

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 AM Virtual Movement (On the Big Screen) (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (TR) 11:00 AM Art with Martina (TART) 12:30 PM Bridge (Resident Run) (#1) 3:00 PM Perspectives (Current Events) (MR) 5:30 PM Erev Pesach Seder-Rabbi Bruce Aft (DR)	2 10:00 AM Movement (only in your apartments) 10:30 AM Pesach I-Rabbi Mark Raphael (SH) 2:00 PM Bingo (MR) 5:30 PM Pesach II Seder-Rabbi Dan (DR)	3 10:00 AM Movement (will only be in your apartments) (SH) 10:30 AM Pesach II-Rabbi Mark Raphael (SH) 4:15 PM Shabbat Services-Dan Caplan (MR)	4 9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services-Rabbi Mark Raphael (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 1:30 PM Talmud Study (in English Translation) (TR) 3:00 PM Yiddish Group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Jukebox Saturday Night with D.J Alan E. (MR)
5 9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Virtual Movement (On the Big Screen in the Meeting Room) (MR) 11:15 AM Knitting & Crocheting Club (Resident Run) (#1) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM MaryBeth Kerley (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)	6 10:00 AM Movement (SH) 11:00 AM Iris Music Project: The Sounds of Passover with the trio (SH) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR) 3:00 PM BW & Danger Trio (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Beyond the Sea (MR)	7 10:00 AM Better Balance & Fall Prevention Training (SH) 10:00 AM Movement (SH) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 2:00 PM Brain Game with Dana (Rummikub and word within a Word) (TR) 3:00 PM Iris Music Project: Music of Reflection and Introspection (SH) 7:15 PM Sing Along Group (Resident Run) (MR)	8 10:00 AM Movement (in your apartments only) (SH) 10:30 AM Pesach VII-Rabbi Mark Raphael (SH)	9 10:00 AM Virtual Movement (in your apartments) 10:30 AM Pesach VIII-Rabbi Mark Raphael (SH) 2:00 PM Bingo (MR)	10 10:00 AM Movement (only in your apartments) (SH) 11:00 AM Iris Music Project: Stories of endurance, survival and resistance: Edith Piaf and Josephine Baker, presented by Lisa, Josie and Lauren (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Creativity Plus (Poetry & Prose) (TR) 2:00 PM Prince Havelly (SH) 3:00 PM Music and Movement with Dan (NL) 3:00 PM Iris Music Project: Music Committee with Lauren (TR)	11 9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services-Cantor Jeff Moss (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 1:30 PM Talmud Study (in English Translation) (TR) 3:00 PM Yiddish Group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Jukebox Saturday Night with D.J Alan E. (MR) 8:22 PM Havdalah (Resident Run) (NL)

