

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Highlands Independent Living

<p>9:00- *Shuttle to Holy Redeemer Catholic Church* 10:15- *Shuttle to St. Paul's Methodist Church* 11:45- *KP on the GO!*</p> <p>1:15 - "The Godfather" Film Screening Event (Rescheduled) 1:30- *Montgomery Art Association's Paint the Town Art Show*</p> <p>3:30- Giant Crossword Puzzle with Lee 4:30- Cocktails 7:15- Movie Night</p>	<p>Labor Day Cookout with Entertainment by The Old Dominion Trio! 3:00PM to 5:00PM</p> <p>8:45- *Kensington's Labor Day Parade: KP Participants Only*</p> <p>11:15- Java: Coffee & Cards 1:30- Fitness with Jennifer 7:15- Labor Day Documentary: American Factory <small>Labor Day</small></p>	<p>10:45- Outdoor Tai Chi with Kyoko 11:15- Morning Wordle 1:30- Just Bead It! with Cindy 2:30- *Rita's Italian Ice Trip*</p> <p>3:00- Balance in Action with Genesis Rehabilitation 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>11:00- Ambassadors Meeting 11:15- Full Fitness with Elias 12:15- Men's Lunch 1:30- Bridge Club 2:00- RoadScholar Webinar: NYC's World Trade Center & Twin Towers 3:00- <i>The Auld Chimers</i> Handbell Choir with Melissa 3:00- Tech Help with Allison 4:30- Cocktails 7:15- Wild West Wednesday: <i>Hondo</i></p>	<p>11:15- Chair Yoga with Ashish 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*</p> <p>1:30- DIY Workshop with Allison: Tropical Baseball Caps 3:00- Scattergories 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin 1:30- Let's Brainstorm! with Melissa & Elias 2:30- *Library Shuttle*</p> <p>3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Live Music Performance by Darryl Nichols!</p>	<p>9:30- *Kensington Historical Society's Summer Concert Series: Silver Strings*</p> <p>11:15- Exercise Class with Ashley 1:30- Memory Lane Discussion with Ashley: Objects Today's Kids Wouldn't Recognize 2:30- *Scenic Ride*</p> <p>3:00- Ashley's Acrylic Workshop 4:30- Cocktails 7:15- Movie Night</p>
<p>9:00- *Shuttle to Holy Redeemer Catholic Church* 10:15- *Shuttle to St. Paul's Methodist Church* 11:45- *KP on the GO!*</p> <p>1:15 - "The Godfather" Film Screening Event (Rescheduled) 1:30- *Montgomery Art Association's Paint the Town Art Show*</p> <p>3:30- Giant Crossword Puzzle with Lee 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle 11:45- *Grocery Shuttle to Whole Foods*</p> <p>1:30- Fitness with Jennifer 3:00- "Create the Thing You Wish Existed" Talk with Katie DePaola Silverman 4:30- Cocktails 7:15- Monday Night Musical</p>	<p>11:00- Manicures & Mimosas 12:00- Mobile Post Office 1:30- Balance in Action with Genesis Rehabilitation 2:30- Bayada Wellness Talk: Healthy Aging Month 3:30- Live Music Performance by Daniel Menseh! 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>11:00- WorkOut Wednesday: Balance with Kevin 1:30- Bridge Club 2:00- RoadScholar Webinar: Jack London 3:30- Activity Council Meeting 4:30- Cocktails 7:15- "The Choreography & Contribution of Jerome Robbins" Presentation by Steve Friedman</p>	<p>11:15- Balance in Action with Genesis Rehabilitation 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*</p> <p>1:30- Dr. Jenner presents "The Viking Age" 3:00- Words in a Word 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin 1:30- Let's Brainstorm! with Melissa & Elias 2:30- *Scenic Ride*</p> <p>3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Bio-Doc Night: Babe Ruth</p>	<p>9:30- *Kensington Historical Society's Summer Concert Series: Janine Wilson & Arch Alcantara*</p> <p>11:15- Fitness with Jennifer 1:30- <i>The Art of The High Holidays</i> Presentation by Nancy Kotz 2:45- *The Kensington Train Show*</p> <p>3:00- BINGO! with Lee 4:30- Cocktails 7:15- Movie Night</p>
<p>9:00- *Shuttle to Holy Redeemer Catholic Church* 10:15- *Shuttle to St. Paul's Methodist Church* 11:45- *KP on the GO!*</p> <p>1:15 - "The Godfather" Film Screening Event (Rescheduled) 1:30- *Montgomery Art Association's Paint the Town Art Show*</p> <p>3:30- Giant Crossword Puzzle with Lee 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle 11:45- *Grocery Shuttle to Whole Foods*</p> <p>1:30- Fitness with Jennifer 3:00- "Create the Thing You Wish Existed" Talk with Katie DePaola Silverman 4:30- Cocktails 7:15- Monday Night Musical</p>	<p>11:00- Manicures & Mimosas 12:00- Mobile Post Office 1:30- Balance in Action with Genesis Rehabilitation 2:30- Bayada Wellness Talk: Healthy Aging Month 3:30- Live Music Performance by Daniel Menseh! 