

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM History Discussion Group (TR) 11:00 AM Wellness Wednesday-Courtyard Garden/Outdoor Sports Court 11:00 AM Art with Martina (TART) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Health Seminar: The Power of Color on Mood, Energy & Well Being (#4) 1:00 PM Iris Music Project: Helaine's Show (MR) 1:00 PM Wegmans 2:00 PM Jewish Scholar: Rabbi Friedman (MR) 3:00 PM Songs, Stories, and a Little Sunshine with Eli Lev (SH) 7:00 PM Singer and Keyboardist Bob Clark Performance (SH)	10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 10:00 AM Plazas/ CVS 11:00 AM Better Balance & Fall Prevention Training/stretch (TR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 1:00 PM Giant/ Target 3:00 PM Great Courses: Understanding Japan Lectures 13 & 14 (MR) 7:30 PM Movie in the Meeting Room: My Big Fat Greek Wedding (MR)	10:00 AM Movement with Dan: Red, White and Move for Independence Day!! (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Happy Hour (NL) 1:00 PM Wal-Mart 2:00 PM Ed Schafer Trio (SH) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Shabbat Services-Dan Caplan (MR)	9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Movement (975 & 8) 10:30 AM Shabbat Services-Rabbi Mark Raphael (MR) 12:00 PM HAPPY 4TH OF JULY 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) 6:30 PM Havdalah (Resident Run) (NL) 7:00 PM Jukebox Saturday Night with D.J Alan E. (MR)
5	6	7	8	9	10	11
9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR)	10:00 AM Movement with Dan: Strength and Stability (SH) 10:00 AM Davis Library 11:00 AM Iris Music Project: The Spirit of Independence-Stories Behind Your Favorite Patriotic Music (SH) 1:00 PM Poker Game	10:00 AM Movement with Dan: Better Balance (SH) 10:00 AM Trip: Casino Live and Arundel Mills Outlet Shopping for 3 Hours 10:00 AM Dollar Store/ Moti's 10:15 AM Iris Music: Open Rehearsal (NL)	10:00 AM Movement with Dan: Strength and Stability (SH) 10:00 AM Plazas/ CVS 11:00 AM Guided Meditation (975 & 8) 11:00 AM Wellness Wednesday: Courtyard Garden/Outdoor Sports Court	10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 10:00 AM Giant/ Target 11:00 AM Better Balance & Fall Prevention Training/stretch (TR) 1:00 PM Ice Cream Thursdays	10:00 AM Movement with Dan: Strength and Stability (SH) 10:00 AM Trip: Kreger Museum and Art Gallery \$10.00 11:00 AM Iris Music Project: Music by the Decades-1970's (SH) 12:30 PM Bridge (Resident	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

