

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday!</b></p> <p><b>August 9 - Beth M.</b> <b>August 16 - Susan S.</b></p>	<p>11:00- Dr. Jenner presents <i>Mrs. Trollop's Visit to 1830's America</i> <b>1</b></p> <p>11:45- <b>*Grocery Shuttle to Safeway*</b></p> <p>1:30- Fitness with Jennifer 3:00- Corn Hole Tournament 4:30- Cocktails 7:15- Classic Movie Night</p>	<p>10:45- Outdoor Tai Chi with Kyoko <b>2</b></p> <p>11:15- Morning Wordle 1:30- Just Bead It! with Cindy 3:00- Balance in Action with Genesis Rehabilitation 3:45- National Ice Cream Sandwich Day Celebration! 4:30- Cocktails 7:15- Series Night: Bridgerton</p>	<p>11:00- Ambassadors Meeting <b>3</b> 11:15- Full Fitness with Elias 1:30- Bridge Club 2:00- RoadScholar Webinar: Rastafari – From Vibrant Traditions to Historic Ties 3:00- Tech Support by Donovan 3:00- Highlands Summer Choir with Melissa 4:30- Cocktails 6:15- <b>*Strathmore's Live from the Lawn: The Bobby Thompson Band*</b> 7:15- Wild West Wednesday: <i>Out of the Wild</i></p>	<p>11:15- Chair Yoga with Ashish <b>4</b> 12:00- K@Home Clinic with Nurse Hawa 1:00- <b>*KP on the GO!*</b> 1:15- Flower Arranging 2:00- RoadScholar Webinar: King Tut's Secrets – Uncovering New Clues Through Technology 3:30- BINGO! with Claudine 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin <b>5</b></p> <p>1:00- <b>*Trip to Class 520 Ice Cream Shop*</b></p> <p>1:30- Hedbanz with Claudine 3:00- Shabbat Service with Rabbi Sabrina 3:30- Java: Coffee &amp; Cards 4:30- Cocktails 7:15- Live Music Performance by Darryl Nichols!</p>	<p>11:15- Exercise Class with Ashley <b>6</b></p> <p>1:30- DIY Workshop with Ashley: Eastern Bluebird Painting 3:00- Discussion with Ashley: Why We Love Jane Goodall 4:30- Cocktails 7:15- Movie Night</p>
<p>9:00- <b>*Shuttle to Holy Redeemer Catholic Church*</b> <b>7</b> 10:15- <b>*Shuttle to St. Paul's Methodist Church*</b> 11:15- Walking Club 11:45- <b>*KP on the GO!*</b> 1:30- Piano Performance by Gary Schwartz! 3:00- Words in a Word with Claudine 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle <b>8</b></p> <p>11:45- <b>*Grocery Shuttle to Trader Joe's*</b></p> <p>1:30- Fitness with Jennifer 3:00- Scattergories 4:30- Cocktails 7:15- Monday Night Musical</p>	<p>11:00- Manicures &amp; Mimosas <b>9</b> 12:00- Mobile Post Office 1:30- Balance in Action with Genesis Rehabilitation 2:30- Bayada Wellness Talk: Joint Health 3:30- Book Lovers Book Swap 4:30- Cocktails 7:15- Series Night: Bridgerton (Season 2 Finale)</p>	<p>11:15- Full Fitness with Elias <b>10</b> 1:30- Bridge Club 2:00- RoadScholar Webinar: Baseball on Record – A History of Baseball Songs &amp; Prose 3:00- Private Pay Tech Support by Donovan 3:00- Highlands Summer Choir with Melissa 4:30- Cocktails 7:15- Julie Hall Performs!</p>	<p>10:00- <b>*Oasis Class: The Politics of Classical Music*</b> <b>11</b> 11:15- Balance in Action with Genesis Rehabilitation 12:00- K@Home Clinic with Nurse Hawa 1:00- <b>*KP on the GO!*</b> 1:30- "The Godfather" Film Screening in Honor of James Caan 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin <b>12</b></p> <p>1:00- <b>*Guided Tour of the Head Coverings Exhibit at The Textile Museum*</b></p> <p>1:00- Oasis Webinar: Headaches in Older Adults 3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Bio-Doc Night: Caroll Spinney</p>	<p>11:15- Fitness with Jennifer <b>13</b></p> <p>1:30- Nancy Kotz presents <i>The Art of Roy Lichtenstein</i> 3:00- Trivia Challenge with Mary Ruth 4:30- Cocktails 7:15- Movie Night</p>
<p>9:00- <b>*Shuttle to Holy Redeemer Catholic Church*</b> <b>14</b> 10:15- <b>*Shuttle to St. Paul's Methodist Church*</b> 11:45- <b>*KP on the GO!*</b> 1:30- Music Appreciation with Melissa: Yo-Yo Ma 3:00- Giant Crossword Puzzle with Lee 4:30- Happy Hour with Musical Theater Cabaret Performance! 