

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

Art Studio (AS)  
Auditorium (AUD)  
Bistro (BI)  
Chapel (CP)  
Club Room (CR)  
Courtyard (CY)  
Fitness Center (FC)  
Hospitality Lounge (HL)  
Main Dining Room (MDR)  
Theater (T)  
Wellness Center (WC)

SENIOR LIFESTYLE  
*Come grow with us!*

SENIOR LIFESTYLE  
*Unlimited options,  
Unparalleled services*

8:30 In-Town Shared Ride Service  
9:00 Fitness with Reggie Foster [FC]  
9:30 In-Town Shared Ride Service  
9:45 Fitness with Reggie Foster [FC]  
10:30 In-Town Shared Ride Service  
11:30 In-Town Shared Ride Service  
12:30 In-Town Shared Ride Service  
2:00 In Celebration of Black History Month , "Thomas Jefferson's 'Sons': Abraham Lincoln and Frederick Douglass with Professor Ed Smith [AUD]  
2:00 Scenic Bus Ride  
3:30 Happy Hour [HL]  
7:00 Evening Movie [T]

Groundhog Day  
10:30 Board games, including Mah Jongg, Scrabble and other resident choices [CR]  
2:00 Movie Matinee [T]  
7:00 Evening Movie [T]

11:45 Catholic Eucharistic Service [CP]  
2:00 Movie Matinee [T]  
2:30 Doggy Date [CY]  
4:00 Super Bowl LII Watch Party - New England Patriots versus the Los Angeles Rams [AUD]  
7:00 Evening Movie [T]

8:30 In-Town Shared Ride Service  
9:00 Fitness with Reggie Foster [FC]  
9:30 In-Town Shared Ride Service  
9:45 Fitness with Reggie Foster [FC]  
10:30 In-Town Shared Ride Service  
11:30 In-Town Shared Ride Service  
12:30 In-Town Shared Ride Service  
1:00 Bridge until 4:00 p.m. [CR]  
7:00 Evening Movie [T]

9:00 Fitness with Reggie Foster [FC]  
9:45 Fitness with Reggie Foster [FC]  
10:30 Doggy Date [CY]  
10:30 Weekly Singing Circle and so much more! with Roy Barber [AUD]  
1:00 Bridge Review with Gloria Davidson [AS]  
1:30 Dining Services Meeting [AUD]  
2:30 "Hot Topics" with Dr. Jenner [BI]  
7:00 Evening Movie [T]

8:30 Upper NW DC/Chevy Chase Shared Ride Service  
9:00 Fitness with Reggie Foster [FC]  
9:45 Fitness with Reggie Foster [FC]  
10:30 Bible Study with Rev. Gloria Grant [AS]  
10:30 Blood Pressure Check [WC]  
10:30 Coffee and Conversation [HL]  
10:30 Thomas Circle Book Group: Evicted: Poverty and Profit in the American City by Matthew Desmond [CR]  
10:30 Upper NW DC/Chevy Chase Shared Ride Service  
2:00 In-Town Shared Ride Service to 4:00 p.m.  
2:00 Yoga with Connie [FC]  
7:00 Evening Movie [T]

9:00 Fitness with Reggie Foster [FC]  
9:30 5% Senior Discount Day, Harris Teeter and other Pentagon Row shopping, Arlington, VA  
9:45 Fitness with Reggie Foster [FC]  
10:30 Mah Jongg Lessons with Arlene Lutenegger [CR]  
2:00 Always and Forever Renewal of Vows Ceremony - Everyone is invited! [HL]  
2:30 Pre-1330 Circle Social [CR]  
3:00 1330 Circle [AUD]  
7:00 Concert: Lea Morris, guitarist and vocalist, program commemorating Black History Month [AUD]  
7:00 Evening Movie [T]

8:30 In-Town Shared Ride Service  
9:00 Fitness with Reggie Foster [FC]  
9:30 In-Town Shared Ride Service  
9:45 Fitness with Reggie Foster [FC]  
10:30 In-Town Shared Ride Service  
11:30 In-Town Shared Ride Service  
12:30 In-Town Shared Ride Service  
2:00 Roy T. Matthews, Ph.D., discusses his memoir, "Gittin' Through: A small Southern town in World War II" [AUD]  
2:00 Scenic Bus Ride  
3:30 Happy Hour [HL]  
7:00 Evening Movie [T]

10:00 Bus tour of Congressional Cemetery with Carmel Jordan  
10:30 Board games, including Mah Jongg, Scrabble and other resident choices [CR]  
2:00 Movie Matinee [T]  
7:00 Evening Movie [T]

11:45 Catholic Eucharistic Service [CP]  
2:00 Movie Matinee [T]  
2:30 Doggy Date [CY]  
2:30 Protestant Worship Service with Rev. Jerome Fowler, Saint Paul Church, Capital Heights and Fort Washington, MD [CP]  
6:00 In Celebration of the Chinese New Year, Sunday Supper at Tiger Fork, NW DC  
7:00 Evening Movie [T]

