

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><b>10:00 AM Chug Ivri (#4)</b> <b>31</b></p> <p>10:00 AM Exercise Video (MR)</p> <p>1:00 PM Knitting Club (#1)</p> <p><b>2:00 PM Potomac Symphony Concert Live (SH)</b></p> <p><b>8:00 PM Sunday Night Movie (MR)</b></p>	<p><b>ROOM KEY</b></p> <p>#1 - Activity Room #1</p> <p>#3 - Activity Room #3</p> <p>#4 - Activity Room #4</p> <p>ART - Art Studio</p> <p>FC - Fitness Center</p>	<p>MR - Meeting Room</p> <p>#4 - Room #4</p> <p>SH - Social Hall</p> <p>TV - TV Room</p>			<p>10:00 AM Exercise Video (MR) <b>1</b></p> <p>1:30 PM Literary Group with Prof. Mel Plotinsky (TV)</p> <p><b>2:30 PM Sing Along with Lauren (MR)</b></p> <p><b>3:30 PM Bernstein's Young People's Concerts (MR)</b></p> <p><b>8:00 PM Shabbat Services with David Wallen (MR)</b></p>	<p><b>10:00 AM Exercise Video (TV)</b> <b>2</b></p> <p>11:00 AM Shabbat Services with The Jewish Studio (MR)</p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>2:00 PM Saturday Movie Matinee (MR)</b></p> <p><b>4:00 PM Pianist Bertram Mcleish (NORTH LOBBY)</b></p> <p><b>8:00 PM Ballroom Dancing Show (SH)</b></p>
<p><b>10:00 AM Chug Ivri (#4)</b> <b>3</b></p> <p>10:00 AM Exercise Video (MR)</p> <p>10:30 AM Jewish War Veterans Meeting (MR)</p> <p><b>12:30 PM Lecture with Dr. Jenner (MR)</b></p> <p>1:00 PM Knitting Club (#1)</p> <p><b>2:00 PM Sunday Movie Matinee (MR)</b></p> <p><b>8:00 PM Two for the Show (MR)</b></p>	<p>10:00 AM Yoga with Karen (MR) <b>4</b></p> <p>10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY)</p> <p><b>11:15 AM Expressive Art (ART)</b></p> <p>1:20 PM News Highlights (MR)</p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p><b>2:30 PM Jewish Violinists with Eva (MR)</b></p> <p>3:00 PM Bingo (#4)</p> <p><b>4:00 PM Brain Fitness Class (#4)</b></p> <p>8:00 PM Monday Movie Night (MR)</p>	<p><b>Shrove Tuesday/Mardi Gras</b> <b>5</b></p> <p>10:00 AM Exercise Video (MR)</p> <p><b>11:30 AM Wonders of the National Parks - The Great Courses (MR)</b></p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p>1:30 PM Ring House Singers with Jiyoung (SH)</p> <p><b>2:30 PM The Foundations of Western Civilizations (MR)</b></p> <p>4:00 PM Downton Abbey (MR)</p> <p>8:00 PM Tuesday Night Movie (MR)</p>	<p>9:30 AM Morning Meditation with Eva (Activity Room 4) <b>6</b></p> <p>10:00 AM Body Strengthening with Gail (MR)</p> <p>10:15 AM Piano Trio Open Rehearsal (SH)</p> <p><b>11:15 AM Jewish Heritage Class with Rabbi Leigh (#3)</b></p> <p>11:15 AM Make and Take Crafts with Jerry (Art Room)</p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p><b>2:30 PM Opera Club: Puccini's La Boheme (MR)</b></p> <p>2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC)</p> <p><b>4:00 PM Intergenerational Connection Club (Activity Room 4)</b></p> <p><b>8:00 PM Harpist Hector Munez (MR)</b></p>	<p>10:00 AM Play Readers (#4) <b>7</b></p> <p>10:00 AM Qi Gong with Adam (MR)</p> <p><b>11:00 AM Watercolor Workshop with Christen from VisArts (ART)</b></p> <p><b>1:00 PM Teaching Kitchen (#4)</b></p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>3:00 PM Total Conditioning with Martine (SH)</b></p> <p>3:30 PM Chesed Corps: Shabbat Baskets (#1)</p> <p><b>8:00 PM Thursday Night Movie (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>8</b></p> <p>1:30 PM Literary Group