

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2026

Highlands Independent Living

"Plans to protect air and water, wilderness and wildlife are, in fact, plans to protect man." – Stewart Udall

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						Passover Begins at Sundown 1 11:15 Yoga with Beth 1:15 Mid-day Movie: Nuremburg Starring Rami Malek 1:30 Bridge Club 4:30 Happy Hour		2 11:15 Balance in Action 1:00 KP on the Go 1:30 Weekly Wordle 3:00 Intergenerational Choir 2:30 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 2		Blessed Good Friday 3 11:00 Shopping Shuttle: Home Goods/ Aldis White Flint Plaza 11:15 Strength Fitness 1:15 Documentary: National Geographic Pole to Pole The Amazon Dark Waters 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour		4 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:30 Master Gardeners Project 4:30 Happy Hour 7:15 Silver Screen Movie: Springsteen: Spring Deliver Me From Nowhere Starring Jeremy Allen White	
Happy Easter 5 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 6:00 Easter Evening Performance by Vocalist Meredith Seidel		6 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 2:30 Trivia with Mary Ruth 4:30 Happy Hour 7:00 Just Enough (Needlework Group)		7 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		8 10:30 Yoga with Beth 1:30 Bridge Club 3:00 Highlands Book Club Review with Sheryl 4:30 Happy Hour 6:00 KP Passover Seder		9 11:15 Balance in Action 12:00 Men's Lunch 1:00 KP on the Go 3:00 Intergenerational Choir 2:30 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 2		10 10:00 Shopping Shuttle: Amish Market 11:15 Strength Fitness 1:15 Documentary: Paul McCartney Now & Then 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour 7:15 Classical Performance by Evelyn Song Duo		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 Smoothies with Amel 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie: One Battle After Another Starring Starring Leonardo DiCaprio	
12 8:45 Shuttle to Holy Redeemer Catholic Church 2:15 Symphony of the Potomac Concert Montgomery College Cultural Arts Center 4:30 Happy Hour 7:15 Silver Screen Movie: The Women Starring Joan Crawford		13 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)		14 10:00 KP on the Go 12:00 Lunch Bunch to Fogo de Chão Brazilian Steakhouse 12:00 Mobile Post Office 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens		15 11:15 Yoga with Beth 1:30 Bridge Club 2:00 KP Speaker Series: ABCs of AI 4:30 Happy Hour		16 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 7:15 KP Binge: Yellowstone Season 3		17 10:00 Shopping Shuttle: Wegman's 11:15 Strength Fitness 1:15 Documentary: Asia- Beneath Waves 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour		18 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: Song Sung Blue Starring Hugh Jackman	
19 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Ice Cream Run: Sarah's Homemade Ice Cream Shop 3:00 Music Documentary: ABBA 4:30 Happy Hour 7:15 Silver Screen Movie: With Six You Get Eggnoll Starring Doris Day		20 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)		21 10:00 KP on the Go 1:30 Balance in Action 3:00 Shuttle to Chesapeake Framing Art Exhibition hosted by Martina Sestakova 4:30 Happy Hour 7:00 Mah Jongg Mavens		Earth Day 22 11:15 Yoga with Beth 1:30 Bridge Club 2:00 David Cohen Presents Rare & Endangered Birds of Hawaii 4:30 Happy Hour 7:15 Broadway History with Steve Friedman		23 11:15 Balance in Action 1:00 KP on the Go 1:15 Word in a Word 3:00 Intergenerational Choir 2:30 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3		Arbor Day 24 10:00 Shopping Shuttle: Walmart 11:15 Strength Fitness 1:15 Play Akinator with Emily 3:00 Shabbat Service 3:30 Tech Support with Emily 4:30 Happy Hour 7:15 Acoustic Guitar Performance Charlie Plunkett		25 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: Blue Moon Starring Ethan Hawke	
26 Sunday Brunch Music by Pianist Dillion 11:00 - 1:30 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 4:30 Happy Hour 7:15 Silver Screen Movie: Dr. No Starring Sean Connery		27 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 2:30 Wildlife Conservation Travel by Vivian Yao of Nature Positive Tours 4:30 Happy Hour 7:00 Just Enough (Needlework Group)		28 10:00 KP on the Go 11:00 Art History by Roshna Kapadia 12:00 Mobile Post Office 1:30 Balance in Action 3:00 Reading Circle with Mary Ruth 4:30 Happy Hour 7:00 Mah Jongg Mavens		29 11:15 Yoga with Beth 1:30 Bridge Club 3:00 Highlands Resident Meeting 4:30 Happy Hour		30 10:00 KP on the Go 11:15 Balance in Action 11:15 Shuttle to Tea Around Town DC 3:00 Intergenerational Choir 2:30 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3		<div style="text-align: center;"> <h1>Happy Birthday</h1> <p>4/3 Bill Y, 4/12 Ann W, 4/20 Ellen W</p>  </div>			