

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2026 Highlands Independent Living Celebrating October Birthdays 10/04 Kevin K, 10/10 Nina H, 10/21 Joyce J, 10/21 Mary Ann K, 10/25 Gloria W, & 10/25 Bill S				1 11:15 Balance in Action 1:00 KP on the Go 1:30 Chronology with Mary Ruth 2:00 Mah Jongg Mavens 4:30 Happy Hour	2 10:00 Shopping Shuttle: White Flint Plaza 11:15 Strength Fitness 1:30 Get to Know 3:00 Shabbat Service 4:30 Happy Hour	3 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: Looking Through Water Starring Michael Douglas
4 8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Scenic Ride 11:30 KP Vintage Car Show 3:30 Music Appreciation: Dolly Parton 4:30 Happy Hour 7:15 Sunday Movie Classic: Cabaret Starring Liza Minelli	5 10:00 Grocery Shuttle 10:15 News & Views with Karen 11:15 Yoga with Beth 1:30 True Drama Documentary: A Toxic Love Story 4:30 Happy Hour	6 10:00 KP on the Go 11:00 Live Music Trivia with Jerry Roman 1:30 Just Bead It with Cindy 4:30 Happy Hour 7:00 Mah Jongg Mavens	7 11:15 Yoga with Beth 1:30 Bridge Club 3:00 Highlands Resident Meeting 4:30 Happy Hour 7:15 KP Binge: Yellowstone	8 11:15 Balance in Action 1:00 KP on the Go 1:30 Jewish Art Lecture with Nancy Kotz 2:00 Mah Jongg Mavens 4:30 Happy Hour	9 11:15 Strength Fitness 12:00 Shopping Shuttle: Tyson's Corner Mall 1:15 Weekly Wordle 3:00 Shabbat Service 4:30 Happy Hour	10 11:15 Fitness with Jennifer 12:00 KP Walk to End Alzheimer's 1:30 Bridge Club 2:15 Trinity Chamber Orchestra, Kensington Baptist Church 4:30 Happy Hour 7:15 Silver Screen Movie: Tuner Starring Dustin Hoffman
11 8:45 Shuttle to Holy Redeemer Catholic Church 1:00 Scenic Ride 2:00 Community Service with Bethesda Help Snack Pack Project 4:30 Happy Hour 7:15 Sunday Movie Classic: The Poseidon Adventure Starring Gene Hackman	Indigenous People's Day 12 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	13 11:00 KP on the Go 12:00 Mobile Post Office 1:30 Balance in Action 3:00 History Documentary: The Hidden Founders of American Democracy 4:30 Happy Hour 7:00 Mah Jongg Maven	14 11:15 Yoga with Beth 1:30 Bridge Club 3:00 Supreme Court Matters Workshop Series 4:30 Happy Hour 7:15 KP Binge: Yellowstone	15 11:15 Balance in Action 1:00 KP on the Go 1:15 Chronology with Mary Ruth 2:00 Mah Jongg Mavens 3:15 Highlands Intergenerational Choir Rehearsal 4:30 Happy Hour	16 10:00 Shopping Shuttle: Cabin John's Village 11:15 Strength Fitness 1:30 Weekly Wordle 3:00 Shabbat Service 4:30 Happy Hour	17 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 1:30 Get to Know 2:30 Smoothies with Amel 4:30 Happy Hour 7:15 Silver Screen Movie: Crazy Rich Asian Starring Constance Wu
18 8:45 Shuttle to Holy Redeemer Catholic Church 2:00 KP Oktoberfest Celebration with Alte Kumpel German Band 4:30 Happy Hour 7:15 Sunday Movie Classic: The Birds Starring Tippi Hedren	19 10:15 News & Views with Karen 10:00 Grocery Shuttle 11:15 Chair Fitness (Streaming) 2:00 Crafternoon with Annie 3:30 Holy Redeemer Students Visit 4:30 Happy Hour	20 10:00 KP on the Go 11:30 Lunch Bunch to La Ferme French Cuisine 12:00 Mobile Post Office 1:30 Balance in Action 4:30 Happy Hour 7:00 Mah Jongg Mavens 7:15 Live Back to Broadway Show	21 11:15 Chair Fitness (Streaming) 1:30 Bridge Club 2:30 Weekly Wordle 4:30 Happy Hour 7:15 KP Binge: Yellowstone	22 11:15 Balance in Action 1:00 KP on the Go 1:15 Watercolor Art with Martina 2:00 Mah Jongg Mavens 3:15 Highlands Intergenerational Choir Rehearsal 4:30 Happy Hour	23 10:00 Shopping Shuttle: Wal-Mart Germantown 11:15 Strength Fitness 1:15 Pumpkin Design with Emily 3:00 Shabbat Service 4:30 Happy Hour	24 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 3:00 Nickel Bingo 4:30 Happy Hour 7:15 Live Classical Performance by the Evelyn Song Duo
25 Sunday Brunch 11:00AM - 1:30PM Music by Empty Ecstasy Vocal Duo 8:45 Shuttle to Holy Redeemer Catholic Church 2:00 Shuttle to Strathmore Music BSO presents Mozart Meets Latin Masters 4:30 Happy Hour 7:15 Sunday Movie Classic: The Shining Starring Jack Nicholson	26 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	27 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	28 10:30 Shuttle to AU Museum at the Katzen Center 11:15 Yoga with Beth 1:30 Bridge Club 4:30 Happy Hour 7:00 Broadway History with Steve Friedman	29 11:15 Balance in Action 1:00 KP on the Go 2:00 Mah Jongg Mavens 3:15 Highlands Intergenerational Choir Rehearsal 4:30 Happy Hour 7:15 KP Binge: Yellowstone	30 10:00 Shopping Shuttle: Bethesda Row 11:15 Strength Fitness 1:15 Nature Documentary: Blue Planet II Coral Reefs 3:00 Afternoon Concert with Symphony of the Potomac Players 4:30 Happy Hour	Happy Halloween 31 11:15 Fitness with Jennifer 12:00 KP on the Go 1:30 Bridge Club 3:00 Weekly Wordle 4:30 Happy Hour 7:15 The Art of Illusion with Nuria (Magic Show)