

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>July 2025</div> <div>Highlands Independent Living</div> <div>"Summertime is always the best of what might be."</div> <div>Charles Bowden-</div> </div>		<div>1</div> <div>10:00 Shuttle Library/ CVS/ Bank</div> <div>11:00 Live Music Trivia with Jerry Roman</div> <div>1:30 Just Bead It with Cindy</div> <div>3:00 Balance in Action</div> <div>4:30 Happy Hour</div> <div>6:15 Bethesda Big Train Baseball Game</div> <div>7:00 Mah Jongg Mavens</div>	<div>2</div> <div>11:15 Move It with Maria</div> <div>1:30 Bridge Club</div> <div>3:00 Highlands Book Club with Sheryl</div> <div>4:30 Happy Hour</div> <div>7:15 KP Binge: Your Honor Season 2</div>	<div>3</div> <div>11:15 Balance in Action</div> <div>1:00 KP on the Go</div> <div>1:30 Ye Auld Chimers Choir Rehearsal</div> <div>3:00 Weekly Wordle</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div>	<div>4</div> <div>July 4th Cookout Music by Northside Blues & Rock Band 3:00-5:00</div> <div>10:00 Shopping Shuttle: Federal Plaza</div> <div>11:15 Strength Fitness</div> <div>1:30 Reading of the Declaration of Independence and The Bill of Rights</div> <div>3:00 Shabbat Service</div> <div>7:15 Holiday Movie: Forrest Gump Starring Tom Hanks</div>	<div>5</div> <div>11:15 Fitness with Jennifer</div> <div>12:00 KP on the Go</div> <div>1:30 Bridge Club</div> <div>4:30 Happy Hour</div> <div>7:15 Silver Screen Movie: The Friend Starring Bill Murray</div>
<div>6</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church</div> <div>1:30 Scenic Ride</div> <div>3:00 Trivia with Mary Ruth</div> <div>4:30 Happy Hour</div> <div>7:15 Sunday Movie Classic</div>	<div>7</div> <div>10:00 Grocery Shuttle to Safeway</div> <div>10:15 News & Views with Karen</div> <div>11:15 Move It with Maria</div> <div>12:00 Shuttle to Avalon Theater to F1 The Movie</div> <div>1:30 Music History with Roy Justice</div> <div>4:30 Happy Hour</div> <div>7:00 Celebrating Marc Chagall's 138th Birthday (Virtual Presentation)</div> <div>7:15 Needlework Group</div>	<div>8</div> <div>10:00 Shuttle Library/ CVS/ Bank</div> <div>12:00 Mobile Postal Service</div> <div>1:30 Balance in Action</div> <div>3:00 Tell Us All About It</div> <div>4:30 Happy Hour</div> <div>6:00 Shuttle to The Baked Bear Ice Cream Bethesda</div> <div>7:00 Mah Jongg Mavens</div>	<div>9</div> <div>10:00 Shuttle to Kharis Lavender Farm</div> <div>11:15 Move It with Maria</div> <div>1:30 Bridge Club</div> <div>3:00 American & European Street Art by Bill Young</div> <div>4:30 Happy Hour</div> <div>7:15 KP Binge: Final Episode Your Honor Season 2</div>	<div>10</div> <div>11:15 Balance in Action</div> <div>1:00 KP on the Go</div> <div>1:30 Ye Auld Chimers Choir Rehearsal</div> <div>3:00 Weekly Wordle</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div>	<div>11</div> <div>10:00 Shopping Shuttle: Wegmans</div> <div>11:15 Strength Fitness</div> <div>1:15 Nature Documentary</div> <div>1:30 Tech Support with Andrew</div> <div>3:00 Shabbat Service</div> <div>4:30 Happy Hour</div>	<div>12</div> <div>11:15 Fitness with Jennifer</div> <div>12:00 KP on the Go</div> <div>2:00 Summer Smoothies with Amel</div> <div>1:30 Bridge Club</div> <div>1:30 The Art of Modigliani by Nancy Kotz</div> <div>4:30 Happy Hour</div> <div>7:15 Silver Screen Movie: Howards End Starring Anthony Hopkins</div>
<div>13</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church</div> <div>1:30 Scenic Ride</div> <div>2:30 Nickel Bingo</div> <div>4:30 Happy Hour</div> <div>7:15 Sunday Movie Classic</div>	<div>14</div> <div>10:00 Grocery Shuttle to Food Lion</div> <div>10:15 News & Views with Karen</div> <div>11:15 Move It with Maria</div> <div>1:15 Weekly Wordle</div> <div>3:00 American History with Dr. Jenner</div> <div>4:30 Happy Hour</div> <div>7:15 Needlework Group</div>	<div>15</div> <div>10:00 Shuttle Library/ CVS/ Bank</div> <div>11:30 Lunch Bunch to Rusty Scupper Restaurant & Bar Baltimore Harbor</div> <div>1:30 Balance in Action</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div> <div>7:15 Broadway History with Steve Friedman</div>	