

SUN	MON	TUE	WED	THUR	FRI	SAT	
Easter 9:45 Bus to St. Bart's Church 11:00 Sunday Service live from Potomac Presbyterian (970) 2:00 Documentary: Rick Steves' European Easter (970)	31 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 Whole Foods (River Rd) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 1:30 Cupcakes and Karaoke (Kindred Spirits Bar) 3:00 Film Fest: The Boys in the Boat (PAC) 5:00 Virtual Shabbat (970)	1 10:30 Shopping Trip: Total Wine 2:00 Jean Hirons and Jon Flinker in Recital (PAC) 3:00 The Concert de Paris 2019 (970) 8:00 Evening Movie (971)	
9:45 Bus to St. Bart's Church 11:00 Sunday Service live from Potomac Presbyterian (970) 2:00 Cinema Sunday presents: The King's Speech (PAC) 4:00 Documentary: King George VI - The Reluctant King (970)	3 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 1:30 Scrabble (4th Fl Porch) 2:00 Art Lecture: 19th Century Art (PAC) 3:00 Canine and Coffee Time with "Pets on Wheels" (3rd fl sunroom)	4 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 10:30 Water Aerobics (Pool) 11:00 Art w/ Andrea. Sign up is required. Space is limited. (Art Rm) 1:30 Scrabble (4th Fl Porch) 2:00 Master Board Meeting (PAC & 970) 2:30 RCA Board Meeting (PAC & 970) 8:00 Opera Viewing: Norma (970)	5 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (PAC) 10:30 Current Affairs (on Zoom) 11:00 Line Dancing (PAC) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 3:00 Safety, Security & Wellness Comm. Mtg (4 Flr Club Rm) 5:00 Silent Meditation (3rd fl sunroom) 5:15 Music by James (Bar)	6 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) 2:00 Chess Club (Bar) 2:15 Poetry (3rd fl sunroom) 2:30 Grounds Comm. Mtg (3 Fl Club Rm) 3:00 Astrology Class w/Rev. Martha Saenz (PAC) 5:00 Cabaret Videos (Bar) 8:00 Evening Movie (971)	7 9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 1:15 International Spy Museum 5:00 Wine & Cheese (Bar)	8 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Giant (Rockville) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 1:30 Dr. Jenner Lecture: The History of the English Language (PAC) 3:00 Film Fest: American Fiction (PAC) 5:00 Virtual Shabbat (970)	9 11:00 AAUW: Update on the Maryland Legislative (PAC) 11:15 HD Opera: La Forza del Destino (Regal Cinema) 2:00 International Classical Music Awards Concert (2022) (970) 8:00 Evening Movie (971)
Beginning of Ramadan Daylight Savings Time Begins 9:45 Bus to St. Bart's Church 11:00 Sunday Service live from Potomac Presbyterian (970) 12:30 Tech Help w/ Cell Phones & iPads by Student "Social Coach" Group (Wintergarden) 1:00 Documentary: Seven Wonders of the Muslim World (970) 2:00 Sunday Series w/Lila: Miss Saigon (PAC) 3:30 Jazz Concert @St Dunstan's	10 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 10:30 Water Aerobics (Pool) 11:00 Art w/ Andrea. Sign up is required. Space is limited. (Art Rm) 1:30 Scrabble (4th Fl Porch) 2:00 Master Board Meeting (PAC & 970) 2:30 RCA Board Meeting (PAC & 970) 8:00 Opera Viewing: Norma (970)	11 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 10:30 Water Aerobics (Pool) 11:00 Art w/Andrea. Sign up is required. Space is limited. (Art Rm) 1:30 Scrabble (4th Fl Porch) 2:00 Health Seminar: Pain Management with Dr. Speed (PAC)	12 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (PAC) 10:30 Current Affairs (on Zoom) 11:00 Basic Zumba Dance (PAC) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 3:00 Poker (Winter Garden) 5:00 Silent Meditation (3rd fl sunroom) 5:15 Donny at the Piano (Bar) 8:00 Opera Viewing: Norma (970)	13 9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 12:00 Opera Appreciation Group: Norma (Parlor) 1:00 Mahjong (Parlor) 2:00 Chess Club (Bar) 2:15 Classical Literature (3rd fl sunroom) 4:30 Music by Phil (Bar) 8:00 Evening Movie (971)	14 9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 12:30 National Museum of the American Indian 4:00 Friendship Bracelet Making (Art Rm) 5:00 Wine & Cheese (Bar)	15 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 Film Fest: Taylor Swift Eras Tour (PAC) 5:00 Virtual Shabbat (970)	16 11:30 Trip: Wildwood Shopping Center 2:00 Duplicate Bridge (PAC) 3:00 Legendary Dubliners Reunion Concert (970) 8:00 Evening Movie (971)
