

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY PAC - Performing Arts Center RR - The River Room						
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Paris 2024 Flame Arrival & Cauldron Lighting (970) 3:15 Stars of the Peking Acrobats TBD (Strathmore)	9:30 Resistance Bands (PAC) 11:00 Art Class w/ Gerardo (Art Rm) 11:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:00 Bingo (PAC)	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (Zoom) 11:00 No Line Dancing 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 (3 Fl Sun Rm) 5:00 Mindfulness & Meditation (3rd Fl Club Rm) 5:15 Donny at the Piano (Bar)	9:30 Circuit Training Class (PAC) 11:00 St. Bart's Church Service (5 Fl) 11:30 Parkinson's Support Group (Parlor) 11:30 Water Exercise 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:30 Grounds Comm. Mtg (3 Fl Club Rm) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 12:15 National Museum of the US Army Group Tour 4:00 Washington Bach Consort Concert (PAC) 5:00 Wine & Cheese (Bar)	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 Whole Foods (River Rd) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 2:00 Steve Freidman Lecture (PAC) 3:15 Film Fest: "Gentleman in Moscow" Series Episode 1 & 2 (PAC) 5:00 Virtual Shabbat (970)	10:00 Farm Stand Trip @ United Church of Christ (Bethesda) 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 2:00 Concert: "Playing for Philharmonie de Paris" Les Siècles & Société Générale (970) 8:00 Evening Movie (971)
11 9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Olympia and the Olympic Games Documentary (970) 2:00 Sunday Series with Lila (In the PAC) 3:30 Luau (Wintergarden)	12 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:30 RCA Board Meeting (PAC & 970)	13 9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (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 Poker (Wintergarden) 5:00 Mindfulness & Meditation (3rd Fl Club Rm) 5:15 Jerry Roman on the Piano (Bar)	14 9:30 Circuit Training Class (PAC) 10:00 Farm Stand Trip (St. Andrews Church) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 8:00 Evening Movie (971)	15 9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 12:15 Monet Immersive Exhibit Experience (D.C.) 5:00 Wine & Cheese (Bar)	16 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 3:00 Film Fest: "Gentleman in Moscow" Series Episode 5 & 6 (PAC) 5:00 Virtual Shabbat (970)	17 10:30 Shopping Trip: Montgomery Mall 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 2:00 Concert: University of Chicago Symphony Orchestra (970) 8:00 Evening Movie (971)
18 9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 12:45 "Beautiful" The Carole King Musical (Olney) 1:00 Legendary Megastructures & Monuments of Paris (970)	19 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Class w/Gerardo (Art Rm) 1:30 Scrabble (4th Fl Porch) 2:00 Wandering Docent Art Lecture: Three Great British Artists: Gainsborough, Constable, and Turner (PAC)	20 9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (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 Blackjack (Wintergarden) 5:00 Mindfulness & Meditation (3rd Fl Club Rm) 5:15 Donny at the Piano (Bar) 6:30 Mamma Mia TBD (Kennedy Ctr)	21 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 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 8:00 Evening Movie (971)	22 9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 10:00 Sunrise Farmers Market (Wintergarden) 12:30 Gordon Parks Camera Portraits Exhibit (National Gallery of Art West Bld) 5:00 Wine & Cheese (Bar)	23 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 (TBD) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 3:00 Film Fest: "Gentleman in Moscow" Series Episode 7 & 8 (PAC) 5:00 Virtual Shabbat (970)	24 11:30 Shopping & Dining Trip: Wildwood Shopping Center 1:30 Rummikub (4th Fl Porch) 2:00 Concert: BBC Proms- John Wilson on Broadway (970) 8:00 Evening Movie (971)
25 9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 12:30 Paris "The City of Dreams" BBC Documentary (970) 2:00 Sunday Series with Lila (In the PAC)	26 9:30 Resistance Bands (PAC) 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)	27 9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (Zoom) 11:00 Line Dancing (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) 5:00 Mindfulness & Meditation (3rd Fl Club Rm) 5:15 Jim Rathvon on the Piano (Bar)	28 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) 8:00 Evening Movie (971)	29 9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 12:00 White House Tour (Exact Time TBD) 5:00 Wine & Cheese (Bar)	30 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (In the PAC) 10:30 Harris Teeter (Park Potomac) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 1:30 Karaoke & Cupcakes (Bar) 3:00 Film Fest: Young Woman and the Sea (PAC) 5:00 Virtual Shabbat (970)	31 10:30 Shopping Trip: Marshall's & Michael's @Friendship Heights 1:30 Rummikub (4th Fl Porch) 2:00 Concert: The Sounds of 007 - Royal Albert Hall (970) 8:00 Evening Movie (971)

August 2024

Independent Living