SUN	MON	TUE	WED	THUR	FRI	SAT
ROOM KEY AC - 1 - Activity Center - 1 AC - 2 - Activity Center - 2 C - Café CR - Conference Room DR - Dining Room L - Lobby Wass-C - Wasserman Conservatory WC - Wellness Center					**1** 9:30 Free Coffee! (Cafe) 10:15 Brain, Body, Balance with Demian (AC 1) 10:30 Coffee & Conversation with Rabbi Dan (Cafe) 11:00 The Beat Goes On Drum Circle (AC 1) 3:00 Music & Dance with Dale Jarrett & Garrey Stinson (Cafe) 7:30 Shabbat Service with Sabrina (AC 1) 8:30 Oneg Shabbat (AC - 1)	**2** **10:00 Shabbat Service (AC - 1)** 1:30 Mildred's Musicale (AC - 1) 7:30 Saturday Evening Cinema (AC 1)
3 **Daylight Saving Time ends** 10:00 Exercise DVD (AC1) 2:00 Exercise DVD (AC 1) 7:30 Jesse Palidofsky Performing (AC 1)	**4** 10:15 Brain, Body, Balance with Demian (AC 1) **10:30 Weekly Review w/ Sandi (C)** 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 1) 2:00 Computer/Cell Phone Assistance (Cafe) 3:00 Muscle, Movement with Music (AC 1) 8:00 Bingo! (AC 1)	**5** 11:00 Music w/ Michael (AC1) 1:00 Kickboxing with Carlton (AC 1) 2:00 Knit & Nibble (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 2:30 Blood Pressure Check (WC) 3:00 Information & Planning Meeting for Red Hat Society (AC 2) 3:30 Trivia (AC-1) 6:30 Farkle with Israel and Friends (Cafe) 7:00 Dr. Jenner's Hot Topics (AC - 1)	**6** 10:00 Exercise DVD/ Spiro (AC 1) 11:00 Body & Mind Training for Arthritis w/ Martine (AC 1) 1:30 Art w/ Marcia (AC - 2) 3:00 Muscle, Movement with Music (AC 1) 7:00 Special Town Hall w/ Treats (AC 1 & AC 2) 7:45 Steve Little in Concert (AC 1)	**7** 11:00 Book Club with Janet (AC 2) 1:00 Kickboxing with Carlton (AC 1) 2:00 Birthday Party with John Oliver (Cafe) 3:00 Yoga w/ Joyce (Patio or AC - 1) 3:00 Blood Pressure Check (WC) 4:00 Humor Circle with John (Cafe) 6:30 Brain Games with Dana (AC 2) 8:00 Bingo! (AC 1)	**8** 9:30 Free Coffee! (Cafe) 10:15 Brain, Body, Balance with Demian (AC 1) 1:00 Acryllic Pour Art on Canvas w/ Yolanda (AC 2) 3:45 Dance Class with Garrey (AC 1) 7:30 Shabbat Service with David Smith (AC 1) 8:30 Oneg Shabbat (AC - 1)	**9** **10:00 Shabbat Service (AC - 1)** 1:30 Mildred's Musicale (AC - 1) 7:30 Saturday Evening Cinema (AC 1)
10 10:00 Exercise DVD (AC1) **10:15 Christian Services (Wass-C)** **11:15 Christian Services (SK-C)** 2:00 Exercise DVD (AC 1)	**11** **Veterans Day** 10:15 Brain, Body, Balance with Demian (AC 1) **10:30 Weekly Review w/ Sandi (C)** 11:00 Words From A Word Game (AC - 2) 12:00 Veteran's Day Lunch for Veteran's (AC 1) 1:00 Shakespeare with Ann (AC 2) 2:00 Computer/Cell Phone Assistance (Cafe) 3:00 Muscle, Movement with Music (AC 1) 4:00 Nancy Presents" The Art of Mordecai Ardon" with Refreshments (AC 1) 7:30 Frog Pond Picker's Veteran's Day Concert (AC 1 & AC 2)	**12** 11:00 Music w/ Michael (AC1) 11:00 Newcomers Tea (AC - 2) 1:00 Kickboxing with Carlton (AC 1) 2:00 Writing Family History Stories with Ben Terner (CR) 2:00 Knit & Nibble (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 2:30 Blood Pressure Check (WC) 3:30 Trivia (AC-1) 6:30 Memory Stretch with Natalie (AC 2) 8:00 Fall Music with "The Kelsey's" (AC 1)	**13** 10:00 Exercise DVD/ Spiro (AC 1) 11:00 Body & Mind Training for Arthritis w/ Martine (AC 1) 1:30 Art w/ Marcia (AC - 2) 3:00 Muscle, Movement with Music (AC 1) 7:00 Dr. Jenner's