

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrating September Birthdays <i>9/2 Mary Lou F, 9/3 Dee L, 9/3 Pam B, 9/5 Anne M, 9/11 Babs P, 9/17 Iris L, & 9/24 Leah F</i>		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	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	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	10:00 Shopping Shuttle: Wheaton Plaza 11:15 Strength Fitness 1:30 Get to Know 3:00 Shabbat Service 4:30 Happy Hour	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 Dolly Parton Film Festival: 9 to 5
8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Scenic Ride 3:30 Music Appreciation: Songs of the Summer 4:30 Happy Hour 7:15 Sunday Movie Classic: Summertime Starring Katherine Hepburn	Happy Labor Day 8:00 Town of Kensington Labor Day Parade & Festival 11:45 Holiday Grocery Shuttle 3:00-5:00 Labor Day Cookout 3:30 Live Holiday Performance by Magic Ray Jazz Quartet Band	10:00 KP on the Go 11:15 Weekly Wordle 12:00 Mobile Post Office 1:30 Balance in Action 3:00 The Art of Sukkot by Nancy Kotz, Jewish Art Education 4:30 Happy Hour 7:00 Mah Jongg Mavens	11:15 Yoga with Beth 1:00 Shuttle to The Phillips Collection Museum 1:30 Bridge Club 3:00 Trivia with Mary Ruth 4:30 Happy Hour 7:15 KP Binge: Yellowstone	11:15 Balance in Action 1:00 KP on the Go 1:30 Ye Auld Chimers Choir Summer Performance 2:00 Mah Jongg Mavens 4:30 Happy Hour	National Day of Remembrance 9:30 25th Anniversary Day of Remembrance Ceremony 11:15 Strength Fitness 12:00 Shopping Shuttle: Federal Plaza 1:15 Documentary: 9/11 and the War on Terror 3:00 Special Rosh Hashanah Service 4:30 Happy Hour	Rosh Hashanah 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:30 Let's Play Nickel Bingo 4:30 Happy Hour 7:15 Dolly Parton Film Festival: The Best Little Whorehouse in Texas
Happy Grandparents Day 8:45 Shuttle to Holy Redeemer Catholic Church 2:00 KP Grandparents Day Celebration 4:30 Happy Hour 7:15 Sunday Movie Classic: Bells Are Ringing Starring Dean Martin	10:15 News & Views with Karen 10:00 Grocery Shuttle 11:15 Yoga with Beth 3:00 American History Lecture with Dr. Jenner 4:30 Happy Hour 7:15 Evening Concert with Vocalist Susanna Laird	10:00 KP on the Go 1:30 Balance in Action 2:30 Ask the Pharmacist: One-to-One with Dr. Z Medication Review 4:30 Happy Hour 7:00 Mah Jongg Mavens	10:00 Yoga with Beth 1:30 Bridge Club 2:30 Yoga & Autumn Vision Board Party with Beth 4:30 Happy Hour 7:15 Broadway History with Steve Friedman	11:15 Balance in Action 1:00 KP on the Go 1:15 Watercolor Art with Martina 2:00 Mah Jongg Mavens 4:30 Happy Hour	11:15 Strength Fitness 12:00 Shopping Shuttle: Wegman's 1:15 Nature Documentary: Blue Planet II Green Seas 3:00 Shabbat Service 4:30 Happy Hour	National Dance Day 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 1:30 Get to Know 3:15 Celebrating Dance: Dance Flamenco DC 4:30 Happy Hour 7:15 Dolly Parton Film Festival: Steel Magnolia
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	10:15 News & Views with Karen 10:00 Grocery Shuttle 11:15 Yoga with Beth 2:00 Crafternoon with Annie 4:30 Happy Hour	Happy First Day of Fall 10:00 KP on the Go 11:00 Art History Lecture with the Wandering Docent 12:00 Mobile Post Office 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens	11:15 Yoga with Beth 1:30 Bridge Club 2:30 Afternoon Jazz with Julie Hall 4:30 Happy Hour 7:15 KP Binge: Yellowstone	11:15 Balance in Action 1:00 KP on the Go 1:15 Supreme Court Matters Workshop Series: Supreme Court 101 with Attorney Lee Arbetman 2:00 Mah Jongg Mavens 4:30 Happy Hour	10:00 Shopping Shuttle: Montgomery Mall 11:15 Strength Fitness 1:15 Weekly Wordle 3:00 Shabbat Service 4:30 Happy Hour 7:15 Evening Concert with Guitar Vocalist Josh Earls	11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 2:00 Smoothies with Amel 3:00 Let's Play Imposter with Emily 4:30 Happy Hour 7:15 Dolly Parton Film Festival: Dumplin Starring Jennifer Anniston
Sunday Brunch 11:00AM - 1:30PM 8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Shuttle to Rockville Little Theater "The Games Afoot" 4:30 Happy Hour 7:15 Sunday Movie Classic: The Band Wagon Starring Fred Astaire	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)	10:00 KP on the Go 11:15 Lunch Bunch Ketch 22 Restaurant & Marina 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens	11:15 Yoga with Beth 1:30 Bridge Club 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:15 KP Binge: Yellowstone	September 2026 Highlands Independent Living <i>“Be the change you wish to see in the world.”</i> <i>— Mahatma Gandhi</i>		