

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> PAC - Performing Arts Center RR - The River Room			<b>New Year's Day</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) <b>3:00 Concert: New York Philharmonic New Year's Eve: Bernstein on Broadway (970)</b> 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club <b>12:30 Shopping Trip - Target (Rio)</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	9:30 Yoga (PAC) 10:30 Water Aerobics (Pool) <b>10:30 Whole Foods (Friendship Heights)</b> 1:00 Canasta (Parlor) <b>3:00 Film Fest: Arthur the King (PAC)</b> 5:00 Virtual Shabbat (970)	<b>10:00 Shopping Trip - Total Wine</b> <b>12:30 Museum Outing: Paris 1874: The Impressionist Moment (National Gallery of Art)</b> 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Billy Joel at The Colosseum, Rome (2006) (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Wonders of Canada (970) <b>2:00 Cinema Sundays: The Death of Stalin (PAC)</b>	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) <b>11:00 Art Class w/Gerardo (Art Rm)</b> 1:30 Scrabble (4th Fl Porch) <b>2:30 Finance Committee Meeting (4th Fl Club Rm)</b>	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) <b>11:30 Greek Dancing with Becky (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Needlework (Living Rm) <b>2:00 Bingo (PAC)</b> 2:00 Bridge Group (Parlor) 3:00 Safety, Security & Wellness Comm. Mtg (3 Fl Sun Rm) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) <b>5:15 Donny on the Piano (Bar)</b>	9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> 11:30 Parkinson's Support Group (Parlor) <b>1:00 Chamber Music Series by Levine Music (PAC)</b> 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 <b>12:30 Museum Outing: Building Museum</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) <b>10:30 Giant (Rockville)</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) <b>1:00 Dr. Jenner Lecture: The Life of Stephen Foster (PAC)</b> <b>3:00 No Film Fest (PAC)</b> <b>4:30 Shirley Griffith Cabaret Show (Bar)</b> 5:00 Virtual Shabbat (970)	<b>10:30 Shopping Trip - Sangamore Shopping Center</b> <b>11:00 AAUW: What is the Role of Religion in the National Dialogue in the Trump Administration? (PAC)</b> 1:30 Rummikub (4th Fl Porch) 3:00 Concert: André Rieu live in Bahrain 2024 (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Uncharted Territory: The Columbia Plateau (970) <b>2:00 Sunday Series with Lila: Hamilton Musical (PAC)</b>	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) <b>2:30 RCA Board Meeting (PAC &amp; 970)</b> 8:00 Opera Viewing: Maria Stuarda (971)	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) <b>11:30 Tai Chi (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) <b>3:00 Poker (Wintergarden)</b> 5:00 Mindfulness and Meditation (3rd Fl Club Rm) <b>5:15 Jerry Roman on the Piano (Bar)</b> 8:00 Opera Viewing: Maria Stuarda (971)	9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 Activity Committee Mtg (4 Fl Club Rm)</b> <b>11:00 St. Bart's Church Service (5 Fl)</b> <b>12:30 Opera Appreciation Group: Maria Stuarda, Donizetti (Parlor)</b> 1:00 Mahjong (Bar) 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 <b>12:30 Museum Outing: The Kreeger Museum</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) <b>10:30 Trader Joe's (Rockville)</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) <b>2:00 Steve Friedman Lecture (PAC)</b> <b>3:15 Film Fest: Queen Bees (PAC)</b> <b>5:15 In-Person Shabbat Service (Washington Hebrew Congregation)</b>	<b>10:30 Shopping Trip - Montgomery Mall</b> 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Opera Gala in Venice (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: The White House (970) <b>2:00 Cinema Sundays: WALL-E (PAC)</b>	<b>Martin Luther King Jr. Day</b> 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) <b>11:00 Art Class w/Gerardo (Art Rm)</b> 1:30 Scrabble (4th Fl Porch) <b>2:00 Wandering Docent Art Lecture (PAC)</b> <b>8:00 Special Evening Movie: Selma</b>	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) <b>11:30 Tai Chi (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Needlework (Living Rm) 2:00 Bridge Group (Parlor) <b>3:00 Blackjack (Wintergarden)</b> 5:00 Mindfulness and Meditation (3rd Fl Club Rm) <b>5:15 Donny on the Piano (Bar)</b>	9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> <b>12:00 Lunch Out: Parthenon (DC)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Classical Literature (3rd fl sunroom) <b>3:00 Fox Hill Assisted Living Seminar (PAC)</b> 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club <b>12:30 Museum Outing: Army Museum</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:30 Water Aerobics (Pool) <b>10:30 Wegmans (McLean)</b> 1:00 Canasta (Parlor) <b>3:00 Film Fest: Don't Look Up (PAC)</b> 5:00 Virtual Shabbat (970)	<b>11:45 Theater Outing: Aida (HD Met Opera at Regal Cinema)</b> 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Orchestre de la Suisse Romande / Dvorák / Strauss (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Wonders of United States (970) <b>2:00 Sunday Series with Lila (PAC)</b>	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) <b>2:00 Team Trivia (Kindred Spirits)</b> <b>2:30 Finance Committee Meeting (4th Fl Club Rm)</b> <b>7:30 Washington Bach Consort Concert (PAC)</b>	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) <b>11:30 Tai Chi (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 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) <b>5:15 Jim Rathvon on the Piano (Bar)</b>	<b>Chinese New Year</b> 9:30 Circuit Training Class (PAC) 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club <b>12:30 Museum Outing: Rubell Museum</b> <b>5:00 Chinese New Year Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) <b>10:30 Harris Teeter (Park Potomac)</b> 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) <b>3:00 Film Fest: Joy (PAC)</b> 5:00 Virtual Shabbat (970)	

# January 2025

Independent Living