<div>16</div> <div>11:15 Move It with Maria</div> <div>1:30 Bridge Club</div> <div>2:00 Cooking Demo with Alagie</div> <div>4:30 Happy Hour</div> <div>7:15 KP Binge: Carême Season 1</div>	<div>17</div> <div>11:15 Balance in Action</div> <div>1:00 KP on the Go</div> <div>1:15 Watercolor Art with Martina</div> <div>3:15 Word in a Word</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div>	<div>18</div> <div>10:00 Shopping Shuttle: Whole Food</div> <div>11:15 Strength Fitness</div> <div>1:30 Tech Support with Andrew</div> <div>3:00 Shabbat Service</div> <div>4:30 Happy Hour</div> <div>7:15 The Documentary: Prime Minister 2025</div>	<div>19</div> <div>11:15 Fitness with Jennifer</div> <div>12:00 KP on the Go</div> <div>1:30 Bridge Club</div> <div>4:30 Happy Hour</div> <div>7:15 Silver Screen Movie: The Penguin Lessons Starring Steve Coogan</div>
<div>20</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church</div> <div>10:00 Ethiopian Ceremonial Coffee & Traditions</div> <div>2:00 Baltimore Symphony Orchestra Gershwin: Rhapsody in Blue Strathmore Music Center</div> <div>6:30 KP Summer Concert Series: Rita Clarke & YaYa Mystic Band</div> <div>7:15 Sunday Movie Classic</div>	<div>21</div> <div>10:00 Grocery Shuttle to Trader Joe's</div> <div>10:15 News & Views with Karen</div> <div>11:15 Move It with Maria</div> <div>2:00 Crafternoons with Annie: Mosaic Coaster Designs</div> <div>4:30 Happy Hour</div> <div>7:15 Needlework Group</div>	<div>22</div> <div>10:00 Shuttle Library/ CVS/ Bank</div> <div>11:00 Art History with Wandering Docent</div> <div>12:00 Mobile Postal Service</div> <div>1:30 Balance in Action</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div> <div>7:15 KP Binge: Carême Season 1</div>	<div>23</div> <div>11:15 Move It with Maria</div> <div>1:30 Bridge Club</div> <div>2:30 Spain in the Summertime with Claire</div> <div>4:30 Spaniard Happy Hour</div> <div>7:15 Movie Night: The Way Starring Martin Sheen</div>	<div>24</div> <div>11:15 Balance in Action</div> <div>1:00 KP on the Go</div> <div>1:30 Ye Auld Chimers Choir Rehearsal</div> <div>3:00 Weekly Wordle</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div>	<div>25</div> <div>10:00 Shopping Shuttle: Amish Market</div> <div>11:15 Strength Fitness</div> <div>1:30 Tech Support with Andrew</div> <div>3:00 Shabbat Service</div> <div>4:30 Happy Hour</div> <div>7:15 Live Performance by Pianist Darryl Nichols</div>	<div>26</div> <div>11:15 Fitness with Jennifer</div> <div>12:00 KP on the Go</div> <div>2:00 Summer Smoothies with Amel</div> <div>1:30 Bridge Club</div> <div>3:00 Chronology with Mary Ruth</div> <div>4:30 Happy Hour</div> <div>7:15 Silver Screen Movie: Wolfs Starring Brad Pitt & George Clooney</div>
<div>27</div> <div>Sunday Brunch Music by Guitarist Damon 11:00-1:30</div> <div>9:00 Shuttle to Holy Redeemer Catholic Church</div> <div>1:30 Scenic Ride</div> <div>3:30 Music Appreciation</div> <div>4:30 Happy Hour</div> <div>7:15 Sunday Movie Classic</div>	<div>28</div> <div>10:00 Grocery Shuttle to Harris Teeter</div> <div>10:15 News & Views with Karen</div> <div>11:15 Move It with Maria</div> <div>3:00 Reading Circle with Mary Ruth</div> <div>4:30 Happy Hour</div> <div>7:15 Needlework Group</div>	<div>29</div> <div>10:00 Hillwood Mansion, Garden & Museum Exile to Avant Garde Exhibit</div> <div>1:15 Shuttle Library/ CVS/ Bank</div> <div>1:30 Balance in Action</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div>	<div>30</div> <div>11:15 Move It with Maria</div> <div>1:30 Bridge Club</div> <div>3:00 Highlands Resident Meeting</div> <div>4:30 Happy Hour</div> <div>7:15 KP Binge: Carême Season 1</div>	<div>31</div> <div>11:15 Balance in Action</div> <div>1:00 KP on the Go</div> <div>1:30 Ye Auld Chimers Choir Rehearsal</div> <div>3:00 Weekly Wordle</div> <div>4:30 Happy Hour</div> <div>7:00 Mah Jongg Mavens</div>	<div> <div>Happy Birthday</div> <div> <div>7/2 Linda Y.</div> <div>7/12 Fran C.</div> <div>7/23 Don M.</div> <div>7/30 Paul D.</div> </div> <div> <div>7/4 Peg M.</div> <div>7/17 Jan C.</div> <div>7/27 Rachel F.</div> </div> <div> <div>K</div> </div> </div>	