

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2024



Highlands Independent Living Calendar

	<p>11:15 Move It with Maria 1:15 Chronology with Mary Ruth 1:30 Bridge Club 3:00 Highlands Book Club Review with Sheryl 4:00 Season Opening of Deck Dining & Happy Hour 7:15 Live Performance with Bertram McLeish</p> <p>May Day</p>	<p>11:15 Balance in Action 1:00 KP On the Go 1:15 Word in a Word 3:15 Intergenerational Choir Silver Creek Middle School Rehearsal 4:30 Happy Hour 7:15 Evening Theater: Come Far Away</p>	<p>10:30 Shuttle to Flower Mart Washington National Cathedral 11:15 Morning Exercise 1:15 Documentary 2:30 Java: Coffee & Cards 3:00 Shabbat Service 4:30 Happy Hour 7:15 KP Binge: Dickinson</p>	<p>11:15 Fitness with Jennifer 12:00 KP On the Go 1:15 Corn Hole 1:30 Rumikub 3:00 Weekly Wordle 4:30 Kentucky Derby Day Happy Hour 7:00 Silver Screen Movie</p>		
<p>9:00 Shuttle to Holy Redeemer Catholic Church 11:15 Chair Yoga with Ashish 1:30 Mah Jongg for Beginners 1:30 Scenic Ride 3:30 Music Appreciation with Julia 4:30 Cinco de Mayo Happy Hour 7:15 Sunday Binge: Franklin</p> <p>Cinco de Mayo</p>	<p>10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 1:30 Dominoes 3:00 Corn Hole 4:30 Happy Hour 7:15 Wondrium</p>	<p>10:00 Shuttle to Library/CVS/Bank 11:00 Live Music Trivia with Jerry Roman 1:30 Just Bead It with Cindy 3:00 Balance in Action 4:30 Happy Hour 7:15 KP Binge: A Gentlemen in Moscow</p>	<p>10:30 Shuttle to National Inventors Hall of Fame Museum 11:15 Move It with Maria 1:30 Bridge Club 1:30 Word in a Word 4:30 Happy Hour 7:00 Sip & Paint</p>	<p>11:15 Virtual Chair Fitness 1:00 KP On the Go 1:15 Banking Fraud & Scam Presented by Bank of America 3:15 Intergenerational Choir Silver Creek Middle School Rehearsal 4:30 Happy Hour 7:15 Live Performance Empty Ecstasy</p>	<p>10:00 Shopping Shuttle 11:15 Tai Chi with Alex 1:15 Tax Planning Presentation 2:30 Java: Coffee & Cards 3:00 Shabbat Service 4:30 Happy Hour 7:15 KP Binge: Dickinson</p>	<p>11:15 Fitness with Jennifer 12:00 KP On the Go 1:30 Rumikub 1:30 The Art of Israel Presented by Nancy Kotz 3:00 Weekly Wordle 4:30 Happy Hour 7:00 Silver Screen Movie</p>
<p>9:00 Shuttle to Holy Redeemer Catholic Church 11:15 Chair Yoga with Ashish 1:30 Scenic Ride 4:30 Happy Hour 7:15 Mother's Day Concert Performance by Seth Kibel Duo</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 1:30 Checkers & Chess 3:00 Cortez & the Conquest of Mexico by Dr. Robert Jenner 4:30 Happy Hour 7:00 Creative Corner: Layered Soap Making</p>	<p>10:00 Shuttle to Library/CVS/Bank 11:30 Lunch Bunch The Mount Vernon Inn George Washington Estate 12:00 Mobile Post Office 1:30 Balance in Action 3:00 Floral Arranging 4:30 Happy Hour 7:15 KP Binge: A Gentlemen in Moscow</p>	<p>11:15 Move It with Maria 1:30 Bridge Club 2:30 Wine Tasting with Richard 4:30 Happy Hour 6:30 Shuttle to La Gellateria & Espresso Bar</p>	<p>11:15 Balance in Action 1:00 KP On the Go 1:30 Voters Registration Assistance Sponsored by League of Women Voters 3:15 Scattergories 4:30 Happy Hour 7:00 VR (Virtual Reality) Cafe</p>	<p>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 Live Performance with Darryl Nichols</p>	<p>11:15 Fitness with Jennifer 12:00 KP On the Go 1:15 Back Porch Bingo 1:30 Rumikub 3:00 Weekly Wordle 4:30 Happy Hour 7:00 Silver Screen Movie</p> <p>Armed Forces Day</p>
<p>9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Mah Jongg for Beginners 1:30 Scenic Ride 4:30 Happy Hour 7:15 Sunday Binge: Franklin</p>	<p>10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 1:30 Music History Presented by Roy Justice 4:30 Happy Hour 7:00 "Highlights from Kensington's 130 Years of History" Panel</p> <p>Victoria Day (Canada)</p>	<p>10:00 Shuttle to Library/CVS/Bank 11:15 Balance in Action 2:30 KP Speaker Series 4:30 Happy Hour 7:15 KP Binge: A Gentlemen in Moscow</p>	<p>11:15 Move It with Maria 12:00 Shuttle to Washington Nationals vs Minnesota Twins Baseball Game 1:30 Bridge Club 2:30 Midday Movie 4:30 Happy Hour 7:00 Needlework Group</p>	<p>11:15 Virtual Chair Fitness 12:15 Men's Lunch 1:00 KP On the Go 1:30 Ye Auld Chimers Choir Rehearsal 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:15 Live Performance Charlie Plunkett</p>	<p>10:00 Shopping Shuttle 11:15 Morning Exercise 1:30 History with Jim Russell 2:30 Java: Coffee & Cards 3:00 Shabbat Service 4:30 Happy Hour 7:15 KP Binge: Dickinson</p>	<p>11:15 Fitness with Jennifer 12:00 KP On the Go 1:15 Corn Hole Tournament 1:30 Rumikub 3:00 Weekly Wordle 4:30 Happy Hour 7:00 Silver Screen Movie</p>
<p>11:00am-1:30pm Sunday Brunch</p> <p>9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Shuttle The Charmery Ice Cream Shop 4:30 Happy Hour 7:15 Sunday Binge: Franklin</p>	<p>10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 2:30 Corn Hole Tournament 3:00 Holiday Cookout & Performance by Michelle Murray Duo 7:15 Holiday Movie: Memorial Day</p> <p>Memorial Day</p>	<p>10:00 Shuttle to Library/CVS/Bank 11:00 Art History Presented by Roshna Kapadia 12:00 Mobile Post Office 1:30 Balance in Action 3:00 Reading Circle with Mary Ruth 4:30 Happy Hour 7:15 KP Binge: A Gentlemen in Moscow</p>	<p>10:00 Shuttle to Phillips Collection Museum 11:15 Move It with Maria 1:15 Nature Documentary 1:30 Bridge Club 3:00 Line Dancing with Friends 4:30 Happy Hour 7:15 Evening Movie</p>	<p>11:30 KP On the Go 11:15 Balance in Action 1:00 Shuttle to Big Cork Winery 3:15 Left Right Center with Gini 4:30 Happy Hour 7:00 Group Crossword</p>	<p>10:00 Shopping Shuttle 11:15 Morning Exercise 1:15 Trivia with Mary Ruth 2:30 Java: Coffee & Cards 3:00 Needlework Group 4:30 Happy Hour 7:15 KP Binge: Dickson</p>	<p>HAPPY BIRTHDAY Gini F. May 5th Mary Ruth F. May 8th Kathleen K. May 12th</p> 