

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Highlands Independent Living <i>“This morning, the sun endures past dawn. I realize that it is August: the summer’s last stand.”</i> — Sara Baume						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: The Christopher's Starring Ian McKellan 1
8:45 Shuttle to Holy Redeemer Catholic Church 12:30 Shuttle to Montgomery College Brunch Theater: Anything Goes 4:30 Happy Hour 6:30 KP Summer Concert Series: The Pearly Shells 2	10:15 News & Views with Karen 11:00 Grocery Shuttle 11:15 Yoga with Beth 1:30 Weekly Wordle 4:30 Happy Hour 3	10:00 KP on the Go 11:00 Live Music Trivia with Jerry Roman 12:00 Mobile Post Office 1:30 Just Bead It with Cindy 3:00 Balance in Action 4:30 Happy Hour 5:00 KP National Night Out 7:00 Mah Jongg Mavens 4	11:15 Yoga with Beth 1:30 Bridge Club 3:00 Highlands Book Club Review with Sheryl 4:30 Happy Hour 7:15 KP Binge: Yellowstone 5	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 6	10:00 Shopping Shuttle: Kohl's/ Michael's Aspen Hill 11:15 Strength Fitness 1:30 Get to Know 3:00 Shabbat Service 4:30 Happy Hour 7	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 1:30 The Art of the Jewish Lifecycle by Nancy Kotz 2:00 Milkshakes with Amel 4:30 Happy Hour 7:15 Silver Screen Movie: Send Help Starring Rachel McAdams 8
8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Scenic Ride 4:30 Happy Hour 7:15 Sunday Movie Classic: King Creole Starring Elvis Presley 9	10:15 News & Views with Karen 11:00 Grocery Shuttle 11:15 Yoga with Beth 3:00 American History Lecture with Dr. Jenner 4:30 Happy Hour 10	10:00 KP on the Go 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens 11	11:15 Yoga with Beth 1:30 Bridge Club 3:00 Trivia with Mary Ruth 4:30 Happy Hour 7:15 KP Binge: Yellowstone 12	11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 3:00 Documentary: O Hawai'i: Of Hawai'i from Settlement to Kingdom 4:30 Happy Hour 6:30 KP Hawaiian Luau Celebration 13	11:00 Shopping Shuttle: Cabin John's Village 11:15 Strength Fitness 1:15 Weekly Wordle 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 Get to Know 3:00 Documentary: B2: Stealth at War 4:30 Happy Hour 7:15 Silver Screen Movie: May December Starring Julianne Moore 15
8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Ice Cream Run: Mimis Handmade Ice Cream 4:30 Happy Hour 7:15 Sunday Movie Classic: An Officer and A Gentleman Starring Richard Gere 16	10:15 News & Views with Karen 11:00 Grocery Shuttle 11:15 Yoga with Beth 2:00 Crafternoon with Annie 4:30 Happy Hour 17	10:00 KP on the Go 12:00 Mobile Post Office 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens 18	10:00 Yoga with Beth 1:30 Bridge Club 2:30 Voices on the Journey with Enia Winter 4:30 Happy Hour 7:15 KP Binge: Yellowstone 19	11:15 Balance in Action 11:30 Lunch Bunch Crab Deck Kent Island, MD 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 4:30 Happy Hour 7:15 Broadway History with Steve Friedman 20	11:00 Shopping Shuttle: Montrose Crossing Shopping Center 11:15 Strength Fitness 1:15 Documentary: Mystery of the Hope Diamond 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 Milkshakes with Amel 3:00 Weekly Wordle 4:30 Happy Hour 7:15 Silver Screen Movie: The Friend Starring Naomi Watts 22
8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Scenic Ride 3:30 Music Appreciation with Julia 4:30 Happy Hour 7:15 Sunday Movie Classic: Come September Starring Rock Hudson 23	10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 1:30 Mid-Day Movie: Life of Pi Starring Suraj Sharma 4:30 Happy Hour 24	10:00 KP on the Go 11:00 Art History Lecture with the Wandering Docent 12:00 Mobile Postal Service 1:30 Balance in Action 3:00 Resident Meeting 4:30 Happy Hour 7:00 Mah Jongg Mavens 25	11:15 Yoga with Beth 1:30 Bridge Club 3:00 Chronology with Mary Ruth 4:30 Happy Hour 7:15 Evening Concert with Vocalist Susanna Laird 26	10:00 KP on the Go 11:30 Stone Tower Winery Tour & Lunch 11:15 Balance in Action 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 4:30 Happy Hour 27	11:00 Shopping Shuttle: Dutch Amish Market 11:15 Strength Fitness 1:15 Weekly Wordle 3:00 Shabbat Service 4:30 Happy Hour 28	11:15 Fitness with Jennifer 12:00 KP on the Go 1:15 Documentary: The Greenbook Guide to Freedom 1:30 Bridge Club 3:00 Nickel Bingo with Emily 4:30 Happy Hour 7:15 Silver Screen Movie: Tick Tick Boom Starring Andrew Garfield 29
Sunday Brunch Music 11:00 - 1:30 8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Scenic Ride 4:30 Happy Hour 7:15 Sunday Movie Classic: The Lion in the Winter Starring Peter O'Toole 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 31	Happy Birthday 8/8 Conrad K, 8/15 Mary Rae C, 8/15 Barbara B, 8/16 Susan S				