
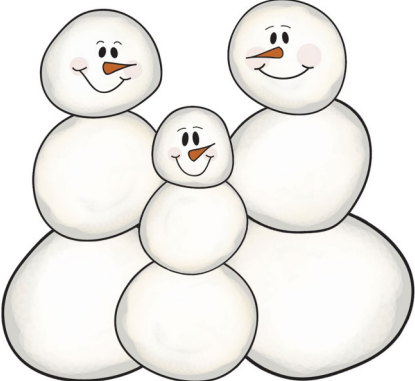
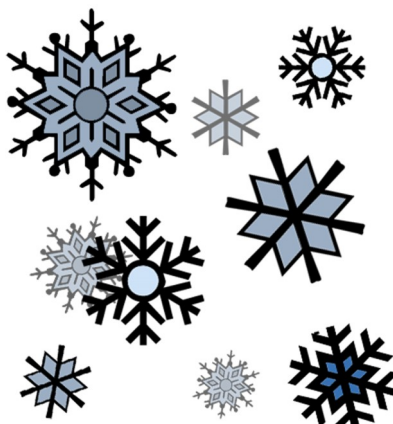

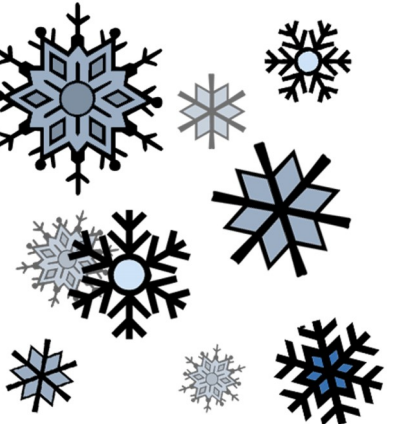


LIFE ENRICHMENT CALENDAR

INDEPENDENT LIVING

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Balancing the Body (CANCELLED) 10:00 Seated Tai-Chi (CANCELLED) 12:00 Communion (CANCELLED) 12:00 Walking Club (CANCELLED) 12:45 Chamber Singers 1:00 Mahjong 2:30 Movie (CANCELLED) 7:30 Movie (CANCELLED) Happy New Year's Day! Transportation closed	8:30 Water Workout 8:30 Mindful Gentle Yoga 10:00 Rockville Town Center 10:00 Seated Body Tune Up 11:00 Chair Yoga 1:00 Bridge & Mahjong 1:00 Health Coaching (CANCELLED) 1:00 Bethesda Navy Exchange 2:00 Parkinson's Support Group 7:30 Movie: Holiday Inn	9:00 Cardio Strength(SUB) 9:30 Coffee & Chat w/ Senior Leadership 11:00 Chapel Book Group 11:30 Exercise Lite (SUB) 12:00 Walking Club(CANCELLED) 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 3:15 Exploration in Color & Sound 4:00 Healthy Lifestylers 6:30 Dementia Support Group 7:30 Documentary Film	8:30 Morning Stretch (CANCELLED) 9:00 Complete 30min. Workout 11:30 Gladchuk Bros. Restaurant 11:30 Exercise Lite (CANCELLED) 1:30 Mahjong 3:00 Mystery Book Club 4:00 Music Listening Lab 5:00 BYOB Happy Hour 7:30 Game Night 7:45 Shabbat Service	8:30 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 2:30 Movie: Easy Virtue 7:30 Movie: Easy Virtue
11:00 Sunday Worship (Lincoln Grove 7th floor) 11:30 Sunday Brunch 1:30 John's Matinee Movie: 1:30 Spiritual Sojourners 4:30 Vesper's Service	8:30 Water Workout 9:00 Strength&Stretch (SUB) 10:00 Mindful Gentle Yoga 10:00 Traville Village Center 11:00 Chair Yoga 1:00 Bridge Instruction 1:00 Ping-Pong 1:00 Meditation 3:00 Catholic Mass 4:00 Mindfulness Mondays 4:00 The National Championship Happy Hour & Trivia (college football)	9:00 Balancing the Body (SUB) 10:00 Seated Tai-Chi 10:00 Next in Line Autobiography Group 12:00 Communion 12:00 Walking Club (CANCELLED) 12:00 Whole Foods 12:45 Chamber Singers 1:00 Mahjong 2:00 Resident Council 2:30 Movie: All the Money in the World 3:00 Survey of Art History 7:30 Movie: All the Money in the World	8:30 Water Workout 8:30 Mindful Gentle Yoga 10:00 Seated Body Tune Up 11:00 Chair Yoga 11:00 Current Events Discussion 1:00 Bridge & Mahjong 1:00 Health Coaching 2:00 Ladies' Bible Study 3:30 Lecture: Autoimmunity by IKF Resident, Sandy Morse	9:00 Cardio Strength 10:00 Hearing Loss Support Group 10:00 Composer Spotlight w/Sara 11:30 Exercise Lite 12:00 Walking Club 12:00 Wegmans 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 3:00 Broadway Musical Theatre Lecture 4:00 Healthy Lifestylers	8:30 Morning Stretch 9:00 Complete 30min. Workout 10:00 Rio Center 12:00 Wildwood Kitchen 11:30 Exercise Lite 1:30 Mahjong 2:00 Concert: Robert Statham, pianist 4:00 Music Listening Lab 5:00 BYOB Happy Hour 7:30 Game Night	8:30 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 2:30 Movie: Crazy Rich Asians 7:30 Movie: Crazy Rich Asians
