

September-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30 Morning Stretch 1 9:00 Complete 30-Min. Workout 11:00 Culinary Passport: La Paz 1:30 Mahjong 3:00 Mystery Book Club 3:30 Labor Day Happy Hour 5:30 Art Walk in the Park (Glen Echo) 7:30 Game Night	9:00 National Book Festival 2 9:00 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 2:30 Movie: Kolya 7:30 Movie: Kolya
11:30 Sunday Brunch 3 4:30 Vespers Service	10:00 Next in Line Autobiography Group 4 11:30 Labor Day Brunch 1:00 Bridge Instruction 1:00 Ping-Pong 3:00 Catholic Mass 3:00 Needlework Circle	9:00 Balancing the Body 5 10:00 Montgomery Village Plaza 10:00 Seated Tai-Chi 10:30 Flower Arranging Group 12:00 Communion 12:00 Walking Club 12:50 Chamber Singers 1:00 Mahjong 1:00 Traville Village Center 2:30 Movie: Michael 7:30 Movie: Michael	8:30 Water Workout 6 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 Parkinson's Support Group 7:00 Scrabble	9:00 Cardio Strength 7 9:30 Coffee & Chat w/Christine 10:00 Nordstrom Rack/Best Buy 11:30 Exercise Lite 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 Documentary Film	8:30 Morning Stretch 8 9:00 Complete 30-Min. Workout 10:00 Scissors & Knives Sharpening 10:30 Rio Center 1:30 Mahjong 3:00 Literary Ladies' Book Club 5:00 BYOB Happy Hour 7:30 Game Night 7:45 Shabbat Service	9:00 Water Workout 9 9:30 Rockville Farmer's Market 10:00 Morning Mingle 10:00 Ping-Pong 1:00 Bridge 1:00 Opera 2:30 Movie: The Proposal 7:30 Movie: The Proposal
11:30 Sunday Brunch 10 1:00 Author Talk: Nadia Hashimi 1:30 Spiritual Sojourners 4:30 Vespers Service	8:30 Water Workout 11 9:00 Strength & Stretch 10:00 King Farm Center 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 Ping-Pong 1:30 Play Reader's Group 2:00 Congressional North 3:00 Catholic Mass 3:00 Needlework Circle	9:00 Balancing the Body 12 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: Collateral Beauty 3:00 Survey of Art History 7:30 Movie: Collateral Beauty	8:30 Water Workout 13 9:00 Mat Yoga 10:00 Seated Body Tune-Up 11:00 Chair Yoga 11:00 Current Events Discussion Group 12:30 Olney Theatre 1:00 Bridge & Mahjong 1:00 Health Coaching 1:00 Ladies' Bible Study 2:00 Jewish Bible Study 3:30 Lecture: TBA 7:30 Tech. Wednesdays	9:00 Cardio Strength 14 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	8:30 Morning Stretch 15 9:00 Complete 30-Min. Workout 10:15 OSHER Course 1:00 OSHER Course 1:30 Mahjong 2:00 Reader's Ink Book Club 5:00 BYOB Happy Hour 7:30 Game Night	9:00 Water Workout 16 10:00 Ping-Pong 11:00 Fall Festival 1:00 Bridge 2:30 Movie: 45 Years 7:30 Movie: 45 Years

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 Sunday Brunch 1:30 Spiritual Sojourners 4:30 Vespers Service</p> <p>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 11:30 Memorial Fountain Dedication 1:00 Bridge Instruction 1:00 Meditation 1:00 Ping-Pong 2:30 Musical Theatre Lecture 3:00 Catholic Mass 3:00 Needlework Circle 4:30 Rosh Hashanah (Apples & Honey) 7:30 Line Dancing</p> <p>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 Dialouge 2:30 Movie: The Last of the Mohicans 7:30 Movie: The Last of the Mohicans</p> <p>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 1:00 Bridge & Mahjong 1:00 Health Coaching 1:00 Ladies' Bible Study 2:00 Parkinson's Support Group 3:30 Humanism Discussion Group 7:45 Rosh Hashanah Service</p> <p>20</p>	<p>9:30 Coffee & Chat w/Christine 10:00 Rosh Hashanah Service & Tashlich 12:00 Fallsgrove Village Center 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 2:30 Stepanek Peace Lecture 4:00 Healthy Lifestylers 6:30 Early Memory Loss Support Group 7:30 Documentary Film</p> <p>21</p>	<p>8:30 Morning Stretch 9:00 Complete 30-Min. Workout 10:15 OSHER Course 10:30 Vision Support Group 12:00 Wegmans 1:00 OSHER Course 1:30 Mahjong 2:00 Book Keepers Book Club 5:00 BYOB Happy Hour 7:30 Game Night</p> <p>22</p>	<p>9:00 Water Workout 9:30 Rockville Farmer's Market 10:00 Morning Mingle 10:00 Ping-Pong 11:00 Brain Fitness 1:00 Bridge 2:30 Movie: Truth 7:30 Movie: Truth</p> <p>23</p>
<p>11:30 Sunday Brunch 1:30 Spiritual Sojourners 4:30 Vespers Service</p> <p>24</p>	<p>8:30 Water Workout 9:00 Strength & Stretch 10:00 King Farm Center 10:00 Mat Yoga 10:30 Flower Arranging Group 11:00 Chair Yoga 1:00 Basilica of the National Shrine 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: Antonio Guiliano (tenor)</p> <p>25</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: The Last Word 7:30 Movie: The Last Word</p> <p>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 Bazaar Planning Meeting 1:00 Bridge & Mahjong 1:00 Health Coaching 1:00 Ladies' Bible Study 2:00 Jewish Bible Study 3:30 Lecture: TBA 7:30 Tech. Wednesdays</p> <p>27</p>	<p>9:00 Cardio Strength 10:00 MGM National Harbor 10:30 MaCCRA Membership Drive 11:30 Exercise Lite 12:00 Walking Club 1:00 Bridge 1:00 Ping-Pong 1:15 Chorus Rehearsal 3:00 Presentation: Entrance Fee 4:00 Healthy Lifestylers 4:00 Men's Book Club 7:30 Four Seasons Dancers</p> <p>28</p>	<p>8:30 Morning Stretch 9:00 Complete 30-Min. Workout 10:00 Leesburg Premium Outlets 10:15 OSHER Course 1:00 OSHER Course 1:30 Mahjong 5:00 BYOB Happy Hour 7:30 Game Night 7:45 Kol Nidre Service</p> <p>29</p>	<p>9:00 Water Workout 10:00 Morning Mingle 10:00 Ping-Pong 10:00 Yom Kippur Service 1:00 Bridge 2:30 Movie: Tommy's Honour 4:00 Yom Kippur Service 6:30 Break the Fast (RSVP) 7:30 Movie: Tommy's Honour</p> <p>30</p>

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



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