

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> PAC - Performing Arts Center RR - The River Room						<b>10:30 Shopping Trip - Rodman's (DC)</b> 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Vivaldi: The Four Seasons (Orquesta Reino de Aragón) (970) 8:00 Evening Movie (971)
<b>Groundhog Day</b> <b>9:45 Bus to St. Bart's Church</b> <b>2</b> 10:00 Service live from Potomac Presbyterian (970) <b>12:00 Tech Talk with Student Group (PAC)</b> 1:00 Documentary: Wonders of Scandinavia (970) <b>2:00 Cinema Sundays: The Six Triple Eight (PAC)</b>	9:30 Resistance Bands (PAC) <b>3</b> 10:30 No Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:00 Green Team Comm. Mtg (3rd Fl Club Rm) <b>3:00 Bingo (PAC)</b>	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) <b>4</b> <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) 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) <b>5</b> 10:30 No Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> 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 (3 Fl Club Rm) <b>4:30 Cabaret Videos with Sue Bullock (Kindred Spirits)</b> 8:00 Evening Movie (971)	10:00 Walking Club <b>6</b> <b>11:00 Kennedy Center Docent-Led Campus Tour &amp; Cafe</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	<b>Lunar New Year</b> <b>7</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 Whole Foods (River Rd)</b> 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>3:00 Film Fest: Wicked (PAC)</b> 5:00 Virtual Shabbat (970)	<b>10:30 Shopping Trip - Wildwood Shopping Center</b> <b>8</b> <b>11:00 AAUW: National &amp; International Perspectives on Early Trump Initiatives (PAC)</b> 1:30 Rummikub (4th Fl Porch) 3:00 Concert: 2CELLOS Live at Sydney Opera House (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> <b>9</b> 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Cadbury Chocolate (970) <b>2:00 Sunday Series with Lila (PAC)</b> <b>6:00 Super Bowl Viewing Party (Kindred Spirits)</b>	9:30 Resistance Bands (PAC) <b>10</b> 10:30 Water Aerobics (Pool) <b>11:00 Art Class w/Gerardo (Art Rm)</b> <b>1:00 Music Appreciation Class (PAC)</b> 1:30 Scrabble (4th Fl Porch) <b>2:30 RCA Board Meeting (PAC &amp; 970)</b>	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) <b>11</b> 10:30 Current Affairs (Zoom) <b>11:30 Tai Chi (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> <b>1:00 Chesapeake Audiology Hearing Screening Seminar (PAC)</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>	9:30 Circuit Training Class (PAC) <b>12</b> 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> <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) <b>2:30 Grief &amp; Bereavement Support Group (Parlor)</b> 8:00 Evening Movie (971)	9:30 Balance Class (PAC) <b>13</b> 10:00 Walking Club <b>12:15 National Law Enforcement Museum Docent-Led Tour</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	<b>Valentine's Day</b> <b>14</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) 1:00 Open Art Studio 1-3pm <b>1:30 Dr. Jenner Lecture: Are You Crazy Mrs. Lincoln? (PAC)</b> <b>4:00 Valentine's Day Party (Kindred Spirits)</b> 5:00 Virtual Shabbat (970) <b>8:00 Film Fest: When Harry Met Sally (971)</b>	<b>10:30 Shopping Trip - Potomac Village Shopping Center</b> <b>15</b> 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: André Rieu - Romantic Paradise (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> <b>16</b> 10:00 Service live from Potomac Presbyterian (970) <b>12:00 Tech Help with "Social Coach" (Wintergarden)</b> 1:00 Documentary: The History of Jeans (970) <b>2:00 Cinema Sundays: Sounder (PAC)</b> <b>3:30 St. Dunstan's Jazz Concert: Great American Songbook</b> 8:00 Opera Viewing (970)	<b>President's Day</b> <b>17</b> 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) <b>2:00 Wandering Docent Art Lecture (PAC)</b> 8:00 Opera Viewing: Gianni Schicchi (970)	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) <b>18</b> 10:30 Current Affairs (Zoom) <b>11:30 Line Dancing with Denise (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> <b>3:00 Welcome Committee Planning Meeting (4 Fl Club Rm)</b> 5:00 Mindfulness and Meditation (3rd Fl Club Rm) <b>5:15 Donny on the Piano (Bar)</b> 8:00 Opera Viewing: Gianni Schicchi (970)	9:30 Circuit Training Class (PAC) <b>19</b> 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: Gianni Schicchi, Puccini (Parlor)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) <b>3:00 "Feel The Opera" Concert with Baritone Javier Arrey (PAC)</b> 8:00 Evening Movie (971)	9:30 Balance Class (PAC) <b>20</b> 10:00 Walking Club <b>12:00 Planet Word Interactive Museum</b> <b>3:30 Concert Featuring: Violinist Amadi Azikiwe &amp; Pianist Julee An (PAC)</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) <b>21</b> 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) 1:00 Open Art Studio 1-3pm <b>1:30 Karaoke &amp; Cupcakes (PAC)</b> <b>3:00 Film Fest: We Live in Time (PAC)</b> 5:00 Virtual Shabbat (970) <b>5:15 In-Person Shabbat Service (Washington Hebrew Congregation)</b>	<b>10:30 Shopping Trip - Rio Shopping Center</b> <b>22</b> 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Schubert: Symphony No. 9 - Zubin Mehta and the Belgrade Philharmonic (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> <b>23</b> 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Washington's Presidency (970) <b>2:00 Sunday Series with Lila (PAC)</b>	9:30 Resistance Bands (PAC) <b>24</b> 10:30 Water Aerobics (Pool) <b>11:00 Art Class w/Gerardo (Art Rm)</b> 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>	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) <b>25</b> 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>	9:30 Circuit Training Class (PAC) <b>26</b> 10:30 Water Exercise <b>11:00 St. Bart's Church Service (5 Fl)</b> <b>12:00 Lunch Outing: China Garden w/Michael (Bethesda)</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) <b>27</b> 10:00 Walking Club <b>12:00 National Building Museum</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) <b>28</b> 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:30 Water Aerobics (Pool) <b>10:30 Wegmans (DC)</b> 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>2:00 Steve Friedman Lecture (PAC)</b> <b>3:15 Film Fest: Small Things Like These (PAC)</b> 5:00 Virtual Shabbat (970)	

# February 2025

Independent Living