

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday</p> <p>Milton G. 6/3 Judy N. 6/15 Glenn B. 6/18 Pat M. 6/28</p>	1 <p>10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 2:30 Ask the Pharmacist with Dr. Z 4:30 Happy Hour 7:00 Just Enough (Needlework Group)</p>	2 <p>11:00 Live Music Trivia with Jerry Roman 1:30 Just Bead It with Cindy 3:00 KP on the Go 3:00 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens</p>	3 <p>11:15 Yoga with Beth 11:30 Shuttle: Miami Marlins vs Nationals at National Stadium 1:30 Bridge Club 4:30 Happy Hour 7:15 Broadway History with Steve Friedman</p>	4 <p>11:15 Balance in Action 1:00 KP on the Go 2:00 Mah Jongg Mavens 3:00 Highlands Book Club Review with Sheryl 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3</p>	5 <p>11:00 Shopping Shuttle: Congressional Plaza 11:15 Strength Fitness 1:15 Documentary: All the Hidden Rooms 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour</p>	6 <p>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: Hail Mary Project Starring Ryan Gosling</p>
7 <p>8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 4:30 Happy Hour 6:30 KP Summer Concert Series with Irish Inmates of Glenn Echo</p>	8 <p>11:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 4:00 Author & Journalist Bob Levey Presents "The Future of Montgomery County" 4:30 Happy Hour 7:00 Just Enough (Needlework Group)</p>	9 <p>10:00 KP on the Go 12:00 Lunch Bunch to The Point DC 12:00 Mobile Post Office 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens</p>	10 <p>11:15 Yoga with Beth 1:30 Bridge Club 2:00 KP Speaker Series: A Series About Navigating the Age of AI 4:30 Happy Hour 7:15 Mid-Week Documentary: Theodore Roosevelt, The Great Adventure</p>	11 <p>11:15 Balance in Action 1:00 KP on the Go/ Early Voting to Wheaton Library 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3</p>	12 <p>11:00 Shopping Shuttle: Montrose Crossing Shopping Center 11:15 Strength Fitness 1:00 Watercolor Art with Martina 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour</p>	13 <p>11:15 Fitness with Jennifer 12:00 KP on the Go/ Early Voting to Wheaton Library 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: Remarkably Bright Creatures Starring Sally Fields</p>
14 <p>8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Early Voting to Wheaton Library 2:00 Symphony of the Potomac Chamber Players Concert 4:30 Happy Hour 7:15 Sunday Movie Classic: Kramer vs Kramer Starring Dustin Hoffman</p>	15 <p>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)</p>	16 <p>11:00 KP on the Go/ Early Voting to Wheaton Library 11:00 Juneteenth: A Cultural Celebration with Denise Jones 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens</p>	17 <p>10:00 Yoga with Beth 1:30 Bridge Club 2:00 Chronology with Mary Ruth 4:30 Happy Hour 7:15 Mid-Week Documentary: Theodore Roosevelt, The Man in the Arena</p>	18 <p>10:30 Shuttle to Kharis Lavender Farm Tour & Lunch 11:15 Balance in Action 1:30 Ye Auld Chimers Choir Rehearsal 2:00 KP on the Go/ Early Voting to Wheaton Library 2:00 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3</p>	19 <p>11:00 Shopping Shuttle: Wegman's 11:15 Strength Fitness 1:15 Documentary: The Age of Disclosure 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour</p>	20 <p>11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:30 Nickel Bingo with Emily 4:30 Happy Hour 7:15 Silver Screen Movie: About My Father Starring Robert Deniro</p>
21 <p>Happy Father's Day 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 6:00 Father's Day Concert with Soul & Jazz Vocalist Zadia</p>	22 <p>10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 2:00 Ice Cream Run: LaGelateria 4:30 Happy Hour 7:00 Just Enough (Needlework Group)</p>	23 <p>10:00 KP on the Go 11:30 Shuttle to Silver Creek Middle School to Vote 11:00 Art History by Roshna Kapadia 12:00 Mobile Post Office 1:30 Balance in Action 2:30 Highlands Resident Meeting 4:30 Happy Hour 7:00 Mah Jongg Mavens</p>	24 <p>11:15 Yoga with Beth 1:30 Bridge Club 2:30 Afternoon Concert with Classical Pianist Thomas Pandolfi 4:30 Happy Hour</p>	25 <p>11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 4:30 Happy Hour 7:15 KP Binge: Yellowstone Season 3</p>	26 <p>11:00 Shopping Shuttle: Wal-Mart 11:15 Strength Fitness 1:15 Documentary: The Last of the Sea Women 1:30 Tech Support with Emily 3:00 Shabbat Service 4:30 Happy Hour</p>	27 <p>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: Solo Mio Staring Kevin James</p>
28 <p>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: Stevie Wonder 4:30 Happy Hour 7:15 Sunday Movie Classic: The Great Escape Starring Steve McQueen</p>	29 <p>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)</p>	30 <p>11:00 KP on the Go 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens</p>	<p>June 2026 Highlands Independent Living</p> <p><i>"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." -Unknown</i></p> 			