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>11:00- WorkOut Wednesday: Balance with Kevin 1:30- Bridge Club 2:00- RoadScholar Webinar: Jack London 3:30- Activity Council Meeting 4:30- Cocktails 7:15- "The Choreography & Contribution of Jerome Robbins" Presentation by Steve Friedman</p>	<p>11:15- Full Fitness with Elias 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*</p> <p>1:30- Flower Arranging 3:00- Highlands Resident Meeting 4:30- Cocktails 5:00- *Dinner at the Last Kensington Food Truck Night of the Summer!*</p> <p>7:15- Movie Night</p>	<p>Highlands Flu Shot Clinic 12:30PM to 1:30PM</p> <p>11:15- Morning Exercise with Kevin 1:30- *Scenic Ride*</p> <p>1:30- Corn Hole Tournament 3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Bio-Doc Night: Gloria Steinman</p>	<p>9:30- *Kensington Historical Society's Summer Concert Series: Isn't That So*</p> <p>11:15- Exercise Class with Ashley 1:30- Helping Hands Project: Paracord Survival Bracelets 2:30- *Hot Air Balloon Festival at the Montgomery County Fairgrounds*</p> <p>3:00- Discussion with Ashley: Vermeer - The Man & The Painter 4:30- Cocktails 7:15- Movie Night <small>Oktoberfest Begins</small></p>
<p>9:00- *Shuttle to Holy Redeemer Catholic Church* 10:15- *Shuttle to St. Paul's Methodist Church* 11:45- *KP on the GO!*</p> <p>1:30- Music Appreciation with Melissa: Andrea Bocelli 2:00- KP Family Paint & Sip Event 2:00- *Library Shuttle*</p> <p>3:00- Giant Crossword Puzzle with Lee 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle 11:45- *Grocery Shuttle to Safeway*</p> <p>1:30- Fitness with Jennifer 3:00- Music History with Roy Justice 4:30- Cocktails 7:15- Smithsonian Associates presents "Regency London's Ton: The Business of Pleasure"</p>	<p>11:00- Muffins & Music with Gary Schwartz (Live!) 1:30- Balance in Action with Genesis Rehabilitation 2:30- *Target Shopping Trip*</p> <p>3:00- Scattergories 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>10:00- *Beyond King Tut: Immersive Experience at the National Geographic Museum*</p> <p>11:00- WorkOut Wednesday: Yoga with Ashish 1:30- Bridge Club 1:30- Full Fitness with Elias 3:00- <i>The Auld Chimers</i> Handbell Choir with Melissa 3:00- Tech Help with Allison 4:30- Cocktails 7:15- Julie Hall Performs!</p>	<p>11:15- Balance in Action with Genesis Rehabilitation 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*</p> <p>1:30- Watercolor Workshop with Martina 3:00- This Month in History with Jim Russell 4:30- Cocktails 7:15- Movie Night <small>Autumn Begins</small></p>	<p>Highlands Flu Shot Clinic 12:30PM to 3:00PM</p> <p>11:15- Morning Exercise with Kevin 12:30- *Lunch Bunch at Clyde's Tower Oaks Lodge*</p> <p>2:30- Java: Coffee & Cards 4:30- Cocktails 7:15- Bio-Doc Night: André Roussimoff</p>	<p>9:30- *Kensington Historical Society's Summer Concert Series: Keith Grimes & Esther Haynes*</p> <p>11:15- Fitness with Jennifer 1:30- RoadScholar Webinar: Seals, Sea Lions & Sea Otters - Our Charismatic Coastal Dwellers 2:30- *Scenic Ride*</p> <p>3:45- Live Performance by Frank Plumer! 4:30- Cocktails 7:15- Movie Night</p>
<p>Sunday Brunch 11:00AM to 1:00PM</p> <p>9:00- *Shuttle to Holy Redeemer Catholic Church* 10:15- *Shuttle to St. Paul's Methodist Church* 11:45- *KP on the GO!*</p> <p>1:30- Music Appreciation with Melissa: Daniel Baranboim 3:00- Words in a Word with Lee 4:30- Cocktails 7:15- Movie Night <small>Rosh Hashanah Begins</small></p>	<p>11:15- Morning Wordle 11:45- *Grocery Shuttle to Trader Joe's*</p> <p>1:30- Fitness with Jennifer 3:00- Reading Circle with Mary Ruth 4:30- Cocktails 7:15- Music Performance by Ellington Carthan (Live!)</p>	<p>11:15- Manicures & Mimosas 12:00- Mobile Post Office 1:30- Balance in Action with Genesis Rehabilitation 3:00- Smithsonian Museum Presentation by Pat Greenfield: "The American Experience" 4:30- Cocktails 7:15- Series Night: The First Lady</p>	<p>10:00- *Oasis Class: Sugarloaf Mountain's Surprising History*</p> <p>11:00- WorkOut Wednesday: Kickboxing with Kristian 1:30- Bridge Club 1:30- Full Fitness with Elias 2:30- Flower Arranging 3:00- <i>The Auld Chimers</i> Handbell Choir with Melissa 4:30- Cocktails 7:15- Wild West Wednesday: <i>Duel at Diablo</i></p>	<p>11:15- Chair Yoga with Ashish 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*</p> <p>1:30- Unsolved with Astri 3:00- RoadScholar Webinar: The Boroughs of NYC - An Exploration of The Bronx 4:30- Cocktails 7:15- Movie Night</p>	<p>10:00- *Inner Harbor Trip: National Aquarium & Lunch*</p> <p>11:15- Morning Exercise with Kevin 1:30- Tell Us All About It! with Janet 3:00- *Scenic Ride*</p> <p>3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Bio-Doc Night: Adrienne Shelly</p>	<p>Happy Birthday!</p> <p>Elisabeth V. - Sept. 8 Babs P. - Sept. 11 Lee S. - Sept. 14 Rob S. - Sept. 22 Paul D. - Sept. 26 Judy B. - Sept. 28</p>