

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026 Highlands Independent Living

"No language can express the power and beauty and heroism of a mother's love." – Edwin Chapin

						1	2							
						12:00 Shopping Shuttle: Aspen Hill Kohl's & Michael's 11:15 Strength Fitness 1:15 Documentary: National Geographic Pole to Pole 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:30 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie: CODA Starring Marlee Maitlin							
8:45 Shuttle to Holy Redeemer Catholic Church 2:00 Shuttle to Strathmore Music Center: Mendelssohn & Needleman with the Baltimore Symphony Orchestra 4:30 Happy Hour 7:15 Silver Screen Movie: 12 Angry Men Starring Henry Fonda	3	10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 1:30 Medicinal Plant Residency 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	4	11:00 KP on the Go 11:00 Live Music Trivia with Jerry Roman 1:30 Just Bead It with Cindy 4:30 Cinco de Mayo Happy Hour Music by Los Amigos Mariachi Band 7:00 Mah Jongg Mavens	5	10:30 Yoga with Beth 1:30 Bridge Club 3:00 Highlands Book Club Review with Sheryl 4:30 Happy Hour 7:15 Performance by Opera Vocalist Halley Gilbert	6	11:15 Balance in Action 1:00 KP on the Go 1:30 Flower Bundle Creations 3:00 Intergenerational Choir 2:00 Mah Jongg Mavens 4:30 Happy Hour 7:15 Broadway History with Steve Friedman	7	10:00 Shuttle to National Gallery: Mary Cassatt Exhibit Guided Tour 11:15 Strength Fitness 1:15 Documentary: Rory McIlroy The Masters Wait 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour	8	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: Mother of the Bride Starring Brooke Shields	9	
Happy Mother's Day		10	11:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 1:30 Medicinal Plant Residency 3:00 American History Lecture by Dr. Jenner 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	11	10:00 KP on the Go 12:00 Lunch Bunch to Silver Restaurant, Bethesda 12:00 Mobile Post Office 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens	12	11:15 Yoga with Beth 1:30 Bridge Club 2:00 KP Speaker Series: AI as Your Lifestyle Guide 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3	13	11:15 Balance in Action 1:00 KP on the Go 1:30 Crafternoons with Annie 3:00 Intergenerational Choir Performance 2:00 Mah Jongg Mavens 4:30 Happy Hour	14	11:00 Shopping Shuttle: Wegmans 11:15 Strength Fitness 1:15 Documentary: Finding Harmony A King's Vision 3:00 Shabbat Service 4:30 Happy Hour	15	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:30 City Singers Spring Concert 4:30 Happy Hour 7:15 Silver Screen Movie: Secret Mall Apartment Starring Adriana Valdez Young	16
8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 6:00 Mother's Day Performance by Vocal Duo Empty Ecstasy	17	10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 1:30 Medicinal Plant Residency 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	18	11:00 KP on the Go 1:30 Balance in Action 2:00 KP Butterfly Release with Music by Beyahn Cragi Vocal Duo 4:30 Happy Hour 7:00 Mah Jongg Mavens	19	11:15 Yoga with Beth 1:30 Bridge Club 2:00 Kensington at Home IL Presentation 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3	20	11:15 Balance in Action 1:00 KP on the Go 2:00 Board of Election Outreach with Dr. Gilberto Zelaya 2:00 Mah Jongg Mavens 4:30 Happy Hour	21	11:00 Shopping Shuttle: Federal Plaza 11:15 Strength Fitness 1:15 Documentary: A Gorilla Story Told by David Attenborough 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour	22	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: Marty Supreme Starring Timothee Chalamet	23	
Happy Memorial Day		24	10:00 Grocery Shuttle 3:00 Memorial Day Cookout with Guitar Vocalist Josh Earl 4:30 Happy Hour 7:00 Just Enough (Needlework Group)	25	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	26	11:15 Yoga with Beth 1:30 Bridge Club 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3	27	11:15 Balance in Action 1:00 KP on the Go 1:30 Medicinal Plant Residency 2:00 Mah Jongg Mavens 4:30 Happy Hour 7:15 Music Documentary: EPIC: Elvis Presley in Concert	28	11:00 Shopping Shuttle: Montgomery Mall 11:15 Strength Fitness 1:30 Tech Support with Emily 2:30 Ask the Pharmacist with Dr. Z 4:30 Happy Hour 7:15 Live Stand-Up Comedy Performance by Comedian Chris Covell	29	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:30 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie: Away From Her Starring Olympia Dukakis	30
Sunday Brunch Music by Guitarists Charlie Plunkett 11:00 - 1:30 8:45 Shuttle to Holy Redeemer Catholic Church 2:00 Symphony of the Potomac Concert Montgomery College Cultural Arts Center 3:30 Music Appreciation 4:30 Happy Hour 7:15 Silver Screen Movie: The Thomas Crown Affair Starring Steve McQueen	31	<h2>Happy Birthday</h2> <p><i>5/1 Helen N, 5/2 Marlene C, 5/8 Mary Ruth F</i></p>												