

November-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:30 Water Workout 9:00 Mat Yoga <b>10:00 Rockville Town Center</b> 10:00 Seated Body Tune-Up 11:00 Chair Yoga <b>12:00 Whole Foods Market</b> 1:00 Bazaar Planning Meeting 1:00 Bridge & Mahjong 1:00 Health Coaching 1:00 Wellness Wednesday 2:00 Ladies' Bible Study 2:00 Parkinson's Support Group 2:30 Book Talk: Dr. Helena Dolny 7:00 Scrabble	9:00 Cardio Strength 9:30 Coffee & Chat w/the General Manager 10:00 Group Drumming w/Sara <b>10:00 Nordstrom Rack/Best Buy</b> 11:00 Chapel Book Group 11:00 TaylorMarie Shopping 12:00 Walking Club <b>12:00 Wegmans</b> 1:00 Bridge 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 <b>11:30 Culinary Passport: Bonefish Grill</b> 1:00 OSHER Course 1:30 Mahjong 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 Opera 2:30 Movie: Their Finest 7:30 Movie: Their Finest
11:30 Sunday Brunch 1:30 Spiritual Sojourners 2:30 Afternoon Mingle 4:30 Vespers Service	8:30 Water Workout 9:00 Strength & Stretch 10:00 Mat Yoga <b>10:00 Traville Village Center</b> 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	9:00 Balancing the Body <b>10:00 Montgomery Village Plaza</b> 10:00 Next in Line Autobiography Group 10:00 Seated Tai-Chi 12:00 Communion 12:00 Walking Club 12:50 Chamber Singers <b>1:00 Clarksburg Premium Outlets</b> 1:00 Mahjong 2:30 Movie: Take Me Out to the Ball Game 7:30 Movie: Take Me Out to the Ball Game	8:30 Water Workout 9:00 Mat Yoga 10:00 Seated Body Tune-Up 11:00 Chair Yoga 11:00 Current Events Discussion Group <b>11:00 Twin Arch &amp; Mt. Airy Tavern</b> 1:00 Bridge & Mahjong 1:00 Health Coaching 2:00 CEO Coffee 2:00 Jewish Bible Study 2:00 Ladies' Bible Study 3:30 Lecture: TBA <b>7:30 Tech. Wednesday</b>	9:00 Cardio Strength 10:00 Group Drumming w/Sara 11:00 Jewish Art Edu. 11:30 Exercise Lite 12:00 Walking Club <b>12:00 Wegmans</b> 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 4:00 Healthy Lifestylers	<b>10:30 Rio Center</b> 1:30 Mahjong 5:00 BYOB Happy Hour 7:30 Game Night	9:00 Water Workout 10:00 5th Annual Bazaar
11:30 Sunday Brunch 1:30 Spiritual Sojourners 2:30 Afternoon Mingle 4:30 Vespers Service	8:30 Water Workout 9:00 Strength & Stretch <b>10:00 King Farm Center/ CVS</b> 10:00 Mat Yoga 10:30 Flower Arranging Group 11:00 Chair Yoga <b>12:00 Federal Plaza</b> 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong <b>2:00 Congressional North</b> 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 <b>1:00 Wildwood Center</b> 2:00 Resident Council 2:30 Movie: Harold & Lillian 3:00 Survey of Art History 7:30 Movie: Harold & Lillian	8:30 Water Workout 9:00 Mat Yoga <b>10:00 Rockville Town Center</b> 10:00 Seated Body Tune-Up 11:00 Chair Yoga 1:00 Bridge & Mahjong 1:00 Health Coaching <b>1:30 Phillips Collection</b> 2:00 Ladies' Bible Study 2:00 Parkinson's Support Group 3:30 Humanism Discussion Group	9:00 Cardio Strength 9:30 Coffee & Chat w/Christine 10:00 Group Drumming w/Sara 11:30 Exercise Lite <b>12:00 Falls Grove Village Center</b> 12:00 Walking Club 1:00 Bridge 1:00 Info. Session: WING 1:00 Ping-Pong 1:15 Chorus Rehearsal 4:00 Healthy Lifestylers 6:30 Early Memory Loss Support Group 7:00 "Project Lifesaver" Presentation	8:30 Morning Stretch 9:00 Complete 30-Min. Workout 10:15 OSHER Course 1:00 OSHER Course 1:30 Mahjong 2:00 Reader's Ink Book Club 3:30 Musical Theatre Lecture 5:00 BYOB Happy Hour 7:30 Game Night 7:45 Shabbat Service	9:00 Water Workout 10:00 Morning Mingle <b>10:00 National Mall &amp; Smithsonian</b> 10:00 Ping-Pong 11:00 Brain Fitness 1:00 Bridge 2:30 Movie: A United Kingdom 7:30 Movie: A United Kingdom

