

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Tai-Chi Tuesday Outdoor w/Kyoko 10:45 Welcome July Monthly Gazette 11:00 Creative Ice Cream Flavors Day 12:00 Lunch 1:30 Walking Club 2:00 Alphabet Soup (Word Game) 2:45 Just Bead It Jewelry Making w/Cindy 4:00 Happy Hour 5:00 Dinner 6:30 6:30 Paint & Sip Party: Step by Step Patriotic Eagle! Canada Day	2 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Meditation and Relaxation 10:45 Made in America Day American Manufacturing Companies 12:00 Lunch 1:00 Outing to Dolcezza Gelato & Coffee Bethesda 2:30 Catholic Service 3:00 Summer Jewelry Making w/Kyoko 3:30 Watermelon Social 4:00 Happy Hour 5:00 Dinner 6:30 Movie Night: Little Miss Sunshine (Disney+)	3 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Strength & Stability Fitness 10:45 Dog Days of Summer Begin 11:00 Patriotic Table Centerpieces Project 12:00 Lunch 1:30 Walking Club (Weather Permitting) 2:00 Montgomery History Speakers Bureau C&O Canal with Ralph Buglass 3:00 Watermelon Social & Card Game 4:00 Happy Hour w/ Bonnie 5:00 Dinner 6:30 Movie Classics: Matilda(Disney+)	4 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Chair Fitness 10:45 Daily Chronicle & News Discussion 11:00 4th of July Craft with Kyoko 12:00 Lunch 1:25 Music Trivia with Jerry 2:00 Shabbat Service 2:00 4th of July Celebration and Live Music with Jumping Joe 3:00 VR Cafe and Lemonade 4:00 Happy Hour 5:00 Dinner 6:30 Friday Live Music w/ Jackson Caesar	5 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Tai-Chi w/Kyoko 10:45 International Bikini Day 11:00 Celebrating National Apple Turnover Day 12:00 Lunch 1:30 Walking Club OR Scenic Ride 2:00 KP Garden Club Outdoor Birdhouse Painting 3:00 Live Music with Bob Sykes 4:00 Happy Hour 5:00 Dinner 6:30 Saturday Classics: Freedom Writer (Paramount)
6 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Hot Topics The Wright Brothers 12:00 Lunch 1:30 Walking Club 2:00 Yoga w/ Ashish 2:00 Board/Card Games 3:00 You Be The Judge and Jury 4:00 Happy Hour 5:00 Dinner 6:30 Live Music with Pablo	7 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Exercise 10:45 Daily Chronicles & News Discussion 11:15 Thomas Edison 12:00 Lunch 1:30 Walking Club (Weather Permitting) 2:00 Table Bowling 3:00 Virtual Reality 3:00-4:30 Bridge Club 4:00 Happy Hour 5:00 Dinner 6:30 Monday Night Movie: UP (Disney+)	8 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Exercise 10:45 Celebrating Cow Appreciation Day! Make Your Own Ice-Cream w/Kyoko 11:00 Pet Therapy with Watson 12:00 Lunch 1:30 Walking Club (Weather Permitting) 2:00 Junk Dawer 3:00 Password Clues 4:00 Happy Hour w/Karen 5:00 Dinner 6:30 Live Music Opera Performance: Alex	9 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Meditation and Relaxation 11:00 Movie and Lunch Outing Rio Movie Theater 1:30 Walking Club (Weather Permitting) 2:30 Catholic Service 2:30 Waffle Wednesday 3:00 Scrabble and Lemonade 3:30 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Movie Night: Sandlot (Disney+)	10 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Strength & Stability Fitness 10:45 Daily Chronicles and News Discussion 11:00 Beach Mason Jar Decor w/Kyoko 12:00 Lunch 1:30 Walking Club (Weather Permitting) 2:00 K-Club and Connection Get Together Celebrating Pina Colada Day! 3:00 Ice Cream Social 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classics: Snow White and Seven Dwarfs (Disney+)	11 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Chair Fitness 10:45 Daily Chronicles and discussion 11:00 Pet Therapy with Cooper! 