

SUN	MON	TUE	WED	THUR	FRI	SAT							
Events are subject to change. Please refer to the weekly calendar for the most up-to-date information.		February is Black History & American Heart Health Month		9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>12:30 National Museum of American History Docent Tour</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	<b>1</b> Groundhog Day 8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Pacers - Meet in the Lobby <b>10:30 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: The Color Purple (Musical) (PAC)</b> 5:00 Virtual Shabbat (970)	<b>2</b> <b>10:30 Shopping Trip - Rodman's DC</b> 3:00 Concert: Chineke! Orchestra conducted by Wayne Marshall (970) 8:00 Evening Movie (971)							
<b>9:45 Bus to St. Bart's Church</b> 11:00 Service live from Potomac Presbyterian (970) 1:00 American Experience Documentary: Goin' Back To Tulsa (970) <b>2:00 Cinema Sunday presents: Passing (PAC)</b>	<b>4</b>	9:30 Resistance Bands (PAC) 10:00 EV Committee Meeting (3rd fl sunroom) 10:30 Pacers - Meet in the Lobby 10:30 Water Aerobics (Pool) 11:00 Art Workshop w/Andrea. Sign up required. Space is limited. (Art Rm) 1:30 Scrabble Players Group (4th Floor Porch)	<b>5</b>	9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 10:30 Current Affairs (on Zoom) <b>11:00 Basic Zumba w/Viki (PAC)</b> 11:00 Open Art Studio 11am-1pm <b>12:00 Tech Videos 12 &amp; 3:00pm 970: Best Medical Watches for Senior</b> 1:30 Needlework Group (Living Rm) 2:00 Bridge Group (Parlor) 3:00 Safety, Security & Wellness Comm. Mtg (3 Fl Sun Rm) 5:00 Silent Meditation (3rd fl sunroom)	<b>6</b>	9:30 Circuit Training Class (PAC) 10:30 Pacers - Meet in the Lobby 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> <b>11:30 Parkinson's Support Group (Parlor)</b> <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 Meeting (3 Fl Club Rm) <b>3:00 Astrology Class w/Rev. Martha Saenz (PAC)</b> 8:00 Evening Movie (971)	<b>7</b>	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>12:15 National Museum of African American History and Culture</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	<b>8</b>	8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Pacers - Meet in the Lobby <b>10:30 Trip to Giant - Cabin John</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>1:30 Dr. Jenner Lecture: Madame C.J. Walker (Not The Story of Tobacco) (In the PAC)</b> <b>3:00 Film Fest: Ma Rainey's Black Bottom (PAC)</b> 5:00 Virtual Shabbat (970)	<b>9</b>	<b>Chinese New Year Lunar New Year</b> <b>10:30 Shopping Trip to Tysons Corner Mall</b> 11:00 AAUW: Facts and Falsehoods about Islam and Muslims: A Woman's Perspective (PAC) 3:00 Concert: André Rieu live in Bahrain (970) 8:00 Evening Movie (971)	<b>10</b>
<b>12:30 Tech Help w/ Cell Phones &amp; iPads by Student "Social Coach" Group (Wintergarden)</b> <b>9:45 Bus to St. Bart's Church</b> 11:00 Service live from Potomac Presbyterian (970) <b>12:30 Alvin Ailey at Kennedy Center</b> 1:00 Documentary: The Traditions of Chinese New Year (970) <b>2:00 Sunday Series with Lila (In the PAC)</b> <b>6:00 Super Bowl LVIII Viewing Party (Bar)</b>	<b>11</b>	9:30 Resistance Bands (PAC) 10:30 Pacers - Meet in the Lobby 10:30 Water Aerobics (Pool) 1:30 Scrabble Players Group (4th Floor Porch) <b>2:30 RCA Board Meeting (PAC &amp; 970)</b> <b>8:00 Opera Viewing: Impresario (970)</b>	<b>12</b>	<b>Mardi Gras</b> 10:30 Current Affairs (on Zoom) 11:00 Open Art Studio 11am-1pm <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Needlework Group in the Living Room 2:00 Bridge Group (Parlor) <b>3:00 Poker (Winter Garden)</b> <b>4:00 Mardi Gras Party w/Melanie &amp; Kurt</b> 5:00 Silent Meditation (3rd fl sunroom) <b>8:00 Opera Viewing: Impresario (970)</b>	<b>13</b>	<b>Valentine's Day</b> 9:30 Circuit Training Class (PAC) 10:30 Pacers - Meet in the Lobby 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> <b>12:00 Opera Discussion: Impresario (Parlor)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) <b>2:00 Chess Club &amp; Games (Bar)</b> 2:15 Classical Literature Group (3rd Floor Sunroom) <b>3:00 