

December-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30 Morning Stretch 9:00 Complete 30-Min. Workout 1:30 Mahjong 2:00 Book Keepers Book Club 2:00 Employee Holiday Appreciation Party 3:00 Mystery Book Club 5:00 BYOB Happy Hour 7:30 Game Night 7:45 Shabbat Service	9:00 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 1:00 DAR Constitution Hall 2:30 Movie: The Meddler 3:00 Sunshine Music Group 7:30 Movie: The Meddler
11:30 Sunday Brunch 2:30 Afternoon Mingle 4:30 Vespers Service	8:30 Water Workout 9:00 Strength & Stretch 10:00 Mat Yoga 10:00 Traville Village Center 10:30 Flower Arranging Group 11:00 Chair Yoga 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 1:30 Play Reader's Group 3:00 Catholic Mass 3:00 Needlework Circle 7:30 Concert: Blue Jazz Trio	9:00 Balancing the Body 10:00 Montgomery Village Plaza 10:00 Next in Line Autobiography Group 10:00 Seated Tai-Chi 11:00 Low Vision Support Group 12:00 Communion 12:00 Walking Club 12:50 Chamber Singers 1:00 Mahjong 1:30 Milestone Center 2:30 Movie: Body Heat 2:30 Wandering Docent Art Lecture 7:30 Movie: Body Heat	8:30 Water Workout 9:00 Mat Yoga 10:00 Rockville Town Center 10:00 Seated Body Tune-Up 11:00 Chair Yoga 12:00 Whole Foods Market 1:00 Bridge & Mahjong 1:00 Health Coaching 2:00 Ladies' Bible Study 7:00 Scrabble	9:00 Cardio Strength 9:30 Coffee & Chat w/Christine 10:00 Group Drumming w/Sara 10:00 Nordstrom Rack/Best Buy 11:00 Chapel Book Group 11:30 Exercise Lite 12:00 Walking Club 12:00 Wegmans 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 4:00 Healthy Lifestylers 6:30 Early Memory Loss Support Group 7:30 Documentary Film	8:30 Morning Stretch 9:00 Complete 30-Min. Workout 10:15 OSHER Course 10:30 Rio Center 1:00 OSHER Course 1:30 Mahjong 3:00 Literary Ladies' Book Club 5:00 BYOB Happy Hour 7:30 Game Night	9:00 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 2:30 Movie: The Women's Balcony 7:30 Movie: The Women's Balcony
11:30 Sunday Brunch 2:00 Suzuki School Violin Holiday Concer 2:00 Toys for Tots Concert 2:30 Afternoon Mingle 4:30 Vespers Service	8:30 Water Workout 9:00 Strength & Stretch 10:00 King Farm Center/CVS 10:00 Mat Yoga 10:30 Flower Arranging Group 11:00 Chair Yoga 12:00 Federal Plaza 1:00 Bridge Instruction 1:00 Meditation 1:00 Monday Madness Sale 1:00 Ping-Pong 2:00 Congressional North 3:00 Catholic Mass 3:00 Needlework Circle 6:00 Winter Lights Festival	9:00 Balancing the Body 10:00 Seated Tai-Chi 12:00 Communion 12:00 Walking Club 12:50 Chamber Singers 1:00 Mahjong 1:00 Wildwood Center 2:00 Resident Council 2:30 Movie: Belle 3:00 Survey of Art History 5:30 Hanukkah Lighting 7:30 Movie: Belle	8:30 Water Workout 9:00 Mat Yoga 10:00 National Gallery of Art 10:00 Seated Body Tune-Up 11:00 Chair Yoga 11:00 Current Events Discussion Group 1:00 Bridge & Mahjong 1:00 Health Coaching 1:00 Wellness Wednesday 2:00 Jewish Bible Study 2:00 Ladies' Bible Study 3:30 Lecture 7:30 Hanukkah Lighting & Concert 7:30 Tech. Wednesday	9:00 Cardio Strength 10:00 Group Drumming w/Sara 10:30 Post-Bazaar Meeting 11:00 Jewish Art Edu. 11:30 Exercise Lite 12:00 Walking Club 12:00 Wegmans 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 4:00 Healthy Lifestylers 5:30 Hanukkah Lighting	1:30 Mahjong 2:00 Reader's Ink Book Club 5:00 BYOB Happy Hour 5:30 Hanukkah Lighting 7:30 Game Night 7:45 Shabbat Service	9:00 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 11:00 Brain Fitness 1:00 Bridge 1:00 Opera 2:30 Movie: A Dog's Purpose 5:30 Hanukkah Lighting 7:30 Movie: A Dog's Purpose