Lecture... (AC 2) 8:00 Special Wednesday Night Bingo! (AC 1)	**14** 10:30 Thursday w/ Social Worker Laurie (AC - 2) 1:00 Spiro Fitness (AC 1) 2:00 Music and Art with John (AC 2) 3:00 Yoga w/ Joyce (Patio or AC - 1) 4:00 Dance w/ Shadiyah (L) 7:30 Walter Johnson High School Acapella Ensemble Performing & Refreshments (AC 1 & AC 2)	**15** 9:30 Free Coffee! (Cafe) 10:15 Brain, Body, Balance with Demian (AC 1) 11:00 The Beat Goes On Drum Circle (AC 1) 1:00 Lighted Glass Block Craft (AC 2) 3:00 Brushstrokes Art with Zoe (AC 2) 7:30 Shabbat Service with Marvin Waldman (AC 1) 8:30 Oneg Shabbat (AC - 1)	**16** **10:00 Shabbat Service (AC - 1)** 1:30 Mildred's Musicale (AC - 1) 7:30 Saturday Evening Cinema (AC 1)
17 10:00 Exercise DVD (AC1) 2:00 Exercise DVD (AC 1) 7:30 Evening Cinema (AC - 1)	**18** 10:15 Brain, Body, Balance with Demian (AC 1) **10:30 Weekly Review w/ Sandi (C)** 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 1) 2:00 Computer/Cell Phone Assistance (Cafe) 3:00 Muscle, Movement with Music (AC 1) 4:30 Live music with dinner by Terry Lee Ryan (DR) 8:00 Bingo! (AC 1)	**19** 11:00 Music w/ Michael (AC1) 1:00 Spiro Fitness (AC 1) 2:00 Knit & Nibble (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 3:30 Trivia (AC-1) 7:00 Square Dance Night! (AC 1 & AC 2)	**20** 10:00 Exercise DVD/ Spiro (AC 1) 11:00 String Trio (AC 1) 1:00 Superfood with Chef Kelly (Cafe) 1:30 Art w/ Marcia (AC - 2) 3:00 Muscle, Movement with Music (AC 1) 7:00 Family Conflicts..The Book of Genesis with Rabbi David (AC 1)	**21** 11:00 Travelogue on China (AC 1) 1:00 Spiro Fitness (AC 1) 2:30 Jokereno (AC 2) 3:00 Yoga w/ Joyce (Patio or AC - 1) 4:00 Humor Circle with John (Cafe) 6:30 Brain Games with Dana (AC 2) 8:00 Bingo! (AC 1)	**22** 9:30 Free Coffee! (Cafe) 10:15 Brain, Body, Balance with Demian (AC 1) 11:00 Dr. Jenner's Lecture... (AC 1) 1:00 Tie Dye with Ronnie (AC 2) 7:30 Shabbat Service with David Altshuler (AC 1) 8:30 Oneg Shabbat (AC - 1)	**23** **10:00 Shabbat Service (AC - 1)** 1:30 Mildred's Musicale (AC - 1) 7:30 Saturday Evening Cinema (AC 1)
24 10:00 Exercise DVD (AC1) 2:00 Bethesda Little Theater Presents, "Songs I Never get to Sing" (AC 1 and AC 2) 7:30 Evening Cinema (AC - 1)	**25** 10:15 Brain, Body, Balance with Demian (AC 1) **10:30 Weekly Review w/ Sandi (C)** 11:00 Words From A Word Game (AC - 2) 1:00 Shakespeare with Anne (AC 1) 2:00 Computer/Cell Phone Assistance (Cafe) 8:00 Bingo! (AC 1)	**26** 11:00 Music w/ Michael (AC1) 1:00 New Exercise DVD (AC 1) 2:00 Writing Family History Stories with Ben Terner (CR) 2:00 Knit & Nibble (AC 2) 2:00 Wellness Coaching w/ Carlton (WC) 3:30 Trivia (AC-1) 7:00 Dr. Jay McCrensky presents" The Kabbalah and Shabbat" (AC 1)	**27** 10:00 Exercise DVD/ Spiro (AC 1) 11:00 Body & Mind Training for Arthritis w/ Martine (AC 1) 1:30 Art w/ Marcia (AC - 2) 3:00 Muscle, Movement with Music (AC 1) 7:00 Natalie Lectures.... (AC 1)	**28** **Thanksgiving Day** **Happy Thanksgiving!**	**29** 9:30 Free Coffee! (Cafe) 10:15 Brain, Body, Balance with Demian (AC 1) 7:30 Shabbat Service with Mel Gelman (AC 1) 8:30 Oneg Shabbat (AC - 1)	**30** **10:00 Shabbat Service (AC - 1)** 1:30 Mildred's Musicale (AC - 1) 7:30 Saturday Evening Cinema (AC 1)

November 2019

Revitz House Activities Calendar

6111 Montrose Road Rockville, MD 20852 301-881-7400