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 Sunday Brunch</p> <p>1:30 Spiritual Sojourners</p> <p>2:30 Afternoon Mingle</p> <p>4:30 Vespers Service</p> <p style="text-align: right;"><b>19</b></p>	<p>8:30 Water Workout</p> <p>9:00 Strength &amp; Stretch</p> <p><b>10:00 Giant</b></p> <p>10:00 Mat Yoga</p> <p>10:30 Flower Arranging Group</p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge Instruction</p> <p>1:00 Meditation</p> <p>1:00 Ping-Pong</p> <p>1:30 Play Reader's Group</p> <p>3:00 Catholic Mass</p> <p>3:00 Needlework Circle</p> <p>3:30 Spirituality &amp; Aging Presentation</p> <p>7:30 Line Dancing</p> <p style="text-align: right;"><b>20</b></p>	<p>9:00 Balancing the Body</p> <p>10:00 Seated Tai-Chi</p> <p><b>10:30 Montgomery Mall</b></p> <p>11:30 Wandering Docent Art Lecture</p> <p>12:00 Communion</p> <p>12:00 Walking Club</p> <p>12:50 Chamber Singers</p> <p>1:00 Mahjong</p> <p>1:45 Director's Dialogue</p> <p>2:30 Movie: An Old Fashioned Thanksgivin</p> <p>7:30 Movie: An Old Fashioned Thanksgivin</p> <p style="text-align: right;"><b>21</b></p>	<p>8:30 Water Workout</p> <p>9:00 Mat Yoga</p> <p>10:00 Seated Body Tune-Up</p> <p>11:00 Chair Yoga</p> <p>11:00 Current Events Discussion Group</p> <p>1:00 Bridge &amp; Mahjong</p> <p>1:00 Health Coaching</p> <p>2:00 Jewish Bible Study</p> <p>2:00 Thanksgiving Interfaith Service</p> <p>3:30 Lecture: TBA</p> <p style="text-align: right;"><b>22</b></p>	<p>1:00 Bridge</p> <p>1:00 Ping-Pong</p> <p style="text-align: right;"><b>23</b></p>	<p>9:00 Complete 30-Min. Workout</p> <p>1:30 Mahjong</p> <p>5:00 BYOB Happy Hour</p> <p>7:30 Game Night</p> <p style="text-align: right;"><b>24</b></p>	<p>9:00 Water Workout</p> <p>10:00 Morning Mingle</p> <p>10:00 Ping-Pong</p> <p>1:00 Bridge</p> <p>1:00 Concert: David Pedraza, violist</p> <p>2:30 Movie: The Big Sick</p> <p>7:30 Movie: The Big Sick</p> <p style="text-align: right;"><b>25</b></p>
<p>11:30 Sunday Brunch</p> <p>1:30 Spiritual Sojourners</p> <p>2:30 Afternoon Mingle</p> <p>4:30 Vespers Service</p> <p style="text-align: right;"><b>26</b></p>	<p>8:30 Water Workout</p> <p>9:00 Strength &amp; Stretch</p> <p><b>10:00 King Farm Center/CVS</b></p> <p>10:00 Mat Yoga</p> <p>10:30 Flower Arranging Group</p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge Instruction</p> <p>1:00 Meditation</p> <p>1:00 Ping-Pong</p> <p>3:00 Catholic Mass</p> <p>3:00 Needlework Circle</p> <p style="text-align: right;"><b>27</b></p>	<p>9:00 Balancing the Body</p> <p><b>10:00 National Gallery of Art</b></p> <p>10:00 Seated Tai-Chi</p> <p>12:00 Communion</p> <p>12:00 Walking Club</p> <p>12:50 Chamber Singers</p> <p>1:00 Mahjong</p> <p><b>2:00 Costco</b></p> <p>2:30 Movie: Paris Can Wait</p> <p>4:00 Living Legacy Society Reception</p> <p>7:30 Movie: Paris Can Wait</p> <p style="text-align: right;"><b>28</b></p>	<p>8:30 Water Workout</p> <p>9:00 Mat Yoga</p> <p>10:00 Seated Body Tune-Up</p> <p><b>10:30 Arena Stage: The Pajama Game</b></p> <p>11:00 Chair Yoga</p> <p>1:00 Bridge &amp; Mahjong</p> <p>1:00 Health Coaching</p> <p>2:00 Ladies' Bible Study</p> <p><b>7:30 Tech. Wednesday</b></p> <p style="text-align: right;"><b>29</b></p>	<p>9:00 Cardio Strength</p> <p>10:00 Group Drumming w/Sara</p> <p>11:30 Exercise Lite</p> <p>12:00 Walking Club</p> <p><b>12:00 Wat Thai Buddhist Temple</b></p> <p>1:00 Bridge</p> <p>1:00 Ping-Pong</p> <p>1:15 Chorus Rehearsal</p> <p>4:00 Healthy Lifestylers</p> <p>4:00 Men's Book Club</p> <p style="text-align: right;"><b>30</b></p>		

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



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