12:00 Lunch 1:30 Walking Club 2:00 Book Club <i>The Appeal</i> by John Grisham 3:00 Make Your Own Sundae 4:00 Happy Hour 5:00 Dinner 6:30 Friday Live Music w/ Rira and Richard	12 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Tai-Chi w/Kyoko 10:45 Daily Chronicle & News Discussion 11:00 Summer Watercolor Class w/Kyoko 12:00 Lunch 1:30 Walking Club OR Scenic Ride 2:00 KP Garden Club Wooden Beach Welcome Door Decor 3:00 Watermelon Smoothies and Scrabble 3:30 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Saturday Classics: Notebook (Peacock)
13 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Hot Topics Benjamin Franklin 12:00 Lunch 1:30 Walking Club 2:00 Summer Concert #2 with Rita and Richard 3:15 Summer Trivia 5:00 Dinner 6:30 Summer Concert #2 with Mystic Ya Ya	14 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Hot Topics Henry Ford 12:00 Lunch 1:30 Dr. Jenner: Hot Topic 2:45 Walking Club (Weather Permitting) 3:00 Handbell Choir 3:00 Group Crossword 3:00-4:30 Bridge Club 4:00 Happy Hour 5:00 Dinner 6:30 Monday Night Movie: Rescued by Ruby (Netflix)	15 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:00 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Watercolor Class w/Kyoko 12:00 Lunch 1:30 Walking Club (Walking Club) 2:00 Remember When 3:00 Outdoor Activity 4:00 Happy Hour 5:00 Dinner 6:30 Pokeno Game Night: Play & Prize	16 10:00 Walking Club (Weather Permitting) 10:15 Hydration 10:30 Meditation and Relaxation 10:45 Daily Chronicle & News Discussion 11:00 Fresh Spinach Day Spinach, mixed berries smoothies 12:00 Lunch 1:00 K-Club Outing to Strathmore Art Exhibition Colored Pencil Society of America 2:30 Catholic Service 2:30 Waffle Wednesday 3:30 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Fiddle Music with Jeffrey Steinberg	17 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Strength & Stability Fitness 10:30 Resident Council 12:00 Lunch 1:30 Walking Club 2:00 DIY Clay Pot Lighthouses 3:00 Ultra-Creamy Avocado Smoothies and Trivia 3:15 VR Cafe 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classics: Wizard of Oz (Max)	18 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:00 Chair Fitness 10:45 Daily Chronicle & News Discussion 11:00 Colorful Beaded Bracelet w/Kyoko 12:00 Lunch 1:30 Walking Club 2:00 Shabbat Service 2:00 Book Club The Appeal by John Grisham 3:00 Hand Massage and Manicure 4:00 Happy Hour 5:00 Dinner 6:30 Friday Live Music w/Jesse Palidofsky	19 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Tai-Chi w/Kyoko 10:45 Daily Chronicle & News Discussion 11:00 Step by Step Beach Painting w/Kyoko 12:00 Lunch 1:30 Walking Club OR Scenic Ride 2:00 KP Garden Club Outdoor Tie Dye T-Shirt 3:00 Root Beer Floats Social 3:30 VR Cafe 4:00 Happy Hour: 5:00 Dinner 6:30 Saturday Classics: Misty (Tubi)