with Prof. Mel Plotinsky (TV)</p> <p>2:30 PM Music Committee with Lauren (MR)</p> <p><b>3:30 PM Symphony Club: Copland's Symphony # 3 (MR)</b></p> <p>8:00 PM Shabbat Services with Rabbi Raphael (MR)</p>	<p>10:00 AM Exercise Video (TV) <b>9</b></p> <p>11:00 AM Shabbat Service with Rabbi Mark Raphael (MR)</p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>2:00 PM Saturday Movie Matinee (MR)</b></p> <p><b>4:00 PM Chavruta B'Shabbat (Activity Room 4)</b></p> <p><b>8:00 PM Saturday Night Movie Popcorn Served (MR)</b></p>
<p><b>Daylight Saving Time starts</b> <b>10</b></p> <p>10:00 AM Exercise Video (MR)</p> <p><b>12:00 PM Sunday Music with Ron (MR)</b></p> <p>1:00 PM Knitting Club (#1)</p> <p><b>1:30 PM Intergenerational Program with Lori (#4)</b></p> <p><b>2:00 PM The Merchant of Venice Play - Performed by Children's Traveling Players Ensemble (SH)</b></p> <p><b>8:00 PM Music by Rearview Mirror (SH)</b></p>	<p>10:00 AM Audiology/Hearing Services (#1) <b>11</b></p> <p>10:00 AM Yoga with Karen (MR)</p> <p>10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY)</p> <p>1:20 PM News Highlights (MR)</p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p><b>2:30 PM Drum Circle with Eva (MR)</b></p> <p>3:00 PM Book Club (#1)</p> <p>3:00 PM Bingo (#4)</p> <p>4:00 PM Brain Fitness Class (#4)</p> <p><b>8:00 PM Steve Friedman - Frank Loesser (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>12</b></p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p>1:30 PM Ring House Singers with Jiyoung (SH)</p> <p><b>2:30 PM The Foundations of Western Civilizations (MR)</b></p> <p>4:00 PM Downton Abbey (MR)</p> <p><b>8:00 PM Guitar with Vladimir Fridman (MR)</b></p>	<p>9:30 AM Morning Meditation with Eva (Activity Room 4) <b>13</b></p> <p>10:00 AM Body Strengthening with Gail (MR)</p> <p>10:15 AM Piano Trio Open Rehearsal (SH)</p> <p><b>11:15 AM Jewish Purim Lecture with Rabbi Leigh (MR)</b></p> <p>11:15 AM Make and Take Crafts with Jerry (Art Room)</p> <p><b>1:30 PM Nursery School Purim Sing Along Event (MR)</b></p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p>2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC)</p> <p>4:00 PM Intergenerational Connection Club (Activity Room 4)</p> <p><b>8:00 PM Golden Rings present Dale Jarrett (SH)</b></p>	<p><b>9:00 AM Men's Breakfast &amp; Conversation (#4)</b> <b>14</b></p> <p>10:00 AM Play Readers (#4)</p> <p>10:00 AM Qi Gong with Adam (MR)</p> <p><b>11:00 AM Watercolor Workshop with Christen from VisArts (ART)</b></p> <p>1:00 PM Superfoods (NORTH LOBBY)</p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p>1:30 PM Parkinson's Awareness Support Group (Admin Office)</p> <p>2:00 PM March Birthday Party (MR)</p> <p>3:30 PM Chesed Corps: Shabbat Baskets (#1)</p> <p>4:00 PM Exploring Jewish Music with Lauren: Martha Schliamme (MR)</p> <p><b>4:00 PM Resident Town Hall Meeting (SH)</b></p> <p><b>8:00 PM Thursday Night Movie (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>15</b></p> <p><b>11:00 AM NEW Mindfulness Meditation Group (MR)</b></p> <p><b>11:00 AM VisArts Clay Chamsa Workshop with Meg from VisArts (Art Room)</b></p> <p>1:30 PM Literary Group with Prof. Mel Plotinsky (TV)</p> <p>2:30 PM Music Committee (#3)</p> <p><b>3:00 PM Total Conditioning with Martine (SH)</b></p> <p><b>3:30 PM Bernstein's Young People's Concerts (MR)</b></p> <p>8:00 PM Shabbat Services with David Wallen (MR)</p>	<p><b>10:00 AM Exercise Video (TV)</b> <b>16</b></p> <p>11:00 AM Shabbat Services with The Jewish Studio (MR)</p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>2:00 PM Saturday Movie Matinee (MR)</b></p> <p><b>8:00 PM Saturday Night Movie (MR)</b></p>
