

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday



May 2025 Highlands Independent Living

Happy Birthday

5/2 Dan M, 5/8 Mary Ruth F, 5/11 Kitty S, 5/12 Kathleen K

 <h1>May 2025 Highlands Independent Living</h1> <h2>Happy Birthday</h2> <p>5/2 Dan M, 5/8 Mary Ruth F, 5/11 Kitty S, 5/12 Kathleen K</p>						1	2	3
				11:15 Balance in Action 1:00 KP on the Go 1:15 Documentary: Searching for Secrets - New York 3:15 Intergenerational Choir Performance 4:30 Happy Hour 7:00 Mah Jongg Mavens	11:15 Strength Fitness 11:15 Strength Fitness 1:30 Tech Support with Andrew 1:30 Trivia with Mary Ruth 3:00 Shabbat Service 4:30 Happy Hour 7:15 Book Club Binge: My Brilliant Friend	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Smoothies with Amel 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie		
4	Happy Cinco de Mayo 5	6	7	8	9	10		
9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 2:30 Nickel Bingo 4:30 Happy Hour 7:15 Sunday Movie Classic: Imitation of Life	11:00 Grocery Shuttle 11:15 Move it with Maria 1:30 Music History with Roy Justice 4:30 Cinco de Mayo Happy Hour 7:00 Needlework Group	10:00 Shuttle 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 7:00 Mah Jongg Mavens	11:15 Move It with Maria 1:30 Bridge Club 3:00 Highlands Book Club with Sheryl 4:30 Happy Hour 7:15 KP Binge: Your Honor Season 2	11:15 Balance in Action 1:00 KP on the Go 1:15 Word in a Word 2:30 Spring Butterfly Release & Live Music by Beyan Cagri 4:30 Happy Hour 7:00 Mah Jongg Mavens	10:00 Shopping Shuttle: 11:15 Strength Fitness 1:15 Documentary: The Green Book Guide to Freedom 1:30 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour 7:15 Book Club Binge: My Brilliant Friend	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 1:30 Jewish Art Education by Nancy Kotz 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie		
Happy Mother's Day 11	12	13	14	15	16	17		
9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:00 - 5:00 Mother's Day Dinner 4:30 Happy Hour 7:15 Live Performance by Duo Empty Ecstasy	10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move it with Maria 1:15 Checkers & Chess 3:00 American History by Dr. Robert Jenner 4:30 Happy Hour 7:00 Needlework Group	10:00 Shuttle Library/ CVS/ Bank 11:30 Lunch Bunch to Mon Ami Gabi 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens	11:15 Move It with Maria 1:30 Bridge Club 3:00 Vitamins & Supplements Presented by Kensington Pharmacy 4:30 Happy Hour 6:30 Shuttle to Silver Creek Middle School for Concert	9:00 KP Car Fit Drive -Thru 11:15 Balance in Action 12:00 Ladies Who Lunch 1:00 KP on the Go 2:00 Music Documentary: Quincy 4:30 Happy Hour 7:00 Mah Jongg Mavens 7:15 Your Honor Season 2	10:00 Shopping Shuttle: Target 11:15 Strength Fitness 12:15 Shuttle to Strathmore Mansion Chamber Series 1:30 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour 7:15 Book Club Binge: My Brilliant Friend	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Smoothies with Amel 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie		
18	19	20	21	22	23	24		
9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:30 Music Appreciation: Roberta Flack 4:30 Happy Hour 7:15 Sunday Movie Classic: Yours, Mine, Ours	10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move it with Maria 2:00 Crafternoon with Annie 4:30 Happy Hour 7:00 Needlework Group	10:00 Shuttle Library/ CVS/ Bank 1:30 Balance in Action 3:00 Offsite Planning Meeting 4:30 Happy Hour 7:00 Mah Jongg Mavens	11:15 Move It with Maria 1:30 Bridge Club 2:00 KP Speaker Series: Understanding Social Security What Seniors Need to Know 4:30 Happy Hour 7:15 Broadway History with Steve Friedman	11:15 Balance in Action 12:00 KP on the Go 12:15 Shuttle to George Washington University Textile Museum 3:15 Intergenerational Choir 4:30 Happy Hour 7:00 Mah Jongg Mavens 7:15 KP Binge: Your Honor Season 2	10:00 Shopping Shuttle: Federal Plaza 11:15 Strength Fitness 1:15 Nature Documentary 1:30 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour 7:15 Live Music by Pianist Darryl Nichols	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie		
Sunday Brunch 11:00-1:00 Music by RoCube 25	Happy Memorial Day 26	27	28	29	30	31		
9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Community Service Project with the Bethesda Food Pantry 1:30 Scenic Ride 4:30 Happy Hour 7:15 Sunday Movie Classic: The Apartment	10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move it with Maria 1:15 Checkers & Chess 3:00 Memorial Day Cookout with The Susan Jones Jazz Trio 4:30 Happy Hour 7:00 Needlework Group	10:00 Shuttle Library/ CVS/ Bank 11:00 Art History by Roshna Kapadia 1:30 Balance in Action 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:00 Mah Jongg Mavens	11:15 Move It with Maria 1:30 Bridge Club 2:00 Cooking Demo with Alagie 4:30 Happy Hour 7:15 KP Binge: Your Honor Season 2	11:15 Balance in Action 1:00 KP on the Go 3:15 Chronology with Mary Ruth 4:30 Happy Hour 7:00 Mah Jongg Mavens	10:00 Shopping Shuttle: Boscov Department Store 11:15 Strength Fitness 1:30 Tech Support with Andrew 4:30 Happy Hour 7:15 Book Club Binge: My Brilliant Friend	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Smoothies with Amel 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie		