

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

# November 2024

Independent Living