

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: Mysteries of the Universe (970) 2:00 Cinema Sundays: Gosford Park (PAC)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Class w/Gerardo (Art Rm) 12:30 Fox Hill Players Rehearsal (PAC) 1:30 Scrabble (4th Fl Porch) 3:00 Bingo (PAC)	9:30 Stability Ball (PAC) 10:00 Holiday Market (Wintergarden) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) 12:00 Tech Videos 12 & 3:00pm 970 12:30 Fox Hill Players Rehearsal (PAC) 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Donny on the Piano (Bar)	9:30 Circuit Training Class (PAC) 10:30 Water Exercise 11:00 St. Bart's Service (5 Fl) 11:30 Parkinson's Support Group (Parlor) 12:00 Lunch Out: Clyde's (Tower Oaks) 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) 3:00 "Surviving The Holidays" (PAC) 7:45 Fox Hill Players Performance (PAC)	9:30 Balance Class (PAC) 10:00 Walking Club 12:30 Museum Outing: Paris 1874: The Impressionist Moment (National Gallery of Art) 3:30 Casey Didden Piano Recital (Kindred Spirits) 5:00 Wine & Cheese (Bar)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:30 Water Aerobics (Pool) 10:30 Whole Foods (Friendship Heights) 1:00 Canasta (Parlor) 1:00 Using myfoxhill.org Workshop (3rd Fl Club Rm) 3:00 Film Fest: Conclave (PAC) 5:00 Virtual Shabbat (970)	Pearl Harbor 10:30 Shopping Trip - Rodman's (DC) 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Horowitz in Moscow (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 Talk with Student Group (PAC) 1:00 Pearl Harbor: Documentary (970) 1:00 The Neil Diamond Musical (National Theatre) 2:00 Sunday Series with Lila (PAC) 7:45 Nan & Friends Holiday Show (PAC)	9:30 Resistance Bands (PAC) 10:00 Nordstrom Shopping Event (Wintergarden) 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 (PAC) 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 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) 2:15 Classical Literature (3rd fl sunroom) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Museum Outing: Botanical Garden Holiday Exhibit 7:45 Fox Hill Resident Holiday Party with Seth Kibel and His Swing Band, RSVP (PAC)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:30 Giant (Rockville) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:30 Dr. Jenner Lecture: The Department Store Kings (PAC) 3:00 Film Fest: All We Imagine as Light (PAC) 5:15 In-Person Shabbat Service (Washington Hebrew Congregation)	10:30 Shopping Trip - Montgomery Mall 11:00 AAUW: Looking Forward to the Maryland General Assembly (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Vivaldi and Mozart at the Musée du Louvre (970) 7:00 An Irish Christmas with Emmet Cahill (Bradley Hills Presbyterian Church) 8:00 Evening Movie (971)
9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Beethoven - The Greatest Composer Documentary (970) 2:00 Cinema Sundays: California Suite (PAC) 4:00 Memorial Service Broadcast (970)	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: Paul Gauguin and Paul Cezanne (PAC) 3:00 Poker (Wintergarden) 8:00 Opera Viewing: Cendrillon (971)	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 2:30 Mingle & Jingle w/Residents and Team Members (Wintergarden) 3:00 Holiday Appreciation Party (PAC) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Donny on the Piano (Bar) 8:00 Opera Viewing: Cendrillon (971)	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: Cendrillon, Massenet (Parlor) 1:00 Mahjong (Kindred Spirits) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club 12:30 Museum Outing: Postal Museum 5:00 Wine & Cheese (Bar)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:30 Trader Joe's (Rockville) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 3:00 Film Fest: Young Woman & The Sea (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip - Wildwood Shopping Center 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Candlelight Christmas (Kennedy Center) 3:00 Concert: Rachmaninoff - Symphony No. 2 Cristian Macelaru WDR Symphony Orchestra (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 Scottish Highlands Beautiful Winter Wildlife (970) 2:00 Victorian Carolers (Wintergarden)	1:30 Scrabble (4th Fl Porch) 2:00 Team Trivia (Kindred Spirits) 5:00 Winter Lights Bus Ride (Seneca State Park)	Christmas Eve 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) 5:00 Mindfulness and Meditation (3rd Fl Club Rm)	Hanukkah Christmas Day 10:30 Christmas Brunch Buffet (River Rm) 5:00 Menorah Lighting (Wintergarden) 8:00 Evening Movie (971)	Kwanzaa 2:00 Steve Friedman Lecture (PAC) 5:00 Wine & Cheese (Bar)	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:30 Water Aerobics (Pool) 10:30 Wegmans (DC) 1:00 Canasta (Parlor) 3:00 Film Fest: Humor Me (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip - Potomac Village Shopping Center 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Tchaikovsky: The Nutcracker - Rotterdams Philharmonisch (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 Gilded Age (970) 1:00 Theater Outing: Leopoldstadt (Shakespeare Theatre) 2:00 Sunday Series with Lila (PAC)	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) 4:00 Hanukkah Party with Seth Kibel (Kindred Spirits)	New Year's Eve 9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) 12:00 Tech Videos 12 & 3:00pm 970 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:00 NYE Celebration w/Dreama (Kindred Spirits)	LOCATION KEY PAC - Performing Arts Center RR - The River Room			

December 2024

Independent Living