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 Sunday Brunch 2:00 National Philharmonic 2:30 Afternoon Mingle 4:30 Vespers Service 5:30 Hanukkah Lighting</p> <p style="text-align: right;">17</p>	<p>8:30 Water Workout 9:00 Strength & Stretch 10:00 Giant 10:00 Mat Yoga 10:30 Flower Arranging Group 11:00 Chair Yoga 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 1:30 Play Reader's Group 3:00 Catholic Mass 3:00 Needlework Circle 5:30 Hanukkah Lighting 6:00 Winter Lights Festival 7:30 Line Dancing</p> <p style="text-align: right;">18</p>	<p>9:00 Balancing the Body 10:00 Seated Tai-Chi 10:30 Montgomery Mall 11:30 Wandering Docent Art Lecture 12:00 Communion 12:00 Walking Club 12:50 Chamber Singers 1:00 Mahjong 2:00 Director's Holiday Reception 2:30 Movie: Gold 5:30 Hanukkah Lighting 7:30 Movie: Gold</p> <p style="text-align: right;">19</p>	<p>8:30 Water Workout 9:00 Mat Yoga 10:00 Rockville Town Center 10:00 Seated Body Tune-Up 11:00 Chair Yoga 12:00 Culinary Passport: Gladchuck Bros. 1:00 Bridge & Mahjong 1:00 Health Coaching 2:00 Ladies' Bible Group Christmas Tea 3:00 Cultural Arts Holiday Party 3:30 Humanism Discussion Group 5:30 Hanukkah Lighting</p> <p style="text-align: right;">20</p>	<p>9:00 Cardio Strength 9:30 Coffee & Chat w/Christine 10:00 Group Drumming w/Sara 11:30 Exercise Lite 12:00 Fallsgrove Village Center 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 4:00 Healthy Lifestylers 6:30 Early Memory Loss Support Group 7:30 Concert: Thomas Pandolfi, pianist</p> <p style="text-align: right;">21</p>	<p>8:30 Morning Stretch 9:00 Complete 30-Min. Workout 12:00 Wegmans 1:30 Mahjong 5:00 BYOB Happy Hour 7:30 Game Night</p> <p style="text-align: right;">22</p>	<p>9:00 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 2:30 Movie: White Christmas 7:30 Movie: White Christmas</p> <p style="text-align: right;">23</p>
<p>11:30 Sunday Brunch 2:30 Afternoon Mingle 7:30 Christmas Eve Service</p> <p style="text-align: right;">24</p>	<p>1:00 Ping-Pong 3:00 Needlework Circle</p> <p style="text-align: right;">25</p>	<p>9:00 Balancing the Body 10:00 Seated Tai-Chi 10:30 Flower Arranging Group 12:00 Communion 12:50 Chamber Singers 1:00 Mahjong 2:00 Costco 2:30 Movie: Pal Joey 7:30 Movie: Pal Joey</p> <p style="text-align: right;">26</p>	<p>8:30 Water Workout 9:00 Mat Yoga 10:00 Seated Body Tune-Up 11:00 Chair Yoga 11:00 Current Events Discussion Group 1:00 Bridge & Mahjong 1:00 Strathmore Miniature Exhibit 2:00 Jewish Bible Study 7:30 Tech. Wednesday</p> <p style="text-align: right;">27</p>	<p>9:00 Cardio Strength 11:30 Exercise Lite 1:00 Bridge 1:15 Chorus Rehearsal 1:30 Phillips Collection 4:00 Healthy Lifestylers 4:00 Men's Book Club</p> <p style="text-align: right;">28</p>	<p>8:30 Morning Stretch 9:00 Complete 30-Min. Workout 1:30 Mahjong 5:00 BYOB Happy Hour 7:30 Game Night</p> <p style="text-align: right;">29</p>	<p>9:00 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 2:30 Movie: The Glass Castle 7:30 Movie: The Glass Castle</p> <p style="text-align: right;">30</p>

Programs in BOLD = sign-up and/or payment required



December-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 Sunday Brunch 2:30 Afternoon Mingle 4:30 Vespers Service 9:00 New Years' Eve Party						

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Programs in BOLD = sign-up and/or payment required



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