<p><b>St. Patrick's Day</b> <b>17</b></p> <p><b>10:00 AM Chug Ivri (#4)</b></p> <p>10:00 AM Exercise Video (MR)</p> <p>1:00 PM Knitting Club (#1)</p> <p><b>1:30 PM Lecture with Natalie (MR)</b></p> <p><b>3:00 PM "Shir Joy" Performed by Children's Choir (SH)</b></p> <p><b>4:00 PM Pianist Bertram Mcleish (NORTH LOBBY)</b></p> <p><b>8:00 PM Sunday Night Movie Popcorn Served (MR)</b></p>	<p><b>9:00 AM April Trip Catalogs Available (Front Desk)</b> <b>18</b></p> <p>10:00 AM Yoga with Karen (MR)</p> <p>10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY)</p> <p><b>11:15 AM Expressive Art - Mask Making Workshop (ART)</b></p> <p>1:20 PM News Highlights (MR)</p> <p><b>1:30 PM Expressive Art - Mask Making Workshop (ART)</b></p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p><b>2:30 PM Music with Eva (MR)</b></p> <p>3:00 PM Bingo (#4)</p> <p><b>4:00 PM Brain Fitness Class (#4)</b></p> <p><b>8:00 PM Hadassah Guest Lecturer : Ellen Elow-Mintz (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>19</b></p> <p><b>11:30 AM Wonders of the National Parks - The Great Courses (MR)</b></p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p>1:30 PM Dining Focus Group (#4)</p> <p><b>1:30 PM Purim on the Roof with Ring House Singers &amp; Jiyoung (NORTH LOBBY)</b></p> <p><b>2:00 PM Steve Friedman - Musicals of 1940's (MR)</b></p> <p><b>4:00 PM Lecutore : Purim - Why was the Book of Esther Written? (MR)</b></p> <p>8:00 PM Tuesday Night Movie (MR)</p>	<p><b>Spring Equinox</b> <b>20</b></p> <p>9:30 AM Morning Meditation with Eva (Activity Room 4)</p> <p>10:00 AM Body Strengthening with Gail (MR)</p> <p>11:15 AM Make and Take Crafts with Jerry (Art Room)</p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p><b>2:00 PM Office Hours with Dr. Dustan (MR)</b></p> <p><b>2:30 PM Opera Club: Verdi's Rigoletto (MR)</b></p> <p>2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC)</p> <p><b>4:00 PM Intergenerational Connection Club (Activity Room 4)</b></p> <p><b>8:00 PM Purim Evening Prayer with the Lichtenstein Family (SH)</b></p>	<p><b>Purim</b> <b>21</b></p> <p><b>10:30 AM MORNING PURIM PRAYER READING (MR)</b></p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>2:30 PM Ring House Purim Shpiel- Haman's Complaint (SH)</b></p> <p><b>3:00 PM Purim Masquerade Party &amp; Happy Hour (SH)</b></p> <p>3:30 PM Chesed Corps: Shabbat Baskets (#1)</p> <p><b>4:00 PM Exploring Jewish Music with Lauren: The Barry Sisters (MR)</b></p> <p><b>8:00 PM Thursday Night Movie (MR)</b></p>	<p>10:00 AM Exercise Video (MR) <b>22</b></p> <p><b>11:00 AM NEW Mindfulness Meditation Group (MR)</b></p> <p><b>11:00 AM VisArts Clay Chamsa Workshop with Meg from VisArts (Art Room)</b></p> <p>1:30 PM Literary Group with Prof. Mel Plotinsky (TV)</p> <p>2:30 PM Sing Along with Lauren (MR)</p> <p><b>3:00 PM Total Conditioning with Martine (SH)</b></p> <p><b>3:00 PM April Trip Registration Forms Due (FC)</b></p> <p>3:30 PM Symphony Club: Mahler's Symphony #4 (MR)</p> <p>8:00 PM Shabbat Services with Dan Caplan (MR)</p>	<p><b>10:00 AM Exercise Video (TV)</b> <b>23</b></p> <p>11:00 AM Shabbat Service with Sabrina Sojourner (MR)</p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>2:00 PM Saturday Movie Matinee (MR)</b></p> <p><b>4:00 PM Chavruta B'Shabbat (Activity Room 4)</b></p> <p><b>8:00 PM Saturday Night Movie Popcorn Served (MR)</b></p>
