Sign-up required. (Art room) 1:30 Scrabble (4th Floor Porch) 2:00 Team Trivia (Kindred Spirits) 2:30 Finance Committee Mtg (4th Fl Club Rm)	9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 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 (Living Rm) 2:00 Bridge Group (Parlor) 2:00 Building Committee Mtg (4th Floor Club Room) 5:00 Silent Meditation (3rd fl sunroom)	9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 12:00 Fox Hill Players Rehearsal 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:00 Chess Club & Games (Bar) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 12:30 Outing: National Museum of Women in the Arts 5:00 Cabaret "Wine and Cheese" with Singer Anna Bergman (PAC)		

November 2023

Independent Living