


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div><h1>August 2025</h1><h2>Highlands Independent Living</h2><p><i>"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time." Sylvia Plath-</i></p></div>						<div>1</div> <div>11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Smoothies with Amel 4:30 Happy Hour 7:15 Silver Screen Movie: The Ballad of Wallis Island Starring Tim Key</div> <div>2</div>
<div>3</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church 2:30 Nickel Bingo 4:30 Happy Hour 7:15 Sunday Movie Classic: Goldfinger Starring Sean Connery</div>	<div>4</div> <div>10:00 Grocery Shuttle to Safeway 10:15 News & Views with Karen 11:15 Move It with Maria 1:15 Weekly Wordle 4:30 Happy Hour 7:30 Live Classical Duo Violist David Pedraza & Pianist Annya Nizhegorodsteva</div>	<div>5</div> <div>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 5:00 KP National Night Out 7:00 Mah Jongg Mavens</div>	<div>6</div> <div>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: Careme Season 1</div>	<div>7</div> <div>11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 3:00 Mah Jongg Mavens 4:30 Happy Hour 7:15 Needlework Group</div>	<div>8</div> <div>10:00 Shopping Shuttle: Wegman's 11:15 Strength Fitness 1:15 Mid-Day Movie 3:00 Shabbat Service 4:30 Happy Hour</div>	<div>9</div> <div>11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 3:00 Trivia with Mary Ruth 4:30 Happy Hour 7:15 Silver Screen Movie: You're Cordially Invited Starring Will Ferrell</div>
<div>10</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church 12:30 Shuttle to Olney Theater A Midsummer Night's Dream 6:30 KP Summer Concert Series Featuring Julia, Maria & Blessy 7:15 Sunday Movie Classic: Knights of the Roundtable Starring Robert Taylor</div>	<div>11</div> <div>10:00 Grocery Shuttle to 10:15 News & Views with Karen 11:15 Move It with Maria 1:15 Weekly Wordle 3:00 American History with Dr. Jenner 4:30 Happy Hour 7:15 Needlework Group</div>	<div>12</div> <div>10:00 Shuttle to Daughters of the Revolution Museum, Washington DC 12:00 Mobile Postal Service 1:00 Shuttle Library/ CVS/ Bank 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens 7:15 Broadway History with Steve Friedman</div>	<div>13</div> <div>11:15 Move It with Maria 1:30 Bridge Club 2:30 FEMA: 125 Years of Disasters in America Presented by Butch Kinerney, FEMA Senior Manager 4:30 Happy Hour 7:15 KP Binge: Careme Season 1</div>	<div>14</div> <div>11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 3:00 Mah Jongg Mavens 4:30 Happy Hour 7:00 Needlework Group</div>	<div>15</div> <div>10:00 Shopping Shuttle: Congressional Plaza 11:15 Strength Fitness 1:15 Documentary: Diagnosis from The New York Times -Detective Work 3:00 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour 7:15 Live Performance Duo Rita & Richard Clark</div>	<div>16</div> <div>11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 4:30 Happy Hour 7:15 Silver Screen Movie: The Whistleblower Staring Rachel Weisz</div>
<div>17</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Shuttle to Jimmy Cones Ice Cream Damascus, MD 4:30 Happy Hour 7:15 Sunday Movie Classic: Out of Africa Starring Robert Redford</div>	<div>18</div> <div>10:00 Grocery Shuttle to Trader Joe's 10:15 News & Views with Karen 11:15 Move It with Maria 2:00 Crafternoons with Annie: Special Weaving Design 4:30 Happy Hour 7:15 Needlework Group</div>	<div>19</div> <div>10:00 Shuttle to President Lincoln's Cottage Tour & Lunch Old Ebbitt's Grill 1:00 Shuttle Library/ CVS/ Bank 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens</div>	<div>20</div> <div>11:15 Move It with Maria 1:30 Bridge Club 2:00 Cooking Demo with Alagie 3:15 Weekly Wordle 4:30 Happy Hour 7:15 KP Binge: Carême Season 1</div>	<div>21</div> <div>11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 3:00 Mah Jongg Mavens 4:30 Happy Hour 6:30 KP Hawaiian Luau 7:00 Needlework Group</div>	<div>22</div> <div>10:00 Shopping Shuttle: Boscov's & Lunch at JoJo's Restaurant Fredrick, MD 11:15 Strength Fitness 1:15 Documentary: Sunday Best 1:30 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour</div>	<div>23</div> <div>11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 3:00 KP Summer Concert Featuring the Melon Heads 4:30 Happy Hour 7:15 Silver Screen Movie: Mother's Instinct Starring Anne Hathaway</div>
<div>24</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Shuttle to United States Botanic Garden 4:30 Happy Hour 7:15 Sunday Movie Classic: Rebel Without a Cause Starring James Dean</div>	<div>25</div> <div>10:00 Grocery Shuttle to Giant 10:15 News & Views with Karen 11:15 Move It with Maria 3:00 Reading Circle with Mary Ruth 4:30 Happy Hour 7:15 Needlework Group</div>	<div>26</div> <div>10:00 Shuttle Library/ CVS/ Bank 11:00 Art History with Wandering Docent 12:00 Mobile Postal Service 1:30 Balance in Action 3:00 Pharmacy Talk with Dr. Z, Kensington Pharmacy 4:30 Happy Hour 6:00 Shuttle to La Gelatteria Kensington 7:00 Mah Jongg Mavens</div>	<div>27</div> <div>11:15 Move It with Maria 1:30 Bridge Club 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:15 KP Binge: Carême Season 1</div>	<div>28</div> <div>11:00 Lunch Bunch to Crab Deck Kent Island 11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 3:00 Mah Jongg Mavens 4:30 Happy Hour 7:00 Needlework Group</div>	<div>29</div> <div>10:00 Shopping Shuttle: Target 11:15 Strength Fitness 1:30 Tech Support with Andrew 3:00 Remembering The 1956 Washington Senators Baseball Team 4:30 Happy Hour</div>	<div>30</div> <div>11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 1:30 Jewish Art Education by Nancy Kotz 2:00 Smoothies with Amel 4:30 Happy Hour 7:15 Silver Screen Movie: Materialists Starring Dakota Johnson</div>
<div>31</div> <div>Sunday Brunch Music by Pianist RoCube 11:00-1:30 9:00 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:30 Music Appreciation: Mozart's "Eine kleine Nachtmusik" 4:30 Happy Hour 7:15 Sunday Movie Classic: Taxi Driver Starring Robert DeNiro</div>	<div>August Birthdays</div> <div>8/8 Conrad K, 8/9 Beth M, 8/15 Mary C, and 8/16 Susan S</div>					