<p>10:00 AM Exercise Video (MR) <b>24</b></p> <p>1:00 PM Knitting Club (#1)</p> <p><b>2:00 PM Music with Melanie &amp; Kurt (MR)</b></p> <p><b>8:00 PM Starvation Army Band (SH)</b></p>	<p>10:00 AM Yoga with Karen (MR) <b>25</b></p> <p>10:15 AM Piano Trio Open Rehearsal (NORTH LOBBY)</p> <p><b>11:15 AM Expressive Art (ART)</b></p> <p>1:20 PM News Highlights (MR)</p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p><b>2:30 PM Exploring Yiddish Theater with Eva (MR)</b></p> <p>3:00 PM Bingo (#4)</p> <p>4:00 PM Brain Fitness Class (#4)</p> <p><b>8:00 PM Singing and Guitar with Steve Little (MR)</b></p> <p>8:00 PM Monday Movie Night (MR)</p>	<p>10:00 AM Exercise Video (MR) <b>26</b></p> <p><b>11:30 AM Wonders of the National Parks - The Great Courses (MR)</b></p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>1:30 PM The McKee Project with Jiyoung &amp; Alan (SH)</b></p> <p><b>2:30 PM The Foundations of Western Civilizations (MR)</b></p> <p>4:00 PM Downton Abbey (MR)</p> <p><b>8:00 PM 20th Century Soundtrack Show - Sammy Davis, Jr. (MR)</b></p>	<p>9:30 AM Morning Meditation with Eva (Activity Room 4) <b>27</b></p> <p>10:00 AM Body Strengthening with Gail (MR)</p> <p>10:15 AM Piano Trio Open Rehearsal (SH)</p> <p><b>11:15 AM Jewish Heritage Class with Rabbi Leigh (#3)</b></p> <p>11:15 AM Make and Take Crafts with Jerry (Art Room)</p> <p><b>1:10 PM Poetry Group with Dana (Activity Room 4)</b></p> <p>1:30 PM Kickboxing Classes with Carlton (SH)</p> <p>2:30 PM Opera Club: Verdi's Rigoletto (MR)</p> <p>2:45 PM Wellness Coaching &amp; Blood Pressures w/ Carlton (FC)</p> <p><b>4:00 PM Town Hall Meeting (MR)</b></p> <p><b>8:00 PM Wednesday Night Movie (MR)</b></p>	<p>10:00 AM Play Readers (#4) <b>28</b></p> <p>10:00 AM Qi Gong with Adam (MR)</p> <p><b>11:15 AM News Program with Jerry Grossman (MR)</b></p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p>1:30 PM April Trip Registration Forms Returned (South Lobby)</p> <p><b>2:00 PM Jewish Art Lecture - Art of Purim (MR)</b></p> <p><b>3:00 PM Total Conditioning with Martine (SH)</b></p> <p>3:30 PM Chesed Corps: Shabbat Baskets (#1)</p> <p><b>8:00 PM Thursday Night Movie (MR)</b></p>	<p><b>National Vietnam War Veterans Day</b> <b>29</b></p> <p>10:00 AM Exercise Video (MR)</p> <p><b>11:00 AM NEW Mindfulness Meditation Group (MR)</b></p> <p>1:30 PM Literary Group with Prof. Mel Plotinsky (TV)</p> <p><b>1:30 PM Songs of Nat King Cole (SH)</b></p> <p>3:30 PM Bernstein's Young People's Concerts (MR)</p> <p>8:00 PM Shabbat Service with Sabrina Sojourner (MR)</p>	<p><b>10:00 AM Exercise Video (TV)</b> <b>30</b></p> <p>11:00 AM Shabbat Service with Sabrina Sojourner (MR)</p> <p>1:00 PM Afternoon Card Games: Poker &amp; Bridge (Activity Rooms)</p> <p><b>2:00 PM Saturday Movie Matinee (MR)</b></p> <p><b>8:00 PM Saturday Night Movie Popcorn Served (MR)</b></p>

# March 2019

Ring House Activities  
Activities # 301-816-5063



Charles E. Smith  
LIFE COMMUNITIES