

The Highlands



July 2010

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
K Kensington Room (W) W Woodlands G Groves R Recreation Room	Mobile Post Office 2nd & 4th Wednesday			1. 10:30 Tai Chi w/Karen 1:30 Wii Bowling 3:00 Strawberry Shortcakes 3:30 Celebrating Our Nation w/Nancy Abramson 7:30 Resident Scrabble (R)	2. 8:30 Men's Breakfast 9:30 Chevy Chase Market 10:30 Shabbat 11:00 Exercise (R) 1:15 Bridge (R) 3:00 1776 ~ A reflection on our Independence	3. 7:30 Saturday Cinema (R)
4. Carol M. Birthday ! <i>9-11 Church Shuttles</i> 12 p.m. ~ 2:30 p.m. 4th of July Open Buffet	5. 4th of July Staff Holiday Patriotic Movie @ 2 p.m.	6. 11:00 Exercise ® 2:00 Church Service (R) 3:30 Activity Mtg. 7:15 <u>Resident</u> Movie Night	7. 9:30 Bank Shuttle 11:15 Lunch Out: Benihana 2:00 Rosary (R) 2:30 Catholic Service G 3:30 Current Events 3:30 Safeway 7:30 Resident Black Jack	8. 10:30 Tai Chi w/Karen 1:30 Table Bowling 3:30 Crossword Puzzle 7:30 Resident Scrabble	9. 9:30 Chevy Chase Market 10:30 Shabbat [W] 11:00 Exercise (R) 1:15 Bridge ® 3:30 "Beyond The Sea" w/Frank & Trish 7:30 Recent Flick	10. 7:30 Saturday Cinema (R)
11. 9-11 Church Shuttles	12. 9:30 Exercise 10:15 Giant (S) 1:00 CVS/Library Shuttle 3:30 Current Events	13. 11:00 Exercise 2:00 Church Service (R) 3:30 Food Mtg. 7:15 <u>Resident</u> Movie Night	14. 11:30 Waverly Street Gallery 1:30 Mobile Post Office 2:00 Rosary (R) 2:30 Catholic Service (G) 3:30 Bingo	15. 10:30 Tai Chi w/Karen (R) 1:30 Wii Bowling 3:30 Birthdays w/ Dale Jarrett 7:30 Resident Scrabble (R)	16. 9:30 Chevy Chase Market 10:30 Shabbat w/ Cantor [W] 11:00 Exercise (R) 1:15 Bridge ® 3:30 Creative Writing 7:30 Recent Flick (R)	17. 7:30 Saturday Cinema (R)
18. 9-11 Church Shuttles	19. Marilyn B. Birthday! 9:30 Exercise (R) 10:15 Safeway Shopping 1:00 Bank Shuttle (S) 3:30 Spanish Class	20. 11:00 Exercise 2:00 Church Service (R) 3:00 PO KE NO (R) 7:15 <u>Resident</u> Movie Night	21. 11:15 Lunch Out: Roy's Place 2:30 Catholic Prayers 3:30 Current Events 7:30 Resident Black Jack	22. 10:30 Tai Chi w/Karen (R) 1:30 Table Bowling 3:30 Resident Council 7:30 Resident Scrabble (R)	23. 10:00 Chevy Chase Market 10:30 Shabbat (W) 11:00 Exercise 1:15 Bridge 3:30 Singer, Jennifer Housner	24. 7:30 Saturday Cinema (R)
25. 9-11 Church Shuttles	26. 9:30 Exercise ® 10:15 Giant Shopping 1:00 CVS/Library Shuttle (S) 3:30 Current Events	27. 11:00 Exercise 2:00 Church Service (R) 3:30 Resident Theatre 7:15 <u>Resident</u> Movie Night	28. 11:15 Bed, Bath & Beyond 1:30 Mobile Post Office 2:00 Rosary ® 2:15 Trans to Cath. Mass 7 p.m. Sing a Long w/ Rob Blundell	29. 10:30 Tai Chi w/Karen (R) 1:30 Table Bowling 3:30 Hector Munoz on Guitar 7:30 Resident Scrabble ®	30. 8:30 Men's Breakfast 10:00 Chevy Chase Market 10:30 Shabbat (W) 11:00 Exercise 1:15 Bridge 3:00 Woodlands Drama Club on Tour	31. 7:30 Saturday Cinema (R)