					4:15 PM Shabbat Services- Cheryl Stone (MR)	
12	13	14	15	16	17	18
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Virtual Movement (On the Big Screen in the Meeting Room) (MR) 11:00 AM News & Views with Stan Wolf (TR) 11:15 AM Knitting & Crocheting Club (Resident Run) (#1) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 2:00 PM Adventures In Visual Art: Step by Step painting with Fa'atasiga (art teacher) (TART) 3:00 PM Erin Frisby (Duo) (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:30 PM Comedy Night (MR)</p>	<p>10:00 AM Movement and Music (SH) 11:00 AM Iris Music Project: Folk Music from around the world (SH) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Guitarist Vladimir Friedman Performance (SH) 3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: With Six You Get Eggroll (MR)</p>	<p>10:00 AM Better Balance & Fall Prevention Training (SH) 10:00 AM Movement (SH) 11:00 AM Marking Holocaust Remembrance Day with Rabbi Dan and the trio (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 3:00 PM Gabe Hutter (SH) 7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>10:00 AM Movement (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (TR) 11:00 AM Art with Martina (TART) 11:00 AM Walking Club 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Iris Music Project: Tunes from the Great Musicals with Jiyoung (MR) 1:00 PM Health Seminar: Safe at Home-Fall Prevention & Functional Safety (#2) 2:00 PM Jewish Scholar: Rabbi Eitan Cooper-Ring House Scholars (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Sing Along with the Social Scene (MR)</p>	<p>10:00 AM Virtual Movement (On the Big Screen in the Meeting Room) (MR) 11:00 AM Gentle Stretch (MR) 12:30 PM Want to Have Some Fun with Colors? Taught by Jeanette Paroly (TART) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Rosh Chodesh with Rabbah Berger (#4) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Chug Ivri- Hebrew Club (TR) 2:00 PM Bingo (MR) 3:00 PM Great Courses: Discovering West Africa Episodes 5 & 6 (MR) 7:30 PM Movie in the Meeting Room: The Music Man (MR)</p>	<p>10:00 AM Movement (SH) 11:00 AM Iris Music Project: Music by the Decade: 1950s with Lauren (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 2:00 PM Chaia Klezmer Performance (SH) 3:00 PM Music and Movement with Dan (NL) 3:00 PM Iris Music Project: Drum Circle with Lauren (#4) 4:15 PM Shabbat Services- Steve Kerbel (MR)</p>	<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services- Steve Kerbel (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 1:30 PM Talmud Study (in English Translation) (TR) 3:00 PM Yiddish Group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Jukebox Saturday Night with D.J Alan E. (#4) 8:29 PM Havdalah (Resident Run) (NL)</p>
19	20	21	22	23	24	25
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Virtual Movement (On the Big Screen in the Meeting Room) 11:15 AM Knitting & Crocheting Club (Resident Run) (#1) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (SH) 2:00 PM Adventures in Visual Art: Step by Step Painting with Fa'atasiga (Art Teacher) 3:00 PM "From Great Romantics to American Favorites" with Pianist Olga Vinokur (SH)</p>	<p>10:00 AM Movement (SH) 11:00 AM Iris Music Project: Operatic Hits with the trio (SH) 1:00 PM State Fairs: Growing American Craft at the Smithsonian American Art Museums with Zach Patalingjug (Beyond the Landmarks LLC) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Short Story Group (TR) 2:00 PM Bingo (MR) 3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR)</p>	<p>10:00 AM Better Balance & Fall Prevention Training (SH) 10:00 AM Movement (SH) 10:15 AM Iris Music: Open Rehearsal (NL) 11:00 AM League of Women Voters (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 1:00 PM Technology Support with Jonathan (TR) 2:00 PM Brain Game with Dana (Rummikub and word within a Word) (#4) 3:00 PM Iris Music Project:</p>	<p>10:00 AM Movement (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Walking Club 11:00 AM Write Now with Christine (#4) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Iris Music Project: Nature's Music for Earth Day with Jiyoung (MR) 1:00 PM Health Seminar: Celebrate the Earth Through Gardening (#2) 2:00 PM Jewish Scholar: The Hidden Secrets of Psalm 104 with Rabbi David Greenspoon</p>	<p>10:00 AM Virtual Movement (On the Big Screen in the Meeting Room) 11:00 AM Jewish Art Education (MR) 11:00 AM Gentle Stretch (MR) 12:30 PM Want to Have Some Fun with Colors? Taught by Jeanette Paroly (TART) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Great Courses: Discovering West Africa Episodes 7 & 8 (MR)</p>	<p>10:00 AM Movement (SH) 11:00 AM Iris Music Project: Music of Gershwin with Bill and Lauren (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Creativity Plus (Poetry & Prose) (#4) 2:00 PM Ed Schafer (SH) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Shabbat Services- Jeffrey Kirschenbaum (MR)</p>	<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services- Rabbi Kim Blumenthal (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Scrabble Games (Resident Run) (#2) 1:30 PM Talmud Study (in English Translation) (TR) 3:00 PM Yiddish Group (NL) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:00 PM Jukebox Saturday Night with D.J Alan E. (#4)</p>

<p>3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)</p>	<p>3:00 PM Myca Townes (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: The Graduate (MR)</p>	<p>Helaine's Show (SH) 7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>(SH) 3:00 PM David Weaver Motown/Oldies R&B Singalong (SH)</p>	<p>7:30 PM Movie in the Meeting Room: The Big Sleep (MR)</p>		<p>8:36 PM Havdalah (Resident Run) (NL)</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>		
<p>9:00 AM Soothing Nature Sounds (975 & 8) 10:30 AM Virtual Movement (On the Big Screen in the Meeting Room) 11:00 AM News & Views with Stan Wolf (TR) 11:15 AM Knitting & Crocheting Club (Resident Run) (#1) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Symphony of the Potomac Chamber Players (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8) 7:30 PM Comedy Night (MR)</p>	<p>10:00 AM Movement (SH) 11:00 AM Iris Music Project: Classic Hollywood: Music from the Golden Era of Film with the trio (SH) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR) 3:00 PM Mindful Monday's Workshops, with Marilyn (#4) 3:00 PM Theater J: Fiddler on the Roof With Erin Weaver (for those who have signed up) (MR) 3:00 PM Victor Hurtado (Duo) Motown/Oldies and R&B (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Grease (MR)</p>	<p>10:00 AM Better Balance & Fall Prevention Training (SH) 10:15 AM Iris Music: Open Rehearsal (NL) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Israeli/Folk Dancing (MR) 3:00 PM Iris Music Project: Prokofiev's Ballet Music (SH) 7:15 PM Sing Along Group (Resident Run) (MR)</p>	<p>10:00 AM Movement (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Walking Club 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Iris Music Project: Composers inspired by Jazz with Jiyoung (MR) 1:00 PM Health Seminar: Stress Awareness Community Connections (#2) 2:00 PM Jewish Scholar: Rabbi Dan Epstein: Ring House Scholars (MR) 3:00 PM Perspectives (Current Events) (MR) 7:00 PM Singer and keyboardist Bob Clark (SH)</p>	<p>10:30 AM Virtual Movement (On the Big Screen in the Meeting Room) 11:00 AM Gentle Stretch (MR) 12:30 PM Want to Have Some Fun with Colors? Taught by Jeanette Paroly (TART) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Chug Ivri- Hebrew Club (TR) 2:00 PM Bingo (MR) 3:00 PM Great Courses: Discovering West Africa Episodes 9 & 10 (MR) 7:30 PM Movie in the Meeting Room: Something's Gotta Give (MR)</p>		