

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>9:45 Bus to St. Bart's Church</b> 10:00 Service live from Potomac Presbyterian (970) 1:00 Documentary: Forgotten Hero: Walter White and the NAACP (970) <b>2:00 Jean Hirons and Jon Flinker in Recital (PAC)</b>	<b>Groundhog Day</b> 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) <b>11:00 Art Class w/ Gerardo (Art Rm)</b> <b>11:00 Intermediate/Advanced Bridge Lessons (PAC)</b> 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/Balance (PAC) 10:30 Current Affairs (Zoom) 10:30 Parkinson's Fitness (PAC) <b>11:30 Line Dancing with Mary (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Bridge Group (Parlor) 1:30 Needlework (Living Rm) 3:00 Safety, Security & Wellness Comm. Mtg (3rd 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> <b>11:30 Parkinson's Support Group (3rd Fl Club Rm)</b> <b>1:00 David Stewart Lecture: James Madison (PAC)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 2:30 Grounds Comm. Mtg (4 Fl Club Rm) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (LB) <b>12:15 Private Docent Tour w/Roshna - Grandma Moses Exhibit (SAAM)</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Chair 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: Lilies of the Field (PAC)</b> 5:00 Virtual Shabbat (970)	<b>10:30 Shopping Trip - Montgomery Mall</b> <b>1:30 Duplicate Bridge (PAC)</b> 1:30 Rummikub (4th Fl Porch) 2:00 Concert: An Evening with Nat King Cole 1963 (970) 8:00 Evening Movie (971)
<b>9:45 Bus to St. Bart's Church</b> 10:00 Service live from Potomac Presbyterian (970) <b>12:00 Tech Support with Student Group (Wintergarden)</b> 1:00 Documentary: Super Bowl XXXIII: Back-to-Back (970) <b>2:00 Sunday Afternoon with Lila (PAC)</b> <b>6:00 Super Bowl Viewing Party (Kindred Spirits)</b>	9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) <b>11:00 Art Class w/Gerardo (Art Rm)</b> <b>1:00 Music Appreciation w/Dr. David Cohen (PAC)</b> 1:30 Scrabble (4th Fl Porch) <b>2:30 RCA Board Meeting (PAC &amp; 970)</b>	9:30 Stability Ball/Balance (PAC) 10:30 Current Affairs (Zoom) 10:30 Parkinson's Fitness (PAC) <b>11:30 Line Dancing with Denise (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Bridge Group (Parlor) 1:30 Needlework (Living Rm) <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) 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 Soul Support Group (Parlor)</b> <b>7:45 Washington Bach Consort Concert (PAC)</b> 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (LB) <b>12:00 National Portrait Gallery (DC)</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Chair 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: The Life of Marco Polo (PAC)</b> <b>3:00 No Film Fest</b> <b>4:30 Valentine's Day Party (Kindred Spirits)</b> 5:00 Virtual Shabbat (970) <b>5:15 In-Person Shabbat Service (WHC)</b>	<b>Valentine's Day</b> <b>10:30 No Shopping Trip</b> <b>11:00 AAUW</b> <b>12:15 Theater Outing: Cinderella (Encore) (HD Met Opera at Regal Cinema)</b> 1:30 Rummikub (4th Fl Porch) 2:00 Concert: A Night in Paris   A Valentine's Concert (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: George Washington: American Revolutionary (970) <b>2:00 Cinema Sundays: Lincoln (PAC)</b>	<b>President's Day</b> 9:30 Resistance Bands (PAC) 10:30 Water Aerobics (Pool) <b>11:00 Art Class w/Gerardo (Art Rm)</b> <b>11:00 Intermediate/Advanced Bridge Lessons (PAC)</b> 1:30 Scrabble (4th Fl Porch) <b>2:00 Wandering Docent Art Lecture (PAC)</b>	<b>Chinese New Year</b> 9:30 Stability Ball/Balance (PAC) 10:30 Current Affairs (Zoom) 10:30 Parkinson's Fitness (PAC) <b>11:30 Line Dancing with Denise (PAC)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 1:30 Bridge Group (Parlor) 1:30 Needlework (Living Rm) <b>2:00 Blackjack (Wintergarden)</b> <b>4:15 Mardi Gras Party (Kindred Spirits)</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 Activity Committee Mtg (4 Fl Club Rm)</b> <b>11:00 St. Bart's Church Service (5 Fl)</b> 1:00 Mahjong (Parlor) 1:30 Rummikub (4th Fl Porch) 2:15 Poetry (3rd fl sunroom) 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (LB) <b>10:30 Shopping Trip: Costco (Wheaton)</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Chair 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>3:00 Film Fest: Song Sung Blue (PAC)</b> 5:00 Virtual Shabbat (970)	<b>10:30 Shopping Trip - Rio Shopping Center</b> <b>1:30 Duplicate Bridge (PAC)</b> 1:30 Rummikub (4th Fl Porch) 2:00 Concert: Aretha Franklin   Live at Park West (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 Bulgaria (970) <b>2:00 Sunday Afternoon with Lila (PAC)</b> <b>8:00 Opera Viewing: Lucrezia Borgia (971)</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 Team Trivia (Kindred Spirits)</b> <b>2:30 Finance Comm. Mtg (4th Fl Club Rm)</b> <b>7:45 Health &amp; Wellness Seminar with Dr. O: AI &amp; Medicine (PAC)</b> <b>8:00 Opera Viewing: Lucrezia Borgia (971)</b>	9:30 Stability Ball/Balance (PAC) 10:30 Current Affairs (Zoom) 10:30 Parkinson's Fitness (PAC) <b>11:30 Line Dancing with Denise (PAC)</b> <b>12:00 Lunch Out: Mon Ami Gabi (Bethesda)</b> <b>12:00 Tech Videos 12 &amp; 3:00pm 970</b> 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) <b>5:15 Jim Rathvon on the Piano (Bar)</b> <b>8:00 Opera Viewing: Lucrezia Borgia (971)</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) 2:15 Classical Literature (3rd fl sunroom) <b>2:45 Opera Appreciation Group: Lucrezia Borgia (Donizetti) (Parlor)</b> <b>4:00 Chinese New Year Celebration (Kindred Spirits)</b> 8:00 Evening Movie (971)	9:30 Balance Class (PAC) 9:30 Walking Club (LB) <b>12:00 Natural History Museum (DC)</b> <b>5:00 Wine &amp; Cheese (Bar)</b>	8:30 Men's Breakfast (RR) 9:00 Women's Breakfast (Grill) 9:30 Chair Yoga (PAC) 10:30 Water Aerobics (Pool) <b>10:30 Wegmans (McLean)</b> 1:00 Canasta (Parlor) 1:00 Open Art Studio 1-3pm <b>1:30 Karaoke &amp; Cupcakes (PAC)</b> <b>3:00 Film Fest: Hamnet (PAC)</b> 5:00 Virtual Shabbat (970)	<b>10:00 Shopping Trip - Rodman's</b> <b>12:45 Theater Outing: Chez Joey (Arena Stage)</b> 1:30 Rummikub (4th Fl Porch) 2:00 Concert: André Rieu - Live in Bahrain 2025 (970) 8:00 Evening Movie (971)
<b>LOCATION KEY</b> LB - Lobby PAC - Performing Arts Center RR - The River Room						

# February 2026

Independent Living