

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: Animal Behaviors (970) 1:00 Theater Outing: The Age of Innocence (TBD) (Arena Stage) 2:00 Adult Music Student Forum Piano Concert (PAC)	Eid al-Fitr 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:00 Team Trivia (Kindred Spirits) 2:30 Finance Committee Meeting (4th Fl Club Rm)	LOCATION KEY PAC - Performing Arts Center RR - The River Room		Please note: events are subject to change. Refer to the weekly calendars for the most up to date information.		10:00 Shopping Trip - Total Wine (McLean) 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Spyro Gyra live Leverkusener Jazztage 2022 Jazzline (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 Documentary: Inside Mardi Gras (970) 2:00 Cinema Sundays: The King's Speech (PAC) 6:30 Oscar Viewing (Kindred Spirits)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Health & Wellness Seminar: Sepsis Awareness Presentation (PAC) 1:30 Scrabble (4th Fl Porch) 2:00 Green Team Comm. Mtg (3rd Fl Club Rm) 3:00 Bingo (PAC)	Mardi Gras 9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) 11:30 Line Dancing with Denise (PAC) 1:30 Bridge Group (Parlor) 1:30 Needlework (Living Rm) 3:00 Safety, Security & Wellness Comm. Mtg (3 Fl Sun Rm) 4:00 Mardi Gras Party (PAC) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Donny on the Piano (Bar)	Ash Wednesday 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 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 2:30 Grounds Comm. Mtg (3 Fl Club Rm) 4:00 Art Display Discussion w/Rev. Martha Saenz (Art room) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club 12:15 Museum Outing: Hirshhorn Museum 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 (River Rd) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 3:00 Film Fest: Emilia Pérez (PAC) 5:00 Virtual Shabbat (970)	10:30 Shopping Trip - Tyson's Galleria 11:00 AAUW: Challenges in the Health Care System: Suburban Hospital Perspectives (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: MACC - Evening with Oren Gradus (970) 8:00 Evening Movie (971)
Daylight Savings Time Begins 9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 12:00 Tech Help with "Social Coach" (Wintergarden) 1:00 Documentary: Wonders of Australia (970) 2:00 Sunday Series with Lila (PAC)	Beginning of Ramadan 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Class w/Gerardo (Art Rm) 1:00 Music Appreciation Class: Louis Armstrong - Master of Modernism (PAC) 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 Bridge Group (Parlor) 1:30 Needlework (Living Rm) 3:00 Poker (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 (Kindred Spirits) 1:30 Rummikub (4th Fl Porch) 1:45 Museum Outing: Diplomatic Reception Rooms (TBD) (Trip Full) 2:15 Classical Literature (3rd fl sunroom) 2:30 Grief & Bereavement Support Group (Parlor) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Shopping Trip - Politics & Prose Bookstore (DC) 5:00 Wine & Cheese (Bar)	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) 1:00 Open Art Studio 1-3pm 1:30 Dr. Jenner Lecture: The Great Age of the Celts (PAC) 3:00 Film Fest: Small Things Like These (PAC) 5:00 Virtual Shabbat (970) 5:15 In-Person Shabbat: "Purim Goes Pop" (WHC)	10:00 Shopping Trip - Potomac Village Shopping Center 12:15 Theater Outing: Fidelio (HD Met Opera at Regal Cinema) 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Foster & Allen - Spirit of Ireland (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: A Journey Through Irish History (970) 2:00 Cinema Sundays: Million Dollar Baby (PAC) 8:00 Opera Viewing: Albert Herring (971)	St. Patrick's Day 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:30 Scrabble (4th Fl Porch) 2:00 Wandering Docent Art Lecture: Italian Art - Mannerism (PAC) 4:00 St. Patrick's Day (Kindred Spirits) 8:00 Opera Viewing: Albert Herring (971)	9:30 Stability Ball (PAC) 10:20 Parkinson's Fitness (PAC) 10:30 Current Affairs (Zoom) 11:30 Line Dancing with Denise (PAC) 12:00 Tech Videos 12 & 3:00pm 970 1:00 Chesapeake Audiology Hearing Screening Seminar (PAC) 1:30 Bridge Group (Parlor) 1:30 Needlework (Living Rm) 3:00 Blackjack (Wintergarden) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Donny on the Piano (Bar) 8:00 Opera Viewing: Albert Herring (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: Albert Herring, Britten (Parlor) 1:00 Mahjong (Kindred Spirits) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 5:00 Dinner Outing: Old Anglers Inn (Potomac) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Museum Outing: Capitol Building Tour 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) 1:00 Open Art Studio 1-3pm 1:30 Karaoke & Cupcakes (PAC) 3:00 Film Fest: Nickel Boys (PAC)	10:30 Shopping Trip - Sangamore Shopping Center 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Chopin - Piano Concerto No. 2 (Alexandre Kantorow, piano) (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: Baroque: The First International Art Movement (970) 2:00 Sunday Series with Lila (PAC)	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Class w/Gerardo (Art Rm) 1:00 Town Hall with Carla Shipley (PAC) 1:30 Scrabble (4th Fl Porch)	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 Bridge Group (Parlor) 1:30 Needlework (Living Rm) 2:00 Building Comm Mtg (4 Club Rm) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Jim Rathvon 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 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Classical Literature (3rd fl sunroom) 3:00 New Resident Welcome Event (PAC) 6:30 Theater Outing: NYCB: Coppélia (TBD) (Kennedy Center) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Museum Outing: Phillips Collection Museum - Timeless Mucha Exhibit 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 (McLean) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 2:00 Steve Friedman Lecture (PAC) 3:15 No Film Fest Today 5:00 Virtual Shabbat (970)	10:30 Shopping Trip - Congressional Plaza 1:00 Jean Hiron and Jon Flinker in Recital (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Baroque music at the time of Louis XV (970) 8:00 Evening Movie (971)

March 2025

Independent Living