

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2025 Highlands Independent Living <i>"My beloved October has returned—with its brilliant colors, cool temperatures and sunny, cloudless, azure skies, and I must enjoy it before it escapes for another year." —Peggy Toney Horton</i>			1 11:15 Move It with Maria 1:15 Weekly Wordle 1:30 Bridge Club 3:00 Yom Kippur Service with Rabbi Winter 4:30 Happy Hour	2 11:15 Balance in Action 1:00 KP on the Go 2:30 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Disclaimer Season 1	3 10:00 Shopping Shuttle: Dollar Tree 11:15 Strength Fitness 1:15 Documentary: Fantastic Fungi 1:30 Tech Support with Andrew 3:15 Trivia with Mary Ruth 4:30 Happy Hour	4 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Smoothies with Amel 2:30 Tie Dye Shirt Creations with Emily 4:30 Happy Hour 7:15 Silver Screen Movie: Truth Starring Robert Redford & Cate Blanchett
5 8:45 Shuttle to Holy Redeemer Catholic Church 2:00 KP Vintage Car Show 3:00 Group Music Therapy with Blessy 4:30 Happy Hour 7:15 Robert Redford Film Fest: The Sting	6 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Fitness with Maria 1:30 Music History with Roy Justice 4:30 Happy Hour 7:15 Live Classical Duo Evelyn Song	7 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	8 11:15 Fitness with Maria 1:30 Bridge Club 2:00 History Alive Presents "The Good Queen Bess" Featuring Mary Ann Jung 3:00 Highlands Book Club with Sheryl 4:30 Happy Hour 7:15 Book Club Movie: The Kite Runner Starring Khaled Abdalla	9 10:00 Ageism Awareness Day Workshop (Virtual Presentation) 1:00 KP on the Go 1:30 Balance in Action 2:30 Mah Jongg Mavens 3:00 Weekly Wordle 4:30 Happy Hour 7:15 KP Binge: Disclaimer Season 1	10 10:00 Shuttle to Quilt & Artisan Boutique 11:15 Strength Fitness 1:15 Nature Documentary: Every Little Thing 2:30 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour 7:00 Just Enough Needlework Group	11 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 KP Alzheimer's Walk 4:30 Happy Hour 7:15 Silver Screen Movie: All is Lost Starring Robert Redford &
12 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:00 Group Music Therapy with Blessy 4:30 Happy Hour 7:15 Robert Redford Film Fest: The Natural	13 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Fitness with Maria 1:15 Weekly Wordle 3:00 Dr. Robert Jenner Presents The Panama Canal 4:30 Happy Hour 7:00 Just Enough Needlework Group	14 10:15 Women Artists of the DMV: A Survey Exhibition American University, Cats Arts Center 12:00 Mobile Postal Service 1:30 Balance in Action 2:30 Shuttle Library/ CVS/ Bank 4:30 Happy Hour 7:00 Mah Jongg Mavens	15 11:15 Fitness with Maria 1:30 Bridge Club 3:00 Montgomery County Recycle Training with Barbara Fonseca 4:30 Happy Hour	16 11:15 Balance in Action 1:00 KP on the Go 1:15 Watercolor Art with Martina 2:30 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Disclaimer Season 1	17 10:00 Shopping Shuttle: Target 11:15 Strength Fitness 1:15 Documentary: Barbara Walters 2:30 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour	18 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 3:00 Weekly Wordle with Emily 4:30 Happy Hour 7:15 Silver Screen Movie: The Clearing Starring Robert Redford & Helen Mirren
19 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 2:00 KP OktoberFest with the TKO German Band 3:00 Group Music Therapy with Blessy 4:30 Happy Hour 7:15 Robert Redford Film Fest: All the Presidents Men	20 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Move It with Maria 2:00 Crafternoons with Annie 3:30 Intergenerational Program with Holy Redeemer School 4:30 Happy Hour 7:00 Just Enough Needlework Group	21 10:00 Butler's Orchard Pumpkin Festival 1:30 Balance in Action 2:30 Shuttle Library/ CVS/ Bank 4:30 Happy Hour 7:00 Mah Jongg Mavens	22 11:15 Fitness with Maria 1:15 Weekly Wordle 1:30 Bridge Club 3:00 Highlands Resident Meeting 4:30 Happy Hour	23 11:15 Balance in Action 1:00 KP on the Go 1:30 Mid-Day Matinee: August Rush Starring Freddie Highmore 2:30 Mah Jongg Mavens 3:00 Intergenerational Choir 4:30 Happy Hour 7:15 Broadway History with Steve Friedman	24 10:00 Shopping Shuttle: Wegman's 11:15 Strength Fitness 1:15 Documentary: Black and Cuba 1:30 Tech Support with Andrew 3:00 Shabbat Service 4:30 Happy Hour 7:15 Live Performance by Pianist Darryl Nichols	25 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Autumn Smoothies with Amel 2:30 Nickel Bingo with Emily 4:30 Happy Hour 7:15 Silver Screen Movie: Our Souls at Night Starring Robert Redford & Jane Fonda
26 Sunday Brunch Music by Guitar Vocalist Charlie Plunkett 11:00 - 1:30 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:30 Music Appreciation: New Artist Sierra Ferrell 4:30 Happy Hour 7:15 Robert Redford Film Fest: The Way We Were	27 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Fitness with Maria 3:00 Reading Circle with Mary Ruth 4:30 Happy Hour 7:00 Just Enough Needlework Group	28 10:00 Shuttle Library/ CVS/ Bank 11:00 Art History with the Wandering Docent 12:00 Mobile Postal Service 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens	29 11:15 Fitness with Maria 1:30 Bridge Club 3:00 Afternoon Jazz with Julie Hall 4:30 Happy Hour	30 11:15 Balance in Action 11:30 Lunch Bunch to The Trolley Stop Restaurant & Bar Ellicott City, MD 2:30 Mah Jongg Mavens 3:00 Intergenerational Choir 3:00 KP on the Go 4:30 Happy Hour 7:15 KP Binge: Disclaimer Season 1	31 10:00 Shopping Shuttle: Congressional Plaza 11:15 Strength Fitness 1:15 Documentary: Mysteries of the Abandoned 1:30 Tech Support with Andrew 4:30 Happy Hour 7:15 Halloween Movie & Popcorn: Rosemary's Baby Starring Mia Farro	Happy Birthday 10/4 Kevin K 10/10 Nina H 10/21 Bill S 10/25 Gloria W 10/25 Joyce J