

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Highlands Independent Living "Home of the free because of the brave!" Unknown– Celebrating America, 250 Years!			1 11:00 Streaming Fitness 1:30 Bridge Club 3:00 Highlands Book Club Review with Sheryl 4:30 Happy Hour 7:15 KP Binge: Yellowstone	2 10:00 KP on the Go 11:15 Balance in Action 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 4:30 Happy Hour	3 11:00 Shopping Shuttle: Federal Plaza 11:15 Strength Fitness 1:30 Get to Know 3:00 Shabbat Service 4:30 Happy Hour	4 July 4th Cookout Music by Susan Jones Jazz Band 3:00-5:00 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 7:15 Silver Screen Movie: Pressure Starring Braden Frasier
5 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 4:30 Happy Hour 7:15 Sunday Movie Classic: Courage Under Fire Starring Meg Ryan	6 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 2:30 Historical Documentary: The American Experiment 4:30 Happy Hour	7 10:00 KP on the Go 11:00 Live Music Trivia with Jerry Roman 1:30 Just Bead It with Cindy 3:00 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens	8 11:15 Yoga with Beth 1:30 Bridge Club 2:00 Chronology with Mary Ruth 4:30 Happy Hour 7:15 KP Binge: Yellowstone	9 11:15 Balance in Action 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 2:00 KP on the Go 4:30 Happy Hour	10 11:00 Shopping Shuttle: Wegman's 11:15 Strength Fitness 1:15 Weekly Wordle 3:00 Shabbat Service 4:30 Happy Hour	11 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 1:30 The Art of the Sabbath by Nancy Kotz 2:00 Smoothies with Amel 4:30 Happy Hour 7:15 Silver Screen Movie: Greyhound Starring Tom Hanks
12 8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Ice Cream Run to The Scoop Ice Creams 4:30 Happy Hour 7:15 Sunday Movie Classic: On Her Majesty's Secret Service Starring George Lazenby	13 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 3:00 American History Lecture with Dr. Jenner 4:30 Happy Hour	14 10:00 KP on the Go 12:00 Mobile Postal Service 12:00 Shuttle to The Great American Songbook Tea at Strathmore 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens	15 11:15 Yoga with Beth 1:30 Bridge Club 3:00 Trivia with Mary Ruth 4:30 Happy Hour 7:15 Broadway History with Steve Friedman	16 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	17 10:00 Shopping Shuttle: Anne Arundel Mills Mall & LIVE! Casino 11:15 Strength Fitness 1:15 Historical Documentary: The American Experiment 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 1:30 Get to Know 4:30 Happy Hour 7:15 Silver Screen Movie: The Devil Wears Prada 2 Starring Meryl Streep
19 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 2:00 KP Summer Concert Series: The Melonheads Band 4:30 Happy Hour 7:15 Sunday Movie Classic: Platoon Starring Charlie Sheen	20 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 11:15 Lunch Bunch: Blackwall Barn & Lodge Gambrill, MD 2:00 Crafternoon with Annie 4:30 Happy Hour	21 10:00 KP on the Go 1:30 Balance in Action 2:00 History Alive the Story of Elizabeth Cady 4:30 Happy Hour 7:00 Mah Jongg Mavens	22 11:15 Yoga with Beth 1:30 Bridge Club 4:30 Happy Hour 7:15 KP Binge: Yellowstone	23 10:30 Smithsonian Castle: Special Exhibition American Aspirations 11:15 Balance in Action 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 3:00 KP on the Go 4:30 Happy Hour	24 11:00 Shopping Shuttle: Olney Village Center 11:15 Strength Fitness 1:15 Weekly Wordle 3:00 Shabbat Service 4:30 Happy Hour	25 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Smoothies with Amel 3:00 Nickel Bingo 4:30 Happy Hour 7:15 Silver Screen Movie: The Five Star Weekend Starring Jennifer Garner
26 8:45 Shuttle to Holy Redeemer Catholic Church 1:30 Scenic Ride 3:30 Music Appreciation: At the Movies Music From Famous Films 4:30 Happy Hour 7:15 Sunday Movie Classic: The Spy Who Loved Me Starring Roger Moore	27 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	28 11:00 KP on the Go 11:00 Wandering Docent Art History Lecture 12:00 Mobile Post Service 1:30 Balance in Action 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:00 Mah Jongg Mavens	29 11:15 Yoga with Beth 1:30 Bridge Club 2:00 Word in a Word 4:30 Happy Hour 7:15 KP Binge: Yellowstone	30 10:00 National Geographic Museum Tour & Lunch at Explorers Eatery 11:15 Balance in Action 1:30 Ye Auld Chimers Choir Rehearsal 2:00 Mah Jongg Mavens 3:00 KP on the Go 4:30 Happy Hour	31 10:00 Shopping Shuttle: Boscov & Lunch at Showroom Restaurant 11:15 Strength Fitness 1:00 Watercolor with Martina 1:30 Tech Support with Emily 4:30 Happy Hour	Happy Birthday 7/2 Linda Y. 7/4 Peg M. 7/12 Fran C. 7/12 Mary G. 7/17 Janaan C. 7/23 Don M. 7/27 Rachel F. 7/30 Paul D.