

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2022

Highlands Independent Living

<p>9:00- *Shuttle to Catholic Mass at Holy Redeemer* 10:15- *Shuttle to St. Paul's Methodist Church* 11:15- Walking Club 11:45- *KP on the GO!*2:00- Outdoor Chamber Concert by Members of Symphony of the Potomac Orchestra 3:30- Giant Crossword Puzzle with Claudine 4:30- Cocktails 7:15- Movie Night</p>	<p>11:00- Dr. Jenner presents <i>The History of Salt</i> 11:45- *KP on the GO!*1:30- Fitness with Jennifer 3:00- Yahtzee! 4:30- Cocktails 7:15- Monday Night Musical</p>	<p>10:45- Outdoor Tai Chi with Kyoko 11:15- Morning Wordle 1:30- Just Bead it with Cindy 3:00- Balance in Action with Genesis Rehabilitation 4:30- Cocktails 6:15- *Bethesda Big Train Baseball Game – Opening Day!*7:15- Series Night: Bridgerton</p>	<p>10:30- Ambassador's Meeting 11:15- Walking Club 1:30- Bridge Club 1:30- Montgomery History presents "The Early History of Potomac & It's Founding Family" 3:00- Highlands Handbell Choir with Melissa 4:30- Cocktails 7:15- Wild West Wednesday: <i>Geronimo: An American Legend</i></p>	<p>11:15- Full Fitness with Elias 12:00- Mandatory Resident COVID-19 Testing 1:00- *KP on the GO!*1:30- Corn Hole Tournament 3:00- Scattergories 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin 11:45- *Lunch Bunch at Pinstripes* 1:30- Wondrium Documentary: <i>The Science of Bubbles</i> 3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Live Music Performance by Darryl Nichols!</p>	<p>11:15- Fitness with Jennifer 1:30- <i>The Art of Israel</i> Presentation by Nancy Kotz 3:00- Trivia Challenge 4:30- Cocktails 7:15- Movie Night</p> <p style="text-align: right;"><small>Shavuot Begins</small></p>
<p>9:00- *Shuttle to Catholic Mass at Holy Redeemer* 10:15- *Shuttle to St. Paul's Methodist Church* 11:15- Walking Club 11:45- *KP on the GO!*2:00- Outdoor Chamber Concert by Members of Symphony of the Potomac Orchestra 3:30- Giant Crossword Puzzle with Claudine 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle 11:45- *KP on the GO!*1:30- Fitness with Jennifer 3:00- RoadScholar Webinar: Nature's Inspiration on American Art 3:15- Milkshake Monday! 4:30- Cocktails 7:15- Classic Movie Night</p>	<p>10:30- *TopGolf Outing* 11:15- National Geographic's <i>Dino Bird</i> 12:00- Mobile Post Office 1:30- Balance in Action with Genesis Rehabilitation 3:00- Music Appreciation with Melissa: "Songs of the Red, White & Blue" 4:30- Cocktails 7:15- Series Night: Bridgerton <small>Flag Day (US)</small></p>	<p>11:15- Full Fitness with Elias 1:30- Bridge Club 1:30- "Our Federal Holidays" Music History with Roy Justice 2:00- Congratulations Party for Iris! 3:00- Tech Support by Donovan 3:00- Highlands Handbell Choir with Melissa 4:30- Cocktails 7:15- Wild West Wednesday: <i>The Long Riders</i></p>	<p>11:15- Chair Yoga with Ashish 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*1:30- Flower Arranging 3:00- Lottery Ticket BINGO! 4:30- Cocktails 7:15- David Andrew Smith Performs Live!</p>	<p>11:15- Morning Exercise with Kevin 1:30- *Scenic Drive* 1:30- Watercolor Workshop with Martina 3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Bio-Doc Night: Pope Francis</p>	<p>11:15- Exercise Class with Ashley 1:30- Ashley's Scam School 3:00- DIY Workshop with Ashley: Watercolor Flowers 4:30- Cocktails 7:15- RoadScholar Webinar: NYC's Iconic Swimming Pools - Architecture to Beat the Heat!</p>
<p>9:00- *Shuttle to Catholic Mass at Holy Redeemer* 10:15- *Shuttle to St. Paul's Methodist Church* 11:15- Walking Club 11:45- *KP on the GO!*1:30- "The Choreography of Bob Fosse" Presentation with Steve Friedman 3:00- Words in a Word with Claudine 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle 11:45- *KP on the GO!*1:30- Fitness with Jennifer 3:00- Red, White & Blue Wreath Workshop with Allison 4:30- Cocktails 7:15- Live Music Performance by the Borisevich Duo!</p>	<p>11:00- Wreath Workshop (Cont.) 12:30- Stairwell Practice with Kevin 1:30- Balance in Action with Genesis Rehabilitation 1:30- *KP Speaker Series: "How to Get the Most Out of Medicare"*3:00- Scattergories 4:30- First Day of Summer Cocktail Social! 