

SUN	MON	TUE	WED	THUR	FRI	SAT	
<b>LOCATION KEY</b> PAC - Performing Arts Center RR - The River Room			9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> 11:30 Parkinson's Support Group (Parlor) <b>1:00 Green Team Comm. Mtg (4 Fl Club)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) <b>2:00 Chess Club &amp; Games (Bar)</b> 2:15 Poetry Group (3rd Floor Sunroom) 2:30 Grounds Committee Mtg (3 Fl Club Rm) 8:00 Evening Movie (971)	<b>1</b> 9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>12:30 No Outing This Week</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) <b>10:30 Shopping trip to Whole Foods</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>3:00 Film Fest: Indiana Jones and The Dial of Destiny (PAC)</b> 5:00 Virtual Shabbat (970)	<b>3</b> <b>10:30 Shopping Trip - Total Wine McLean, VA</b> 3:00 Concert: Beethoven 9 - Chicago Symphony Orchestra - Riccardo Muti (970) 8:00 Evening Movie (971)	<b>4</b>
<b>Daylight Savings Time Ends 9:45 Bus to St. Bart's Church</b> <b>10:00 Fall Book Exchange Donations (Wintergarden)</b> 11:00 Service Streamed from Potomac Presbyterian (970) <b>12:00 Tech Help w/Cell Phones/iPads w/Student "Social Coach" Group (Wintergarden)</b> <b>2:00 Cinema Sundays: The Martian (In the PAC)</b> <b>4:00 Documentary: 30 Greatest Man-Made Wonders (970)</b>	<b>5</b> 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Workshop w/Andrea. Sign up is required (Art Rm) <b>11:00 Back Pain Exercises Demo (PAC)</b> <b>12:00 Book Exchange begins (Wintergarden)</b> 1:30 Scrabble (4th Floor Porch) <b>2:00 Candidates Forum (PAC)</b> <b>8:00 Opera Viewing: Der Rosenkavalier (970)</b>	<b>6</b> 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 10:30 Current Affairs (on Zoom) <b>11:00 Zumba w/Viki (PAC)</b> <b>12:00 Fox Hill Players (Art room)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) <b>2:00 Health Seminar: Montgomery Hospice (PAC)</b> <b>3:00 Microbrewery Beer Tasting (RivRm)</b> 3:00 Safety, Security & Wellness Comm. (3 Fl Sun Rm) 5:00 Silent Meditation (3rd fl sunroom) <b>5:15 Donny at the Piano (Bar)</b> <b>8:00 Opera Viewing: Der Rosenkavalier (970)</b>	<b>7</b> 9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> <b>12:30 Opera Appreciation Group: Der Rosenkavalier (PAC)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) <b>2:00 Chess Club (Bar)</b> 2:15 Classical Literature (3rd Floor Sunroom) <b>5:30 Dinner Out: Old Anglers Inn (Potomac)</b> 8:00 Evening Movie (971)	<b>8</b> 9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>12:00 Outing: Holiday Market at Strathmore</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	<b>9</b> 8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) <b>10:30 Trip to Giant</b> 10:30 Water Aerobics (Pool) <b>12:00 Book Exchange Ends</b> 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>2:00 Steve Friedman Broadway Lecture (In the PAC)</b> <b>3:15 Film Fest: Guy Ritchie's The Covenant (PAC)</b> 5:00 Virtual Shabbat (970)	<b>10</b> <b>Veterans Day</b> <b>11:00 AAUW: Great Women's Roles in Musicals (PAC)</b> <b>12:00 Veteran's Day Ceremony w/Bagpiper (Outside the Main Lobby)</b> <b>1:00 Wildwood Shopping (Balducci's, CVS &amp; more)</b> 3:00 Spirit of America Concert (970) 3:00 Duplicate Bridge (PAC) 8:00 Evening Movie (971)	<b>11</b>
<b>Diwali</b> <b>9:45 Bus to St. Bart's Church</b> 11:00 Sunday Service live from Potomac Presbyterian (970) <b>1:00 Fox Hill 2023 Memorial Service with Rev. Martha Saenz</b> <b>2:00 Sunday Series w/Lila: Porgy &amp; Bess (In the PAC)</b> <b>4:00 Documentary: New Delhi India (970)</b>	<b>12</b> 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) <b>11:00 Painting Class w/Anastasia. Sign-up required. (Art room)</b> 1:30 Scrabble Players Group (4th Floor Porch) <b>2:00 Master Board Meeting (PAC)</b> <b>2:30 RCA Annual Board Meeting (PAC &amp; on 970. Questions during meeting x81790.)