7:15- Movie Night</p>	<p>11:15- Morning Wordle <b>15</b></p> <p>11:45- <b>*Grocery Shuttle to Giant*</b></p> <p>1:30- Fitness with Jennifer 3:00- Music History with Roy Justice: Steel Rails – The Songs and Stories that Built our Nation's Railway Systems 4:30- Cocktails 7:15- Classic Movie Night</p>	<p>9:45- <b>*Montgomery County Fair: Senior Day*</b> <b>16</b> 10:45- Wondrium presents <i>8 Billion Angels</i> 1:30- Balance in Action with Genesis Rehabilitation 2:30- Java: Coffee &amp; Cards 3:30- "The Choreography of Gower Champion" Presentation by Steve Friedman 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>11:15- Full Fitness with Elias <b>17</b> 12:15- Men's Lunch 1:00- Flower Arranging 1:30- Bridge Club 2:30- RoadScholar Webinar: A Visual Voyage of Southeast Alaska 3:00- Tech Support by Donovan 4:30- Happy Hour with Special Performance by the Highlands Summer Choir 6:15- <b>*Strathmore's Live from the Lawn: 14th Annual Ukefest*</b> 7:15- Wild West Wednesday: <i>Hondo</i></p>	<p>11:15- Chair Yoga with Ashish <b>18</b> 12:00- K@Home Clinic with Nurse Hawa 1:00- <b>*KP on the GO!*</b> 1:30- Fall Safety Workshop with Kevin 3:00- Highlands Resident Meeting 4:30- Cocktails 5:00- <b>*Dinner at Kensington's Food Truck Night*</b> 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin <b>19</b></p> <p>1:30- <b>*Scenic Ride*</b></p> <p>1:30- Scattergories 3:00- Shabbat Service with Rabbi Sabrina 4:30- Happy Hour with Music by Frank Plumer! 7:15- Bio-Doc Night: Olympia Dukakis</p>	<p>11:15- Exercise Class with Ashley <b>20</b></p> <p>1:30- DIY Workshop with Ashley: Summer Flip-Flop Magnets 3:00- Ashley's Tips &amp; Tricks: Useful Gadgets and Apps to Simplify Your Life! 4:30- Cocktails 7:15- Movie Night</p>
<p>9:00- <b>*Shuttle to Holy Redeemer Catholic Church*</b> <b>21</b> 10:15- <b>*Shuttle to St. Paul's Methodist Church*</b> 11:45- <b>*KP on the GO!*</b> 1:30- Music Appreciation with Melissa: Arthur Rubinstein – The Chopin Whisperer 3:00- BINGO! with Lee 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle <b>22</b></p> <p>11:45- <b>*Grocery Shuttle to Wegman's*</b></p> <p>1:30- Fitness with Jennifer 3:00- Smithsonian Museum Presentation by Pat Greenfield 4:30- Cocktails 7:15- Music Performance by Ellington Carthan (Live!)</p>	<p>10:00- <b>*Oasis Class: The Right Dog for the Job – Raising Service Puppies*</b> <b>23</b> 11:15- Table Bowling 12:00- Mobile Post Office 1:30- Balance in Action with Genesis Rehabilitation 3:00- RoadScholar Webinar: The Boroughs of NYC - An Exploration of Manhattan 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>11:15- Full Fitness with Elias <b>24</b> 1:30- Bridge Club 1:30- Documentary Matinee 3:00- Private Pay Tech Support by Donovan 3:00- <i>The Auld Chimers</i> Handbell Choir with Melissa 4:30- Farewell Party for Donovan! 4:30- Cocktails 6:15- <b>*Strathmore's Live from the Lawn: Shayna Steele*</b> 7:15- Wild West Wednesday: <i>The Hero</i></p>	<p>11:15- Balance in Action with Genesis Rehabilitation <b>25</b> 12:00- K@Home Clinic with Nurse Hawa 1:00- <b>*KP on the GO!*</b> 1:30- Unsolved with Astri 3:00- This Month in History with Jim Russell 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin <b>26</b></p> <p>1:30- Watercolor Workshop with Martina 1:30- <b>*Scenic Ride*</b> 3:00- Tell Us All About It! with Janet 4:30- Cocktails 7:15- Bio-Doc Night: George H.W. Bush</p>	<p>11:15- Fitness with Jennifer <b>27</b></p> <p>1:30- RoadScholar Webinar: The Bard of California, John Steinbeck 3:00- Trivia Challenge with Mary Ruth 4:30- Cocktails 7:15- Movie Night</p>
<p>Sunday Brunch with Entertainment by Robert Coleman <b>28</b> 11:00AM to 1:00PM 9:00- <b>*Shuttle to Holy Redeemer Catholic Church*</b> 10:15- <b>*Shuttle to St. Paul's Methodist Church*</b> 11:45- <b>*KP on the GO!*</b> 1:30- Music Appreciation with Melissa: Andrea Bocelli 3:00- Giant Crossword Puzzle with Lee 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle <b>29</b></p> <p>11:45- <b>*Grocery Shuttle to Safeway*</b></p> <p>1:30- Fitness with Jennifer 3:00- Reading Circle with Mary Ruth 4:30- Cocktails 7:15- Monday Night Musical</p>	<p>10:00- <b>*Shuttle to Kensington Antique Row*</b> <b>30</b> 11:00- Manicures &amp; Mimosas 1:30- Balance in Action with Genesis Rehabilitation 3:00- Live Music by Will Baskin! 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>11:15- Full Fitness with Elias <b>31</b> 1:00- Flower Arranging 1:30- Bridge Club 3:00- <i>The Auld Chimers</i> Handbell Choir with Melissa 4:45- Happy Hour featuring The Joy &amp; Cheer Girl Scout Project 7:15- Wild West Wednesday: <i>For A Few Dollars More</i></p>	<h1>August 2022</h1> <h2>Highlands Independent Living</h2>		
<p>Kensington Park Senior Living   3620 Littledale Road, Kensington, MD 20895   301-946-7700</p>						