

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>Please note: events are subject to change. Refer to the weekly calendars for the most up to date information.</p>		<p>April Fool's Day 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 1:30 Bridge Group (Parlor) 1:30 Needlework (Living Rm) 3:00 Safety, Security & Wellness Comm. Mtg (3 Fl Sun Rm) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Donny on the Piano (Bar)</p>	<p>1 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) 4:30 Cabaret Videos with Sue Bullock (Kindred Spirits) 5:00 Abbott House Social (Liv Rm) 8:00 Evening Movie (971)</p>	<p>2 9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Cherry Blossoms Scenic Bus Tour (Tidal Basin) 5:00 Wine & Cheese (Bar)</p>	<p>3 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:00 Arts of Asia Traveling Boutique (Wintergarden) 10:30 Water Aerobics (Pool) 10:30 Whole Foods (River Rd) 1:00 Canasta (3rd Fl Sun Rm) 1:00 Open Art Studio 1-3pm 1:30 Film Fest: The Brutalist (PAC) 5:00 Virtual Shabbat (970)</p>	<p>4 10:00 Shopping Trip - Rodman's 12:45 Theater Outing: The Waitress (Olney Theatre) 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Frank Sinatra Live in Concert - Melbourne 1991 (970) 8:00 Evening Movie (971)</p>
<p>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: Our Seasons - Nature's Circle of Life (970) 2:00 Cinema Sundays: 42 (PAC)</p>	<p>6 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 11:00 Art Class w/ Gerardo (Art Rm) 1:00 Fraud Talk with Alex Koubek (PAC) 1:30 Scrabble (4th Fl Porch) 2:00 Green Team Comm. Mtg (3rd Fl Club Rm) 3:00 Bingo (PAC)</p>	<p>7 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)</p>	<p>8 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) 2:15 Classical Literature (3rd fl sunroom) 2:30 Grief & Bereavement Support Group (Parlor) 5:00 Buckley House Social (Liv Rm) 8:00 Evening Movie (971)</p>	<p>9 9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Lunch Out at The Wharf Waterfront (DC) 5:00 Wine & Cheese (Bar)</p>	<p>10 8:30 Men's Breakfast (RR) 9:00 Booster Clinic (Wintergarden) 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: Everyday Life in the Middle Ages (PAC) 3:00 Film Fest: Bonhoeffer (PAC) 5:00 Virtual Shabbat (970) 5:15 In-Person Shabbat Service (WHC)</p>	<p>11 Passover Begins 10:30 Shopping Trip - Wildwood Shopping Center 11:00 AAUW: Challenges in the Health Care System: Suburban Hospital Perspectives (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Spring Concert 2023 - Dulwich College (Singapore) (970) 8:00 Evening Movie (971)</p>
<p>Palm Sunday Passover 9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: The American Civil War (970) 2:00 Sunday Series with Lila (PAC) 5:45 Passover Second Night Seder Dinner (Wintergarden) 8:00 Opera Viewing: Der Freischütz (971)</p>	<p>13 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) 1:00 Music Appreciation Class: Maurice Ravel - French Composer (PAC) 1:30 Scrabble (4th Fl Porch) 2:30 RCA Board Meeting (PAC & 970) 8:00 Opera Viewing: Der Freischütz (971)</p>	<p>14 Tax Day 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 1:30 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: Der Freischütz (971)</p>	<p>15 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: Der Freischütz, Weber (Parlor) 1:00 Mahjong (Kindred Spirits) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 8:00 Evening Movie (971)</p>	<p>16 Holy Thursday 9:30 Balance Class (PAC) 10:00 Walking Club 12:00 Museum of the Bible Guided Tour & Lunch (DC) 5:00 Wine & Cheese (Bar) 7:00 Scheherazade, Alsop, & Montero Concert (Strathmore) 7:45 Holy Thursday Bus Shuttle (St. Barts Church)</p>	<p>17 Good Friday 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: Sing Sing (PAC) 5:00 Virtual Shabbat (970) 7:45 Good Friday Bus Shuttle (St. Barts Church)</p>	<p>18 10:30 Shopping Trip - Rio Shopping Center 1:30 Duplicate Bridge (PAC) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Opera Night - Famous Arias from Mozart, Puccini, & More (970) 8:00 Evening Movie (971)</p>
<p>Easter Orthodox Easter Passover Ends 9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: How The Earth Was Made (970) 2:00 Cinema Sundays: The Natural (PAC)</p>	<p>20 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: Themes in 19th Century British Art (PAC)</p>	<p>21 Earth Day 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 Meredith Seidel Duo (Kindred Spirits)</p>	<p>22 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) 5:00 Dickinson House Social (Liv Rm) 8:00 Evening Movie (971)</p>	<p>23 9:30 Balance Class (PAC) 10:00 Walking Club 11:00 Master Board Meeting (PAC) 12:00 Smithsonian Craft Show (DC) 5:00 Wine & Cheese (Bar)</p>	<p>24 8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Yoga (PAC) 10:30 Water Aerobics (Pool) 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm 2:00 Steve Friedman Lecture (PAC) 3:00 Film Fest: A Complete Unknown (PAC) 5:00 Virtual Shabbat (970)</p>	<p>25 10:00 Shopping Trip - Potomac Village Shopping Center 12:15 Theater Outing: Le Nozze di Figaro (HD Met Opera at Regal Cinema) 1:30 Rummikub (4th Fl Porch) 3:00 Concert: Beethoven's Symphony No. 9 & Tan Dun's "Choral Concerto: Nine" (970) 8:00 Evening Movie (971)</p>
<p>9:45 Bus to St. Bart's Church 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Makings of a Guide Dog (970) 2:00 Sunday Series with Lila (PAC)</p>	<p>27 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)</p>	<p>28 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 1:30 Bridge Group (Parlor) 1:30 Needlework (Living Rm) 5:00 Mindfulness and Meditation (3rd Fl Club Rm) 5:15 Jim Rathvon on the Piano (Bar)</p>	<p>29 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) 3:30 Health & Wellness Seminar: Calling 911 Presentation (PAC) 5:00 Eliot House Social (Liv Rm) 8:00 Evening Movie (971)</p>	<p>30 LOCATION KEY PAC - Performing Arts Center RR - The River Room</p>		

April 2025

Independent Living