7:15- Series Night: Bridgerton <small>Summer Begins</small></p>	<p>11:15- Full Fitness with Elias 1:30- Bridge Club 1:30- Activity Council Meeting 3:00- Private Pay Tech Support by Donovan 3:00- Highlands Handbell Choir with Melissa 4:30- Cocktails 7:15- RoadScholar: The Music of "The Wizard of Oz"</p>	<p>11:15- Walking Club 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*1:30- Kahoot! Trivia 3:00- Highlands Resident Meeting 4:30- Cocktails 5:00- *Dinner at Kensington Food Truck Night* 7:15- The Plumer Family Performs!</p>	<p>11:00- Grand Re-Opening of the Highlands Gym! 11:15- Morning Exercise with Kevin 1:30- *Scenic Drive* 1:30- "Everything Summer" Presentation by Pat Greenfield, Smithsonian Museum Docent 3:00- Shabbat Service with Rabbi Sabrina 4:30- Cocktails 7:15- Bio-Doc Night: Vivian Liberto</p>	<p>11:15- Exercise Class with Ashley 1:30- DIY Workshop with Ashley: Patriotic Suncatchers 3:00- Spy School with Ashley 4:30- Cocktails 7:15- Movie Night</p>
<p>Father's Day Dinner 3:00PM to 5:00PM 9:00- *Shuttle to Catholic Mass at Holy Redeemer* 10:00- Donuts for Dad 10:15- *Shuttle to St. Paul's Methodist Church* 11:15- Giant Crossword Puzzle 11:45- *KP on the GO!*2:00- Father's Day Piano Performance by Gary Schwartz 7:15- Movie Night <small>Father's Day Juneteenth</small></p>	<p>11:15- Morning Wordle 11:45- *KP on the GO!*1:30- Fitness with Jennifer 3:00- Red, White & Blue Wreath Workshop with Allison 4:30- Cocktails 7:15- Live Music Performance by the Borisevich Duo!</p>	<p>11:00- Wreath Workshop (Cont.) 12:30- Stairwell Practice with Kevin 1:30- Balance in Action with Genesis Rehabilitation 1:30- *KP Speaker Series: "How to Get the Most Out of Medicare"*3:00- Scattergories 4:30- First Day of Summer Cocktail Social! 7:15- Series Night: Bridgerton <small>Summer Begins</small></p>	<p>10:00- *Queen Needwood Pontoon Tour & Picnic Lunch* 11:15- Full Fitness with Elias 1:00- RoadScholar Webinar: Nighttime Rituals at Chaco Canyon 1:30- Bridge Club 3:00- Tech Support by Donovan 3:00- Highlands Handbell Choir with Melissa 4:30- Cocktails 7:15- Wild West Wednesday: <i>True Grit</i></p>	<p>11:15- Chair Yoga with Ashish 12:00- K@Home Clinic with Nurse Hawa 12:30- Stairwell Practice with Kevin (2nd Session) 1:00- *KP on the GO!*1:30- Yahtzee! 3:00- This Month in History Presentation by Jim Russell 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Exercise with Kevin 1:30- Bayada Wellness Talk: National Men's Health Month 1:30- Flower Arranging 3:00- DIY Workshop with Allison: Patriotic Tie-Dye Shirts 4:30- Cocktails 7:15- Bio-Doc Night: Bill Withers</p>	<p>11:15- Fitness with Jennifer 1:00- *Jersey Boys at The Kennedy Center* 1:30- BINGO! 3:00- Tell Us All About It! with Janet 4:30- Cocktails 7:15- Movie Night</p>
<p>Sunday Brunch 11:00AM to 1:00PM 9:00- *Shuttle to Catholic Mass at Holy Redeemer* 10:15- *Shuttle to St. Paul's Methodist Church* 11:15- Walking Club 11:45- *KP on the GO!*1:30- Music Appreciation with Melissa: "What is Classical Music?" 3:00- Words in a Word with Claudine 4:30- Cocktails 7:15- Movie Night</p>	<p>11:15- Morning Wordle 11:45- *KP on the GO!*1:30- Fitness with Jennifer 3:00- Reading Circle with Mary Ruth 7:15- Music Performance by Ellington Carthan (Live!)</p>	<p>11:00- Manicures & Mimosas 12:00- Mobile Post Office 1:30- Balance in Action with Genesis Rehabilitation 3:00- *Jeni's Splendid Ice Cream Trip* 4:30- Cocktails with Highlands Handbell Choir Performance! 7:15- Series Night: Bridgerton</p>	<p>11:15- Full Fitness with Elias 1:30- Bridge Club 1:30- 1956 Washington Senators Baseball Presentation by Ed Baruch & Bill Turner 3:00- Private Pay Tech Support by Donovan 3:00- Kahoot! Trivia 4:30- Cocktails 7:15- Julie Hall Performs!</p>	<p>11:15- Walking Club 12:00- K@Home Clinic with Nurse Hawa 1:00- *KP on the GO!*1:30- Unsolved with Astri: The Puzzling Disappearance of Agatha Christie 3:00- Squeals on Wheels Petting Zoo 4:30- Cocktails 7:15- Movie Night</p>	<p>Happy Birthday! Mickey P. – June 7th</p>	