

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 8:45 Shuttle to Holy Redeemer Catholic Church 2:00 Shuttle to DC Concert Orchestra Society II Youthful Figures A World Mosaic Classical Concert 4:30 Happy Hour 7:15 Robert Duvall Film Festival: To Kill a Mockingbird (1962)	2 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 1:30 Music History with Roy Justice 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	3 10:00 KP on the Go 11:00 Live Music Trivia with Jerry Roman 1:30 Just Bead It with Cindy 3:00 Ukulele Residency 4:30 Happy Hour 7:00 Mah Jongg Mavens	4 11:15 Yoga with Beth 1:15 Word in a Word 1:30 Bridge Club 3:00 Highlands Book Club Review with Sheryl 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 2	5 11:15 Balance in Action 12:00 KP on the Go 2:30 Afternoon Jazz with Vocalist Julie Hall 2:30 Mah Jongg Mavens 4:30 Happy Hour	6 10:00 Shopping Shuttle: Target 11:15 Strength Fitness 1:30 Trivia with Mary Ruth 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour	7 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: The Apostle	
Daylight Savings Time 8 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 4:30 Happy Hour 7:15 Robert Duvall Film Festival: The Rain People (1969)	9 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 3:00 American History by Dr. Robert Jenner 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	10 10:00 KP on the Go 12:00 Lunch Bunch to Irish Inn at Glenn Echo 12:00 Mobile Post Office 1:30 Balance in Action 3:00 Ukulele Residency 4:30 Happy Hour 7:00 Mah Jongg Mavens	11 11:15 Yoga with Beth 1:30 Bridge Club 2:30 Scattergories with Mary Ruth 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 2	12 11:15 Balance in Action 1:00 KP on the Go 3:00 Afternoon Concert with Bagpiper Jeff Herbert 2:30 Mah Jongg Mavens 4:30 Happy Hour	13 10:00 Shopping Shuttle: Federal Plaza 11:15 Strength Fitness 1:15 Documentary: Great Lighthouses of Ireland 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour	14 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: A Civil Action	
15 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Shuttle to the Milken Center Museum 4:30 Happy Hour 7:15 Robert Duvall Film Festival: The Detective (1968)	16 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 2:00 Crafternoons with Annie 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	Happy St. Patrick's Day 17 10:00 KP on the Go 11:00 Ask the Pharmacist with Dr. Z of Kensington Pharmacy 1:30 Balance in Action 3:00 Ukulele Residency 4:30 St. Patrick's Day Happy Hour 7:00 Mah Jongg	18 11:15 Yoga with Beth 1:30 Bridge Club 2:00 Cooking Demo with Alagie 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 2	19 11:15 Balance in Action 1:00 KP on the Go 1:15 Watercolor Art with Martina 3:00 Intergenerational Choir 2:30 Mah Jongg Mavens 4:30 Happy Hour	First Day of Spring 20 10:00 Shopping Shuttle: Wegman's 11:15 Strength Fitness 1:15 Documentary The South Pole 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour	21 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: The Paper	
22 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 4:30 Happy Hour 7:15 Robert Duvall Film Festival: Tender Mercies (1983)	23 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 3:30 Intergenerational Program with Holy Redeemer Catholic School 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	24 11:00 KP on the Go 11:00 Art History by Roshna Kapadia 12:00 Mobile Post Office 1:30 Balance in Action 3:00 Ukulele Residency 4:30 Happy Hour 7:00 Mah Jongg Mavens	25 11:15 Yoga with Beth 12:15 Spring Ladies Lunch 1:30 Bridge Club 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 2	26 11:15 Balance in Action 12:00 KP on the Go 3:00 Intergenerational Choir 2:30 Mah Jongg Mavens 4:30 Happy Hour	27 10:00 Shopping Shuttle: Boscov's & Lunch at Cracker Barrel Old Country Store 11:15 Strength Fitness 1:15 Weekly Wordle 2:00 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour	28 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Nickel Bingo with Emily 4:30 Happy Hour 7:15 Silver Screen Movie: Something to Talk About	
29 Sunday Brunch Music by Charlie Plunkett 11:00 - 1:30 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:30 Music Appreciation: Women in Music 4:30 Happy Hour 7:00 Robert Duvall Film Festival: Lady Ice (1973)	30 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 3:00 Reading Circle with Mary Ruth 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	31 11:00 KP on the G 1:30 Balance in Action 3:00 Ukulele Residency 4:30 Happy Hour 7:00 Mah Jongg Mavens	March 2026 Highlands Independent Living Happy Birthday 3/12 Margaret G, 3/18 Louise G, 3/24 Marianne S, 3/31 Mary M				

