

SUN	MON	TUE	WED	THUR	FRI	SAT
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: The History of Labor Unions (970)	Labor Day 9:30 No Resistance Bands 10:30 No Water Aerobics 1:30 Scrabble (4th Fl Porch) 2:00 The History of Labor Day Documentary (970) 4:30 Special Labor Day Dinner (RR)	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) 11:00 No Dance Class 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bingo (PAC) 2:00 Bridge Group (Parlor) 3:00 Safety, Security & Wellness Comm. Mtg (4 Fl Club Rm) 5:00 Mindfulness and Meditation (3rd Fl Sun Rm) 5:15 Donny at the Piano (Bar)	9:30 Circuit Training Class (PAC) 10:00 Farm Stand Shopping Trip - St. Andrews 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 11:30 Parkinson's Support Group (Parlor) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 2:30 Grounds Comm. Mtg (4 Fl Club Rm) 4:30 Manhattan Cabaret w/Anna Bergman (PAC) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 White House Tour 5:00 Wine & Cheese (Bar)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (PAC) 10:30 Water Aerobics (Pool) 10:30 Whole Foods (River Rd) 1:00 Canasta (Parlor) 3:00 Film Fest: Pride & Prejudice (PAC) 5:00 Virtual Shabbat (970)	11:30 Glenstone Museum 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 2:00 Concert: JLCO: Tribute to Benny Goodman, "The King of Swing" (970) 7:00 Grandkid's Movie Night: Despicable Me 4 (PAC) 8:00 Evening Movie (971)
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Amazing Albania: Hidden Beauty on the Adriatic Sea (Part 1) (970) 1:30 Grandparents Day Celebration featuring Magician, Ben Corey (PAC)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:30 RCA Board Meeting (PAC & 970)	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 and Meditation (3rd Fl Club Rm) 5:15 Jerry Roman on the Piano (Bar)	9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Church Service (5 Fl) 1:00 Chamber Music Series by Levine Music (PAC) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:00 Green Team Comm. Mtg (4 Fl Club) 2:15 Classical Literature (3rd fl sunroom) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 11:30 Picnic (Lake Needwood) 5:00 Wine & Cheese (Bar)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (PAC) 10:30 Giant (Rockville) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:30 Dr. Jenner Lecture: America in 1750: The Century that Defined Us (PAC) 3:00 Film Fest: Sense & Sensibility (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip: Total Wine (McLean) 11:00 AAUW: Reflections of a Retired Foreign Service Officer (PAC) 1:30 Rummikub (4th Fl Porch) 2:00 Jubilate String Trio Live Concert (PAC) 8:00 Evening Movie (971)
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 12:00 Tech Help with "Social Coach" Group (Wintergarden) 1:00 Amazing Albania: Hidden Beauty on the Adriatic Sea (Part 2) (970) 1:00 Tech Talk with Student Group (PAC) 2:00 Cinema Sundays: Mansfield Park (PAC)	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: The World of Whistler (PAC) 8:00 Opera Viewing: La Boheme, Puccini (971)	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 and Meditation (3rd Fl Club Rm) 5:15 Donny at the Piano (Bar) 8:00 Opera Viewing: La Boheme, Puccini (971)	9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 Activity Committee Mtg (4 Fl Club Rm) 11:00 Meet & Greet w/Concierge Doctor Group (PAC) 11:00 St. Bart's Church Service (5 Fl) 12:30 Opera Appreciation Group: La Boheme, Puccini (Parlor) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 4:15 Dinner Outing: Cinder BBQ (D.C.) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 12:00 National Building Museum (D.C.) 3:30 History of Fox Hill Presentation (PAC) 5:00 Wine & Cheese (Bar)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (PAC) 10:30 Trader Joe's (Rockville) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 2:00 Steve Friedman Lecture (PAC) 3:15 Film Fest: Wicked Little Letters (PAC) 5:00 Virtual Shabbat (970) 7:15 BSO Presents: "Yo-Yo Ma" (Strathmore)	11:30 Shopping & Dining Trip: Potomac Village Shopping Center 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 2:00 Concert: Herbert Blomstedt conducts Beethoven - Symphony No.9 (970) 8:00 Evening Movie (971)
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 12:30 "Clue" at The Kennedy Center 1:00 Documentary: The Perfect New England Fall Colors Road Trip (970) 1:00 Tech Talk with Student Group (PAC) 2:00 Sunday Series with Lila (PAC)	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 Team Trivia (Kindred Spirits)	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (Zoom) 11:00 Senior Resource Fair (Wintergarden) 11:15 Tai Chi Test Class (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 and Meditation (3rd Fl Club Rm) 5:15 Entertainment in the 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) 1:30 Spoof: "Nonsense 'Round the Clock" (PAC) 2:15 Classical Literature (3rd fl sunroom) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (Meet in Lobby) 12:00 Washington Nationals Baseball Game 5:00 Wine & Cheese (Bar)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (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: Fly Me to the Moon (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip: Tanger Outlets (National Harbor) 1:30 Rummikub (4th Fl Porch) 2:00 Paul Anka Concert (1979) (970) 8:00 Evening Movie (971)
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: The U.S. East Coast: The Heart of New England (970) 1:00 Tech Talk with Student Group (PAC) 2:00 Sunday Series with Lila (PAC) 7:30 Karaoke & Cupcakes (Location TBD)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:30 Finance Committee Meeting (4th Fl Club Rm)	LOCATION KEY PAC - Performing Arts Center RR - The River Room				

September 2024

Independent Living