20 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Hot Topics Madam CJ Walker 12:00 Lunch 1:30 Walking Club 2:00 Bingo 3:00 100 Interesting Facts 4:00 Happy Hour 5:00 Dinner 6:30 Live Music w/Frank Plumer	21 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Hot Topics Alexander Graham 12:00 Lunch 1:30 Walking Club 2:00 Scrabble and Board Game 3:00 Board and Card Games 3:00 Handbell Choir 3:00-4:30 Bridge Club 4:00 Happy Hour 5:00 Dinner 6:30 Monday Night Movie: Two Weeks Notice (Netflix)	22 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:00 Exercise 10:45 Daily Chronicle & News Discussion 11:00 Table Bowling 12:00 Lunch 1:30 Walking Club 2:00 Password 3:00 Left Right Center 4:00 Happy Hour w/Karen 5:00 Dinner 6:30 Get Crafty: Pressed Flower Jewelry Pendants!	23 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Chair Yoga 11:00 K-Club Outing 1:30 Woodlands Store 2:00 Tech Hour W/ Lakeisha 2:00 Summer Cooking w/Kyoko 2:30 Catholic Mass 2:30 Waffle Wednesday 3:00 Brain Games 4:00 Happy Hour 5:00 Dinner 6:30 Movie Night: Double Jeopardy	24 Kyoko Memory Cafe (Betsy Covering K-Club) 10:00 Walking Club (Weather Permitting) 10:30 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Daily Chronicles and Current Topics 12:00 Lunch 1:30 Cooking Demo with Chef Morissa 2:30 Memory Match 3:00 Card Games 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classics Lady and the Tramp (Disney+)	25 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Chair Fitness 10:45 Daily Chronicle & News Discussion 11:00 Just Bead It Seashell and Peel Necklace Jewelry Making w/Kyoko 1:30 Dr. Jenner History of Coffee 2:30 Walking Club (Weather Permitting) 3:00 Ice Cream Social 3:15 National Geographic Michelangelo Artwork 4:00 Happy Hour 5:00 Dinner 6:30 Friday Live Music w/ Darryl Nichols	26 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Tai-Chi w/Kyoko 10:45 Daily Chronicle & News Discussion 11:00 Summer Watercolor Class w/Kyoko 12:00 Lunch 1:30 Walking Club OR Scenic Ride 2:00 KP Garden Club Outdoor Tomato Cucumber Salad 3:00 Shaved Ice Social 3:30 VR Cafe 4:00 Happy Hour 5:00 Dinner 6:30 Saturday Classics Movie Mary Poppins(Disney+)
27 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:00 Exercise 10:45 Daily Chronicle & News Discussion 11:15 Hot Topic George Washington 12:00 Lunch 1:30 Walking Club 2:00 Yoga with Ashish 3:00 You Be the Judge and Jury 4:00 Happy Hour 5:00 Dinner 6:30 Live Music w/Steve Barke	28 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:00 Exercise 11:15 Hot Topics Walt Disney 12:00 Lunch 1:30 Walking Club 2:00 Disney Documentary and Virtual Reality 3:00 Word Find 3:00 Handbell Choir 3:00-4:30 Bridge Club 5:00 Dinner 6:30 Monday Night Movie: Paddington in Peru (Netflix)	29 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:00 Exercise 10:45 Daily Chronicle & News Discussion 11:00 Table Bowling 12:00 Lunch 1:30 Walking Club 2:00 Betsy's Road Trip 3:00 Outdoor Activity 4:00 Happy Hour w/Karen 5:00 Dinner 6:30 Interactive Murder Mystery: The Resurrection of The Woodlands Wolf!	30 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Chair Yoga 11:00 Celebrating International Friendship Day 1:00 K-Club Outing Carmen's Italian Ice of Kensington 1:30 Woodlands Store 2:00 Tech Hour W/ Lakeisha 2:00 Summer Cooking w/Kyoko 2:30 Catholic Mass 2:30 Waffle Wednesday 4:00 Happy Hour 5:00 Dinner 6:30 Movie Night:	31 10:00 Walking Club (Weather Permitting) 10:15 Hydration Station 10:30 Strength & Stability Fitness 10:45 Daily Chronicle & News Discussion 11:00 Mixed Berries and Mango Smoothies w/Kyoko 12:00 Lunch 2:00 Ladies Enchanted Tea Party with Bonnie: Dress to Impress Wear a Hat! 4:00 Happy Hour w/Bonnie 5:00 Dinner 6:30 Movie Classic: Mr. Smith Goes to Washington (Tubi)		