Astrology Class w/Rev. Martha Saenz (PAC)</b> <b>4:00 "Be My Jazzy Valentine" (Bar)</b> 8:00 Evening Movie (971)	<b>14</b>	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>12:30 National Museum of Natural History</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	<b>15</b>	8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Pacers - Meet in the Lobby <b>10:30 Trader Joe's (Rockville)</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>3:00 Film Fest: What Happens Later (PAC)</b> 5:00 Virtual Shabbat (970)	<b>16</b>	<b>10:30 Shopping Trip: Montgomery Mall</b> <b>11:00 Painting Class with Anastasia (Art Rm)</b> 2:00 Duplicate Bridge (PAC) 3:00 Concert: Dinah Washington - Evil Gal Blues (970) 8:00 Evening Movie (971)	<b>17</b>
<b>9:45 Bus to St. Bart's Church</b> 11:00 Service live from Potomac Presbyterian (970) 1:00 Afternoon Documentary: The World's Most Expensive Paintings (970) <b>2:00 Cinema Sunday presents: Chocolat (PAC)</b>	<b>18</b>	<b>President's Day</b> 9:30 Resistance Bands (PAC) 10:30 Pacers - Meet in the Lobby 10:30 Water Aerobics (Pool) 11:00 Art Workshop w/Andrea. Sign up required. Space is limited. (Art Rm) 1:30 Scrabble Players Group (4th Floor Porch) <b>2:00 Wandering Docent Art Lecture: Post-Impressionist Art in France (PAC)</b>	<b>19</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> 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>2:00 Health Seminar: Freedom Mobility (PAC)</b> <b>3:00 Blackjack (Winter Garden)</b> 5:00 Silent Meditation (3rd fl sunroom)	<b>20</b>	9:30 Circuit Training Class (PAC) 10:30 Pacers - Meet in the Lobby 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> <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>3:00 Astrology Class w/Rev. Martha Saenz (PAC)</b> 8:00 Evening Movie (971)	<b>21</b>	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>12:15 National Museum of Asian Art Tour w/ Wandering Docent</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	<b>22</b>	8:30 Men's Breakfast (RR) 8:45 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Pacers - Meet in the Lobby <b>10:30 Trip to Wegmans, D.C. (Meet in Lobby)</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>1:30 Film Fest: Killers of the Flower Moon (PAC)</b> 5:00 Virtual Shabbat (970)	<b>23</b>	<b>11:30 Shopping Trip: Wildwood Shopping Center</b> 3:00 Concert: Tchaikovsky Violin Concerto in D Major (970) 8:00 Evening Movie (971)	<b>24</b>
<b>12:30 Tech Help w/ Cell Phones &amp; iPads by Student "Social Coach" Group (Wintergarden)</b> <b>9:45 Bus to St. Bart's Church</b> 11:00 Service live from Potomac Presbyterian (970) <b>12:30 "Swan Lake" at Kennedy Center</b> <b>1:30 Parkinson's Foundation Lecture on Nutrition (Parlor)</b> <b>2:00 Sunday Series with Lila (In the PAC)</b> 4:00 Afternoon Documentary: The Harlem Renaissance (970)	<b>25</b>	9:30 Resistance Bands (PAC) 10:30 Pacers - Meet in the Lobby 10:30 Water Aerobics (Pool) 1:30 Scrabble Players Group (4th Floor Porch) <b>2:00 Team Trivia (Kindred Spirits)</b> <b>2:30 Finance Committee Meeting (4th Fl Club Rm)</b>	<b>26</b>	9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (Art room) 10:30 Current Affairs (on Zoom) <b>11:00 Line Dancing with Denise (PAC)</b> 11:00 Open Art Studio 11am-1pm <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Needlework Group in the Living Room 2:00 Bridge Group (Parlor) 2:00 Building Comm Mtg (4 Club Rm) 5:00 Silent Meditation (3rd fl sunroom) <b>5:15 Donny at the Piano (Bar)</b>	<b>27</b>	9:30 Circuit Training Class (PAC) 10:30 Pacers - Meet in the Lobby 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 Group (3rd Floor Sunroom) <b>3:00 Astrology Class w/Rev. Martha Saenz (PAC)</b> <b>4:00 Washington Bach Consort Concert: "Back to You" (PAC)</b> 8:00 Evening Movie (971)	<b>28</b>	9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) <b>1:15 National Museum of Asian Art Tour w/ the Wandering Docent</b> <b>5:00 Wine and Cheese Social (Kindred Spirits)</b>	<b>29</b>	<b>LOCATION KEY</b> PAC - Performing Arts Center RR - The River Room			

# February 2024

## Independent Living