St. Patrick's Day 9:45 Bus to St. Bart's Church 11:00 Sunday Service live from Potomac Presbyterian (970) 1:00 Documentary: Ireland - 1000 Years of History (970) 2:00 Cinema Sunday presents: Chicago (PAC) 4:00 St. Patrick's Day Celebration (Bar)	17 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 10:30 Water Aerobics (Pool) 11:00 Art w/Andrea. Sign up is required. Space is limited. (Art Rm) 1:30 Scrabble (4th Fl Porch) 7:30 Health Seminar: Pain Management with Dr. Speed (PAC)	18 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 10:30 Water Aerobics (Pool) 11:00 Art w/Andrea. Sign up is required. Space is limited. (Art Rm) 1:30 Scrabble (4th Fl Porch) 2:00 Team Trivia (Kindred Spirits) 2:30 Finance Committee Meeting (4th Fl Club Rm)	19 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (PAC) 10:30 Current Affairs (on Zoom) 11:00 Line Dancing (PAC) 11:30 Lunch Out: Eddie V's 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 3:00 Blackjack (Winter Garden) 5:00 Silent Meditation (3rd fl sunroom)	20 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) 1:00 Chamber Music Series by Levine Music (PAC) 1:00 Mahjong (Parlor) 2:00 Chess Club (Bar) 2:15 Poetry (3rd fl sunroom) 8:00 Evening Movie (971)	21 9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 12:30 National Museum of American History (Part 2) 5:00 Wine & Cheese (Bar)	22 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Water Aerobics (Pool) 10:30 Wegmans (McLean) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 3:00 Film Fest: The Zone of Interest (PAC) 5:00 Virtual Shabbat (970)	23 11:00 Painting Class with Anastasia (Art Rm) 12:15 HD Opera: Romeo & Juliet (Regal Cinema) 3:00 Concert: 2023 Nobel Prize Concert (970) 8:00 Evening Movie (971)
Palm Sunday 9:45 Bus to St. Bart's Church 11:00 Sunday Service live from Potomac Presbyterian (970) 2:00 Sunday Series w/Lila: Kiss Me Kate Musical by Composer Cole Porter (PAC) 4:00 Documentary: The Rich Cultural Masterpieces of Islamic Art (970)	24 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:00 Team Trivia (Kindred Spirits) 2:30 Finance Committee Meeting (4th Fl Club Rm)	25 9:30 Resistance Bands (PAC) 10:30 Pacers (Mon, Wed & Fri.) Meet in Lobby 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:00 Team Trivia (Kindred Spirits) 2:30 Finance Committee Meeting (4th Fl Club Rm)	26 9:30 Stability Ball (PAC) 10:15 Parkinson's Fitness (PAC) 10:30 Current Affairs (on Zoom) 11:00 Basic Zumba Dance (PAC) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 2:00 Building Comm Mtg (4 Club Rm) 2:00 Steve Freidman Lecture (PAC) 5:00 Silent Meditation (3rd fl sunroom) 5:15 Donny at the Piano (Bar)	27 9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 10:30 Water Exercise 1:00 Mahjong (Parlor) 2:00 Chess Club (Bar) 2:15 Classical Literature (3rd fl sunroom) 4:30 Sing A-long w/Dreama (Bar) 8:00 Evening Movie (971)	28 9:30 Balance Class (PAC) 10:00 Walking Club (Meet in Lobby) 12:30 National Gallery of Art: Mark Rothco "Paintings on Paper" 5:00 Wine & Cheese (Bar)	29 Good Friday 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Harris Teether (Park Potomac) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 3:00 Film Fest: Past Lives (PAC) 5:00 Virtual Shabbat (970)	30 10:30 Shopping Trip: Montgomery Mall 3:00 Concert: Handel Celebration (970) 8:00 Evening Movie (971)

March 2024

Independent Living