</b> <b>4:00 RCA Board Voting (Living Room)</b>	<b>13</b> 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 10:30 Current Affairs (on Zoom) <b>11:00 Zumba w/Viki (PAC)</b> <b>11:00 New RCA Board Mtg (3rd Club Room)</b> 11:00 Open Art Studio 11am-1pm <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Needlework Group (Living Rm) 2:00 Bridge Group (Parlor) <b>2:30 RCA Annual Board Mtg resumes (PAC)</b> <b>2:45 RCA Monthly Board Mtg (PAC)</b> <b>3:00 Poker (Winter Garden)</b> 5:00 Silent Meditation (3rd fl sunroom)	<b>14</b> 9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 Activity Committee Mtg (4 Fl Club Rm)</b> <b>11:00 St. Bart's Church Service (5 Fl)</b> 11:30 Parkinson's Support Group (Parlor) <b>12:00 Fox Hill Players Rehearsal (Art room)</b> <b>1:00 Chamber Music by Levine Music (PAC)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) <b>2:00 Chess Club &amp; Games (Bar)</b> 2:15 Poetry Group (3rd Floor Sunroom) <b>5:00 Newcomers Social Hour (Parlor)</b> 8:00 Evening Movie (971)	<b>15</b> 9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>12:30 Museum Outing: TBD</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	<b>16</b> 8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) <b>9:00 RSV Vaccination Clinic (Wintergarden)</b> 9:30 Intro to Yoga (In the PAC) <b>10:30 Trader Joe's (Rockville)</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) <b>1:30 Dr. Jenner: The Life of Bob Hope (PAC)</b> <b>3:00 Film Fest: A Million Miles Away (PAC)</b> 5:00 Virtual Shabbat (970)	<b>17</b> <b>10:30 Shopping Trip - Leesburg Premium Outlets</b> <b>12:15 HD Opera: The Life &amp; Times of Malcolm X, Rockville Regal</b> 3:00 Concert: Israel Philharmonic Orchestra - Itzhak Perlman (970) 8:00 Evening Movie (971)	<b>18</b>
<b>9:45 Bus to St. Bart's Church</b> 11:00 Service live from Potomac Presbyterian (970) <b>12:00 Tech Help w/ Cell Phones &amp; iPads by Student "Social Coach" Group (Wintergarden)</b> <b>2:00 Cinema Sundays: Arrival (In the PAC)</b> <b>4:00 Afternoon Documentary: BELIZE THE PEOPLE'S PARADISE (970)</b> <b>6:00 Theater Outing: Fiddler on the Roof (Olney Theatre)</b>	<b>19</b> 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) <b>2:00 Wandering Docent Italian Art: Artists from Florence (PAC)</b> <b>3:30 Metaphysics w/Rev. Martha Saenz</b>	<b>20</b> 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 <b>11:00 Paul &amp; Diane Ballroom Dancing (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> <b>12:15 Fox Hill Players Rehearsal (PAC)</b> 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) <b>3:00 Black Jack (Winter Garden)</b> 5:00 Silent Meditation (3rd fl sunroom) <b>5:15 Donny at the Piano (Bar)</b>	<b>21</b> 9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) <b>2:00 Chess Club &amp; Games (Bar)</b> 2:15 Classical Literature (3rd Floor Sunroom) 8:00 Evening Movie (971)	<b>22</b> <b>Thanksgiving</b> 11:00 Thanksgiving Brunch Buffet 11am to 2pm (Riv Rm)	<b>23</b> 8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) <b>10:30 Trip to Wegmans (McLean, VA) (Meet in Lobby)</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>3:00 Film Fest: Fat Man &amp; Little Boy (PAC)</b> 5:00 Virtual Shabbat (970)	<b>24</b> <b>10:30 Shopping Trip - Rodman's DC</b> 3:00 Concert: University Symphony Orchestra (970) 8:00 Evening Movie (971)	<b>25</b>
<b>9:45 Bus to St. Bart's Church</b> 11:00 Service streamed from Potomac Presbyterian (970) <b>2:00 Sunday Series w/Lila: Les Miserables 25th Anniversary in Concert (In the PAC)</b> <b>4:00 Documentary: Bali, Indonesia (970)</b>	<b>26</b> 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) <b>11:00 Painting Class w/Anastasia. Sign-up required. (Art room)</b> 1:30 Scrabble (4th Floor Porch) <b>2:00 Team Trivia (Kindred Spirits)</b> <b>2:30 Finance Committee Mtg (4th Fl Club Rm)</b>	<b>27</b> 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 <b>11:00 Zumba w/Viki (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 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)	<b>28</b> 9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> <b>12:00 Fox Hill Players Rehearsal</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) <b>2:00 Chess Club &amp; Games (Bar)</b> 8:00 Evening Movie (971)	<b>29</b> <b>Thanksgiving</b> 12:30 Outing: National Museum of Women in the Arts <b>5:00 Cabaret "Wine and Cheese" with Singer Anna Bergman (PAC)</b>	<b>30</b>		

# November 2023

Independent Living