

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY BIRTHDAY Linda Y. July 2 Peg M. July 4 Alicia R. July 13 Janaan C. July 17 Don M. July 23 Rachel F. July 27 Paul D. July 30	10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 1:15 Checkers and Chess 3:00 Trivia with Mary Ruth 4:30 Happy Hour 7:00 Needlework Club Canada Day	10:00 Shuttle Library/ CVS/ Bank 11:00 Live Music Trivia with Jerry Roman 1:30 Just Bead It with Cindy 1:30 Shuttle to Avalon Theater "Thelma" 3:00 Balance in Action 4:30 Happy Hour 7:15 KP Binge: Manhunt: President Lincoln's Assassination	11:15 Move It with Maria 1:15 Word in a Word 1:30 Bridge Club 3:00 Highlands Book Club Review with Sheryl 4:30 Happy Hour 7:15 Beach Movie Wednesday: Jaws	Happy Independence Day 11:15 Standing Tai Chi with Heong 1:00 Holiday Movie Classic: Apollo 13 3:00- 6:30 Highlands Independence Day Cookout & Live Music with Magic Ray Quartet 4:30 Happy Hour 7:15 Mah Jongg Mavens Independence Day (US)	10:00 Shopping Shuttle 11:15 Morning Exercise 1:15 Friday Documentary 2:30 Java: Coffee & Cards 3:00 Shabbat Service 4:30 Happy Hour 7:15 KP Binge: Bridgerton	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Rumikub 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie
7 9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:00 Chronology with Mary Ruth 4:30 Happy Hour 7:15 Sunday Movie Classic	8 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 1:15 Checkers and Chess 3:00 The Life and Music of Irvin Berlin by Dr. Jenner 4:30 Happy Hour 7:00 Needlework Group	9 10:00 Shuttle Library/ CVS/ Bank 11:30 Lunch Bunch to Luke's Lobster Bethesda 12:00 Mobile Post Office 1:30 Balance in Action 3:00 Group Crossword 4:30 Happy Hour 7:15 KP Binge: Manhunt: President Lincoln's Assassination (Last Episode)	10 11:15 Move It with Maria 1:15 Word in a Word 1:30 Bridge Club 2:30 Ask the Expert: Common (and Not-So-Common) Birds by Bill Young 4:30 Happy Hour 7:15 Performance by Pianist Bertram McLeish	11 11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 4:30 Happy Hour 7:15 Mah Jongg Mavens	12 10:00 Shopping Shuttle 11:15 Morning Exercise 1:15 Tabletop Bowling 2:30 Java: Coffee & Cards 3:00 Shabbat Service 4:30 Happy Hour 7:15 KP Binge: Bridgerton	13 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Gilded Lions and Jeweled Horses: European Influences by Nancy Kotz 1:30 Rumikub 2:00 Summer Smoothies with Amel 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie
14 9:00 Shuttle to Holy Redeemer Catholic Church 11:15 Chair Yoga with Ashish 1:30 Scenic Ride 3:00 Nickel Bingo 4:30 Happy Hour 7:15 Sunday Movie Classic	15 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 1:30 Music History with Roy Justice 4:30 Happy Hour 7:00 Needlework Group	16 10:00 Shuttle Library/ CVS/ Bank 11:15 Flower Arranging 1:30 Balance in Action 3:00 Scattergories 4:30 Happy Hour 6:00 Shuttle to Dolcezza Gelato 7:15 KP Binge: Shogun	17 11:15 Move It with Maria in Bistro 1:30 Bridge Club 3:30 Havana Night Happy Hour with Downtown Tumbao Latin Band 7:15 Beach Movie Wednesday: Dirty Dancing	18 11:15 Standing Tai Chi with Heong 1:00 KP on the Go 1:15 Mah Jongg Mavens 1:30 Ye Auld Chimers Rehearsal 4:30 Happy Hour 7:15 Broadway History with Steve Friedman	19 10:00 Shopping Shuttle 11:15 Morning Exercise 1:00 Watercolor Art with Martina 2:30 Java: Coffee & Cards 3:00 Shabbat Service 4:30 Happy Hour 7:15 KP Binge: Bridgerton	20 11:15 Fitness with Jennifer 12:00 KP on the Go 1:15 Tell Us About It 1:30 Rumikub 1:30 KHS presents Historic House Open Garden 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie
National Ice Cream Day 21 9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 2:30 "The Great American Ice Cream Book" Presented by Paul Dickson 4:30 Happy Hour 6:30 KP Summer Concert Series with The Melon Heads	22 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 1:15 Uno 3:00 Reading Circle with Mary Ruth 4:30 Happy Hour 7:00 Needlework Group	23 10:00 Shuttle Library/ CVS/ Bank 11:00 Art History Presented by Roshna Kapadia 12:00 Mobile Post Office 1:30 Balance in Action 3:00 Onsite Activities Meeting 4:30 Happy Hour 7:15 KP Binge: Shogun	24 10:00 Shuttle to Postal Museum 11:15 Move It with Maria 1:15 Nature Documentary 1:30 Bridge Club 3:00 Left-Right-Center with Gini 4:30 Happy Hour 7:15 Beach Movie Wednesday: Night in Roadanthe	25 11:00 KP on the Go 11:15 Balance in Action 1:00 Shuttle to Big Cork Winery 1:30 Highlands Choir Rehearsal 4:30 Happy Hour 7:15 Mah Jongg Mavens	26 10:00 Shopping Shuttle 11:15 Morning Exercise 1:15 Friday Documentary 2:30 Java: Coffee & Cards 3:00 Shabbat Service 4:30 Happy Hour 6:30 Opening Ceremony 2024 Summer Olympics Live from Paris	27 11:15 Fitness with Jennifer 12:00 KP on the Go 1:15 Front Porch Corn Hole 1:30 Rumikub 2:00 Summer Smoothies with Amel 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie
28 Sunday Brunch Music by Charlie Plunkett 11:00am - 1:30pm 9:00 Shuttle to Holy Redeemer Catholic Church 11:00 Chair Yoga with Ashish 1:00 Shuttle to Montgomery College Dinner Theater "In the Heights" 3:30 Music Appreciation: Peggy Lee 4:30 Happy Hour 7:15 Sunday Movie Classic	29 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 12:15 Men's Lunch 3:00 Kings in the Corner with Gini 4:30 Happy Hour 7:00 Needlework Group	30 10:00 Shuttle Library/ CVS/ Bank 11:00 You Be the Judge 1:30 Balance in Action 3:00 Highlands Resident Meeting 4:30 Happy Hour 6:00 Shuttle to Jeni's Splendid Ice Cream 7:15 KP Binge: Shogun	31 11:15 Move It with Maria 1:30 Bridge Club 2:30 Wine Tasting with Mr. Sugarman 4:30 Happy Hour 7:15 Beach Movie Wednesday: Somethings Gotta Give	JULY 2024 Highlands Independent Living Calendar <i>~A little bit of summer is what the whole year is all about~</i> 		