

SUN		MON		TUE		WED		THUR		FRI		SAT	
LOCATION KEY PAC - Performing Arts Center RR - The River Room										1 Diwali 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) 12:00 Resident Pendant Check (Wintergarden) 1:00 Canasta (Parlor) 3:00 Film Fest: The Hundred-Foot Journey (971) 5:00 Virtual Shabbat (970) 7:15 Theater Outing: Judy Collins (Strathmore) 7:45 Garth Newel Piano Quartet Concert (PAC)	2 10:30 Shopping Trip - Total Wine 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Vintage Django Reinhardt Style HC Baltimore w/Duved Dunayevsky & Daniel Garlitsky (970) 8:00 Evening Movie (971)		
Daylight Savings Time Ends 9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 12:00 Tech Talk with Student Group (PAC) 1:00 Documentary: How the Electoral College Works & Why It Exists (970) 2:00 Cinema Sundays: Family Plot (PAC)	3	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Class w/Gerardo (Art Rm) 12:00 Book Fest Begins (Wintergarden) 1:30 Scrabble (4th Fl Porch) 2:00 RCA Board Candidate Forum (PAC & 970)	4	8:00 Book Fest All Day (Wintergarden) 9:30 Stability Ball (PAC) 10:00 Election Day Shuttle 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (Zoom) 11:30 Tai Chi (PAC) 12:00 Fox Hill Players Read Thru (Art Rm) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 2:00 Election Day Shuttle 3:00 Safety, Security & Wellness Comm. Mtg (3 Fl Sun Rm) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Donny on the Piano (Bar)	5	8:00 Book Fest All Day (Wintergarden) 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) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 2:30 Grounds Comm. Mtg (3 Fl Club Rm) 8:00 Evening Movie (971)	6	8:00 Book Fest All Day (Wintergarden) 9:30 Balance Class (PAC) 10:00 Walking Club 11:45 Museum Outing: Baltimore Museum of Art and Lunch at Gertrude's 5:00 Wine & Cheese (Bar)	7	8 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Intro to Yoga (PAC) 10:00 Arts of Asia Traveling Boutique (Wintergarden) 10:30 Giant (Rockville) 10:30 Water Aerobics (Pool) 12:00 Book Fest Ends (Wintergarden) 1:00 Canasta (Parlor) 2:00 Steve Friedman Lecture (PAC) 3:15 Film Fest: Wolfs (PAC) 5:00 Virtual Shabbat (970) 7:00 Brian Eng Trio Concert (Potomac Presbyterian Church)	8	9 10:30 Shopping Trip - Montgomery Mall 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Julie Andrews Sings Her Favorite Songs (970) 8:00 Evening Movie (971)	
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 11:30 Holiday Boutique at Washington Hebrew Congregation (WDC) 1:00 Veterans Day Documentary - The Unknowns (970) 2:00 Sunday Series with Lila (PAC)	10	Veterans Day 11:30 Veteran's Day Celebration (Outside the Main Lobby) 1:30 Scrabble (4th Fl Porch) 2:00 Fox Hill Players Rehearsal (Art Rm)	11	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (Zoom) 11:30 Tai Chi (PAC) 12:00 Tech Videos 12pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 2:30 RCA Annual Board Meeting (PAC & 970) 4:00 RCA Board Election Voting (Living Rm) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Jerry Roman on the Piano (Bar)	12	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) 2:15 Classical Literature (3rd fl sunroom) 2:30 RCA Board Meeting Continued (PAC & 970) 5:00 Dinner Outing: Il Pizzico (Rockville) 8:00 Evening Movie (971)	13	9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Museum Outing: Paris 1874: The Impressionist Moment (National Gallery of Art) 5:00 Wine & Cheese (Bar)	14	15 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) 12:30 Museum Shop Holiday Market (Strathmore) 1:00 Canasta (Parlor) 1:30 Dr. Jenner Lecture: The Journey of Lewis & Clark (PAC) 3:00 Film Fest: Widow Clicquot (PAC) 5:00 Virtual Shabbat (970)	15	16 10:30 Shopping Trip - Bloomingdales 11:00 AAUW: Women's Microfinance Initiative in Uganda, Kenya and Tanzania (PAC) 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Thomas Ludwig - Symphony No. 3 Live Complete Danubia Symphony Orchestra (970) 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 w/"Social Coach" (Wintergarden) 1:00 Documentary (970) 2:00 Cinema Sundays: To Catch a Thief (PAC) 4:00 Fox Hill Memorial Service w/ Rev. Martha Saenz (PAC)	17	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 12:15 Fox Hill Players Rehearsal (PAC) 1:30 Scrabble (4th Fl Porch) 2:00 Wandering Docent Art Lecture: Three American Artists, Painting the same time: Homer, Eakins, and Cassatt (PAC) 8:00 Opera Viewing: Nabucco (971)	18	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (Zoom) 11:30 Tai Chi (PAC) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 3:00 Poker (Wintergarden) 3:30 Health Seminar: Caregiver Story (PAC) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Donny on the Piano (Bar) 8:00 Opera Viewing: Nabucco (971)	19	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) 12:30 Opera Appreciation Group: Nabucco, Verdi (Parlor) 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 8:00 Evening Movie (971)	20	9:30 Balance Class (PAC) 10:00 Walking Club 11:45 Museum Outing: American Visionary Art Museum Tour & Lunch @ Phillip's Seafood (Baltimore) 5:00 Wine & Cheese (Bar)	21	22 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) 1:30 Karaoke & Cupcakes (PAC) 3:00 Film Fest: Ghostlight (PAC) 5:00 Virtual Shabbat (970)	22	23 10:30 Shopping Trip - Potomac Village Shopping Center 12:15 Theater Outing: Tosca (HD Met Opera at Regal Cinema) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Hollywood in Vienna 2022 - A Celebration Of Disney Classics (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: Decoding da Vinci (970) 1:00 Theater Outing: Champions of Magic (Kennedy Center) 2:00 Sunday Series with Lila (PAC)	24	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Class w/Gerardo (Art Rm) 12:00 Fox Hill Players Rehearsal (PAC) 1:30 Scrabble (4th Fl Porch) 2:00 Team Trivia (Kindred Spirits) 2:30 Finance Committee Meeting (4th Fl Club Rm)	25	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (Art Rm) 10:30 Current Affairs (Zoom) 11:30 Tai Chi (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) 3:00 Blackjack (Wintergarden) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Jim Rathvon on the Piano (Bar)	26	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) 2:15 Classical Literature (3rd fl sunroom) 8:00 Evening Movie (971)	27	Thanksgiving 10:30 Thanksgiving Grand Buffet (River Rm) 2:00 Documentary: The Real Story of Thanksgiving (970)	28	29 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 1:00 Canasta (Parlor) 3:00 Film Fest: Hannah & Her Sisters (971) 5:00 Virtual Shabbat (970)	29	30 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Vladimir Horowitz at the White House TV Special (1978) (970) 8:00 Evening Movie (971)	

November 2024

Independent Living