

June-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00 Cardio Strength 9:30 Coffee & Chat w/the General Manager 10:00 Nordstrom Rack/Best Buy 11:00 Chapel Book Group 11:30 Exercise Lite 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:30 Chorus Rehearsal 4:00 Healthy Lifestylers 6:30 Early Memory Loss Support Group	8:30 Morning Stretch 9:00 Complete 30-Minute Workout 11:00 Culinary Passport: Benihana 1:30 Mahjong 1:30 Volunteer Achievement 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 10:00 Rockville Farmer's Market 1:00 Bridge 2:30 Movie: Mrs. Henderson Presents 7:30 Movie: Mrs. Henderson Presents
11:30 Sunday Brunch 1:30 Spiritual Sojourners 4:30 Vespers Service 7:30 Rockville Men's Chorus	8:30 Water Workout 9:00 Total Strength 10:00 Chair Yoga 10:00 Traville Center 10:30 Flower Arranging Group 11:00 Mat 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	9:00 Balancing the Body 10:00 Montgomery Village Plaza 10:00 Next in Line Autobiography Group 10:00 Seated Tai-Chi 12:00 Communion 12:00 Walking Club 12:50 Chamber Singers 1:00 Mahjong 2:30 Movie: The Family Man 7:30 Movie: The Family Man	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 1:30 IKF Annual Memorial Service 2:00 Parkinson's Support Group 7:00 Scrabble 7:30 Tech, Wednesday	9:00 Cardio Strength 11:00 Jewish Art Edu. 11:30 Exercise Lite 12:00 Walking Club 12:00 Wegmans 1:00 Bridge 1:00 Ping-Pong 1:30 Chorus Rehearsal 4:00 Healthy Lifestylers	8:30 Morning Stretch 9:00 Complete 30-Minute Workout 10:30 Rio Center 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: Mrs. Sloane 3:00 Bell Canto Handbell Choir 7:30 Movie: Mrs. Sloane
11:30 Sunday Brunch 1:30 John's Movie: Dark Passage 1:30 Spiritual Sojourners 4:30 Vespers Service	8:30 Water Workout 9:00 Total Strength 10:00 Chair Yoga 10:00 King Farm Center 10:30 Flower Arranging Group 11:00 Mat Yoga 1:00 Atrium Grand Opening 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 2:00 Congressional North/Federal Plaza 3:00 Catholic Mass 3:00 Needlework Circle	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: Road to Perdition 3:00 Survey of Art History 7:30 Movie: Road to Perdition	8:30 Water Workout 9:00 Mat Yoga 10:00 Seated Body Tune-Up 11:00 Chair Yoga 11:00 Current Events Discussion Group 2:00 Jewish Bible Study 2:30 Nationals vs. Atlanta Braves Game 3:30 Lecture: TBA 7:30 Tech, Wednesday	9:00 Cardio Strength 9:30 Coffee & Chat with Christine 11:30 Exercise Lite 12:00 Falls Grove Village Center 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:30 Chorus Rehearsal 2:30 Musical Theatre Lecture 4:00 Healthy Lifestylers 6:30 Early Memory Loss Support Group 7:30 Movie: Lion	8:30 Morning Stretch 9:00 Complete 30-Minute Workout 1:00 The National Portrait Gallery 1:30 Mahjong 2:00 Reader's Ink 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 10:00 Rockville Farmer's Market 11:00 Brain Fitness 1:00 Bridge 2:00 Parkinson's Support Group 2:30 Movie: Lion

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 Father's Day Brunch 1:30 Spiritual Sojourners 4:30 Vespers Service</p> <p>18</p>	<p>8:30 Water Workout 9:00 Total Strength 10:00 Chair Yoga 10:00 Giant (Rockville Pike) 10:30 Flower Arranging Group 11:00 Mat 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 Line Dancing</p> <p>19</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 Dialouge 2:30 Movie: La La Land 7:30 Movie: La La Land</p> <p>20</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 3:30 Humanism Discussion Group 7:30 Tech. Wednesday</p> <p>21</p>	<p>9:00 Cardio Strength 11:30 Exercise Lite 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:30 Chorus Rehearsal 4:00 Healthy Lifestylers 4:00 Men's Book Club 7:30 Rearview Mirror Concert</p> <p>22</p>	<p>8:30 Morning Stretch 9:00 Complete 30-Minute Workout 10:30 Vision Support Group 12:00 Wegmans 1:30 Mahjong 2:00 Book Keepers Book Club 5:00 BYOB Happy Hour 7:30 Game Night</p> <p>23</p>	<p>9:00 Water Workout 10:00 Morning Mingle 10:00 National Mall/Smithsonian 10:00 Ping-Pong 1:00 Bridge 2:00 Harmonic Keys Piano School 2:30 Movie: The Truman Show 7:30 Movie: The Truman Show</p> <p>24</p>
<p>11:30 Sunday Brunch 1:30 Spiritual Sojourners 4:30 Vespers Service</p> <p>25</p>	<p>8:30 Water Workout 9:00 Total Strength 10:00 Chair Yoga 10:00 King Farm Center 10:30 Flower Arranging Group 11:00 Mat Yoga 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 3:00 Catholic Mass 3:00 Needlework Circle</p> <p>26</p>	<p>9:00 Balancing the Body 10:00 Seated Tai-Chi 11:30 Wandering Docent Art Lecture 12:00 Communion 12:00 Walking Club 12:50 Chamber Singers 1:00 Mahjong 2:00 Costco 2:30 Movie: Hidden Figures 2:30 The Greenbelt Wind Ensemble 7:30 Movie: Hidden Figures</p> <p>27</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 Wellness Wednesday 2:00 Jewish Bible Study 3:30 Lecture: TBA 7:30 Tech. Wednesday</p> <p>28</p>	<p>9:00 Cardio Strength 11:30 Exercise Lite 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:00 The National Portrait Gallery 1:30 Chorus Rehearsal 4:00 Healthy Lifestylers</p> <p>29</p>	<p>8:30 Morning Stretch 9:00 Complete 30-Minute Workout 9:30 Folger Shakespeare Library 10:00 Bazaar Meeting 1:30 Mahjong 5:00 BYOB Happy Hour 7:30 Game Night</p> <p>30</p>	

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



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