11:00 Sunday Worship (Lincoln Grove 7th floor) 11:30 Sunday Brunch 1:30 Spiritual Sojourners 2:30 Afternoon Mingle 4:30 Vesper's Service	8:30 Water Workout 9:00 Strength & Stretch 10:00 King Farm Center 10:00 Mindful Gentle Yoga 11:00 Chair Yoga 12:00 Federal Plaza 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 1:00 Play Reader's Group 3:00 Catholic Mass 3:00 Needlework Circle 4:00 Mindfulness Mondays	9:00 Balancing the Body 10:00 Seated Tai-Chi 10:30 Montgomery Mall 12:00 Communion 12:00 Walking Club 12:45 Chamber Singers 1:00 Mahjong 2:00 Town Hall 2:30 Movie: Pope Francis 7:30 Movie: Pope Francis	8:30 Water Workout 8:30 Mindful Gentle Yoga 10:00 Rockville Town Center 10:00 Seated Body Tune Up 11:00 Chair Yoga 12:00 Wegmans 1:00 Bridge & Mahjong 1:00 Health Coaching 1:00 Ladies' Bible Study 2:00 Parkinson's Support Group 3:30 Humanism Discussion Group 7:30 Concert: Marcantonio Barone, pianist	9:00 Cardio Strength 10:00 CVS & MOM's 11:30 Exercise Lite 12:00 Fallsgrove Village Center 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 2:15 Coffee & Chat w/Senior Leadership 3:15 Exploration in Color & Sound 4:00 Healthy Lifestylers 6:30 Dementia Caregiver Support Group	8:30 Morning Stretch 9:00 Complete 30min. Workout 11:30 Exercise Lite 1:30 Mahjong 3:00 Reader's Ink Book Club 3:00 Art Workshop w/Martina 4:00 Music Listening Lab 5:00 BYOB Happy Hour 7:30 Game Night 7:45 Shabbat Service	8:30 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 11:00 Brain Fitness w/Dana 1:00 Bridge 2:30 Movie: Focus 7:30 Movie: Focus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
11:30 Sunday Brunch 1:30 John's Matinee Movie: 1:30 Spiritual Sojourners 4:30 pm Vesper's Service	20 8:30 Water Workout 9:00 Strength & Stretch 10:00 Giant 10:00 Mindful Gentle Yoga 11:00 Chair Yoga 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 3:00 Catholic Mass 4:00 Mindfulness Mondays 7:30 Line Dancing Transportation closed MARTIN LUTHER KING, JR. DAY	21 9:00 Balancing the Body 10:00 Seated Tai-Chi 11:30 Art Lecture: Art from the Time of the Founding Fathers Lecture 12:00 Communion 12:00 Walking Club 12:45 Chamber Singers 1:00 Mahjong 2:00 pm Costco 2:30 Movie: The 15:17 to Paris 7:30 Movie: The 15:17 to Paris	22 8:30 Water Workout 8:30 Mindful Gentle Yoga 10:00 Seated