19	20	21	22	23	24	25
9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Alan MacEwen-Jazz & Sing-along (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair Exercise: Yoga (975 & 8)	10:00 AM Movement with Dan: Strength and Stability (SH) 10:30 AM Giant/ Target 1:00 PM Rosh Chodesh with Rabbah Berger (#4) 1:00 PM Poker Game (Resident Run) (#2) 1:00 PM THEATER J: Radio Plays with Michael Russotto (those who have signup) (MR) 2:00 PM Short Story Group (TR) 2:00 PM Bingo (MR) 3:00 PM Educational Lectures with Nina: (MR) 3:00 PM Victor Hurtado-Pop, Oldies-40's to 60's with a little bit of 70's (SH) 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Miss Congeniality 2 (MR)	10:00 AM Movement with Dan: Better Balance (SH) 10:00 AM Montgomery Mall 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Resident Town Hall (SH) 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 Peter Grattan (Duo) Jazz, Oldies, Pop/Rock (SH) 7:15 PM Sing Along Group (Resident Run) (MR)	10:00 AM Movement with Dan: Strength and Stability (SH) 11:00 AM Guided Meditation (975 & 8) 11:00 AM Wellness Wednesday: Courtyard Garden/Outdoor Sports Court 11:00 AM Write in the moment with Christine (#4) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Opera Club: Aida (SH) 1:00 PM Health Seminar: Heart Smart: Keeping Your Heart Healthy (#4) 3:00 PM Karaoke with Kika (MR)	10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 10:00 AM Trip: National Museum of Health and Medicine 11:00 AM Better Balance & Fall Prevention Training/stretch (TR) 11:00 AM Jewish Art Education (SH) 11:00 AM Tisha B'av service with Rabbi Dan (MR) 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 1:00 PM Plazas/ CVS 2:00 PM Chug Ivri- Hebrew Club (TR) 2:00 PM Bingo (MR) 3:00 PM Great Courses: Understanding Japan-Lectures 17 & 18 (MR) 7:30 PM Movie in the Meeting Room: My Blue Heaven (MR)	10:00 AM Movement with Dan: Strength and Stability (SH) 10:00 AM Giant/ Target 10:00 AM Wal-Mart 11:00 AM Haberman Instatute: Truman and Israel behind the scene story of US support for Statehood in 1948 (MR) 12:30 PM Bridge (Resident Run) (#1) 12:30 PM Dollar Store/ Moti's 1:00 PM Creativity Plus (Poetry & Prose) (#4) 1:00 PM Happy Hour and Dance and Movement with Roz and Jerry Meet us on the dance floor Both seated and standing 2:00 PM Patty Reese-Oldies, Pop & Rock (SH) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Shabbat Services-Jeffrey Kirschenbaum (MR)	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) 6:30 PM Havdalah (Resident Run) (NL) 6:45 PM Trip: U of MD Clarice Smith Ctr "Summer Chorus Concert" 7:00 PM Jukebox Saturday Night with D.J Alan E. (MR)
26	27	28	29	30	31	
9:00 AM Soothing Nature Sounds (975 & 8) 10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 11:00 AM News & Views with Stan Wolf (TR) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Trivia with Jeff (MR) 3:00 PM Mary Beth Kerley-Soul & R&B (SH) 3:15 PM Mahjong Game (Resident Run) (#1) 4:00 PM Seated Chair	10:00 AM Movement with Dan: Strength and Stability (SH) 10:00 AM Montgomery Mall 1:00 PM Poker Game (Resident Run) (#2) 1:00 PM Plazas/ CVS 2:00 PM Bingo (MR) 3:00 PM Mindful Monday's Workshops, with Marilyn who is therapist (#4) 4:00 PM Trip: Olive Garden for Dinner 7:15 PM Mahjong Game (Resident Run) (#1) 7:30 PM Movie in the Meeting Room: Frida (MR)	10:00 AM Movement with Dan: Better Balance (SH) 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Giant/ Target 3:00 PM Brad Emmett (Duo) Oldies Music 40's to 70's (SH) 7:15 PM Sing Along Group (Resident Run) (MR)	10:00 AM Movement with Dan: Strength and Stability (SH) 10:00 AM Trip: Capital Jewish Museum 11:00 AM Guided Meditation (975 & 8) 11:00 AM Wellness Wednesday: Courtyard Garden/Outdoor Sports Court 12:30 PM Bridge (Resident Run) (#1) 1:00 PM Health Seminar: Living Well with Low Vision (#4) 1:00 PM Dollar Store/ Moti's 2:00 PM Bruce Gardner-Oldies and Pop (SH)	10:00 AM Virtual Movement (On the big screen in the Meeting Room) (MR) 10:00 AM Giant/ Target 11:00 AM Spain Golden Age (MR) 11:00 AM Better Balance & Fall Prevention Training/stretch (TR) 11:30 AM Trip: Ize's Bagels for Lunch 1:00 PM Ice Cream Thursdays (NL) 1:00 PM Poker Game (Resident Run) (#2) 2:00 PM Bingo (MR)	10:00 AM Movement with Dan: Strength and Stability (SH) 10:00 AM Wegmans 12:00 PM Trip: Rocky Point Creamery for Ice Cream 12:30 PM Bridge (Resident Run) (#1) 3:00 PM Music and Movement with Dan (NL) 4:15 PM Shabbat Services-Carmiya Weinraub (MR) 6:30 PM Trip: Music Center at Strathmore "Concert" \$56.00	

Exercise: Yoga (975 & 8) 7:30 PM Comedy Night (MR)			3:00 PM Moral Courage (Remembering Holocaust Survivors and their Rescuer with Sy Rotter (MR)	3:00 PM Great Courses: Understanding Japan-Lectures 19 & 20 (MR) 7:30 PM Movie in the Meeting Room: Best in Show (MR)		
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