Body Tune Up 10:00 Rockville Town Center 11:00 Chair Yoga 11:00 Current Events Discussion 1:00 Bridge & Mahjong 1:00 Health Coaching 2:00 Parkinson's Support Group 2:00 Ladies' Bible Study 3:30 Lecture: Non-verbal Communication by IKF Resident, Enid Portnoy	23 8:30 Water Workout 8:30 Mindful Gentle Yoga 10:00 Seated Body Tune Up 10:00 Rockville Town Center 11:00 Chair Yoga 11:00 Current Events Discussion 1:00 Bridge & Mahjong 1:00 Health Coaching 2:00 Parkinson's Support Group 2:00 Ladies' Bible Study 3:30 Lecture: Non-verbal Communication by IKF Resident, Enid Portnoy	24 9:00 Cardio Strength 10:00 Composer Spotlight w/Sara 10:00 Mexican Cultural Arts Institute 11:30 Exercise Lite 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 2:15 Coffee & Chat w/Senior Leadership 4:00 Healthy Lifestylers 4:00 Men's Book Club 6:30 Dementia Caregiver Support Group	25 8:30 Morning Stretch 9:00 Complete 30min. Workout 10:30 Vision Support Group 11:30 Exercise Lite 12:00 Wegmans 1:30 Mahjong 4:00 Music Listening Lab 5:00 BYOB Happy Hour 7:30 Game Night 7:45 Shabbat Service	26 8:30 Water Workout 10:00 Morning Mingle 10:00 National Mall/Smithsonian Museums (Independent) 10:00 Ping-Pong 1:00 Bridge 2:00 Concert: David Pedraza, violist 2:30 Movie: My Girl 7:30 Movie: My Girl
11:00 Sunday Worship (Lincoln Grove 7th floor) 11:30 Sunday Brunch 1:30 Spiritual Sojourners 2:30 Afternoon Mingle 4:30 Vesper's Service	27 8:30 Water Workout 9:00 Strength & Stretch 10:00 King Farm Center 10:00 Mindful Gentle Yoga 11:00 Chair Yoga 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 1:00 Play Reader's Group 3:00 Catholic Mass 3:00 Needlework Circle 4:00 Mindfulness Mondays	28 8:30 Water Workout 9:00 Strength & Stretch 10:00 King Farm Center 10:00 Mindful Gentle Yoga 11:00 Chair Yoga 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 1:00 Play Reader's Group 3:00 Catholic Mass 3:00 Needlework Circle 4:00 Mindfulness Mondays	29 9:00 Balancing the Body 10:00 Seated Tai-Chi 12:00 Communion 12:00 Walking Club 12:45 Chamber Singers 1:00 Mahjong 2:30 Movie 7:30 Movie	30 8:30 Water Workout 8:30 Mindful Gentle Yoga 10:00 Seated Body Tune Up 11:00 Chair Yoga 11:00 Current Events Discussion 12:00 National Cryptologic Museum 1:00 Bridge & Mahjong 1:00 Health Coaching 2:00 Ladies' Bible Study 2:00 Wellness Wednesday 7:30 IKF Chamber Singers Concert	31 9:00 Cardio Strength 10:30 Smithsonian American Art Museum 11:30 Exercise Lite 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 3:15 Exploration in Color & Sound 4:00 Healthy Lifestylers 7:30 Documentary Film		
							

Programs in **BOLD** = Sign-up on the Resident Website