8:30 In-Town Shared Ride Service  
9:00 Fitness with Reggie Foster [FC]  
9:30 In-Town Shared Ride Service  
9:45 Fitness with Reggie Foster [FC]  
10:30 In-Town Shared Ride Service  
10:30 TED Talk and Discussion [T]  
11:30 In-Town Shared Ride Service  
12:30 In-Town Shared Ride Service  
1:00 Bridge until 4:00 p.m. [CR]  
2:00 Monthly Poetry Reading Hour [AUD]  
7:00 Evening Movie [T]

9:00 Fitness with Reggie Foster [FC]  
9:45 Fitness with Reggie Foster [FC]  
10:00 Catholic Mass celebrated by Father Jack Hurley [CP]  
10:30 Doggy Date [CY]  
10:30 Weekly Singing Circle and so much more! with Roy Barber [AUD]  
1:00 Bridge Review with Gloria Davidson [AS]  
1:30 On-Site Activity Planning Committee for March [CR]  
2:30 "The Gold Rush" with Dr. Robert Jenner [BI]  
5:15 Separate: The Story of Plessy v. Ferguson, and America's Journey from Slavery to Segregation by Steve Luxenberg, Politics and Prose, NW DC  
7:00 Evening Movie [T]

8:30 Upper NW DC/Chevy Chase Shared Ride Service  
9:00 Fitness with Reggie Foster [FC]  
9:45 Fitness with Reggie Foster [FC]  
10:30 Bible Study with Rev. Gloria Grant [AS]  
10:30 Blood Pressure Check [WC]  
10:30 Coffee and Conversation [HL]  
10:30 Upper NW DC/Chevy Chase Shared Ride Service  
2:00 In-Town Shared Ride Service to 4:00 p.m.  
2:00 Yoga with Connie [FC]  
6:45 "Richard the Third," Harman Shakespeare Theatre, NW DC  
7:00 Evening Movie [T]

Valentine's Day  
9:00 Fitness with Reggie Foster [FC]  
9:30 COSTCO and Wegmans, Lanham, MD  
9:45 Fitness with Reggie Foster [FC]  
10:30 Mah Jongg Lessons with Arlene Lutenegger [CR]  
11:00 Episcopal Eucharist celebrated by Rev. Rick Houghton and Rev. Mary McCue [CP]  
1:00 All Winners Poker Club [CR]  
2:00 Off-Site Activity Planning Committee for March [AS]  
5:45 Nosedá conducts Berlioz' "Romeo and Juliet," Wagner, Tchaikovsky, National Symphony Orchestra, Kennedy Center  
7:00 Evening Movie [T]  
7:00 Valentine's Day Concert: WendySteveJazz, Wendy Lanxner and Steve Wilmarth [AUD]

8:30 In-Town Shared Ride Service  
9:00 Fitness with Reggie Foster [FC]  
9:30 In-Town Shared Ride Service  
9:45 Fitness with Reggie Foster [FC]  
10:00 Jewish Shabbat Services with Caron Dale, Cantorial Troubadour [CR]  
10:30 In-Town Shared Ride Service  
11:30 In-Town Shared Ride Service  
12:30 In-Town Shared Ride Service  
2:00 Life Reflections with Louis de Groot, "A Hidden Child in Holland"  
2:00 Scenic Bus Ride  
3:30 Valentine's Day Thematic Happy Hour [HL]  
7:00 Evening Movie [T]

10:30 "Life in DC in Decades Past: DC Trivia and Reminiscence" with Carmel Jordan [CR]  
2:00 Movie Matinee [T]  
7:00 Evening Movie [T]

<div><div>● CONNECT</div><div>● CONTRIBUTE</div><div>● FEEL</div><div>● GROW</div><div>● MOVE</div><div>● REFLECT</div></div>	<div><div>11:45</div><div>● Catholic Eucharistic Service [CP]</div><div>2:00 ● Movie Matinee [T]</div><div>2:30 ● Doggy Date [CY]</div><div>2:30 ● Protestant Worship with the Pastors Montgomery [CP]</div><div>6:00 ● "Living the Dream, Singing the Dream" 31st Annual Choral Tribute to Dr. Martin Luther King, Jr., Choral Arts Society, Heritage Singers, Men and Women of the Gospel, Children of the Gospel, Kennedy Center</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>Presidents' Day</div><div>8:30 ● In-Town Shared Ride Service</div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:30 ● In-Town Shared Ride Service</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:30 ● In-Town Shared Ride Service</div><div>11:30 ● In-Town Shared Ride Service</div><div>12:30 ● In-Town Shared Ride Service</div><div>1:00 ● Bridge until 4:00 p.m. [CR]</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:00 ● In Celebration of Black History, Month, experience a soldier's re-enactment, "School of the Soldier," African American Civil War Museum, NW DC</div><div>10:30 ● Doggy Date [CY]</div><div>10:30 ● Weekly Singing Circle and so much more! with Roy Barber [AUD]</div><div>1:00 ● Bridge Review with Gloria Davidson [AS]</div><div>1:30 ● Dining Services Meeting [AUD]</div><div>2:30 ● Presentation by Ida of Ida's Idea, NW DC's designer boutique, "Fashion Ideas for Sassy Seniors" [AS]</div><div>6:30 ● "Kleptocracy" at the Kreeger Theatre, Arena Stage, SW DC</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>8:30 ● Upper NW DC/Chevy Chase Shared Ride Service</div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:30 ● Bible Study with Rev. Gloria Grant [AS]</div><div>10:30 ● Blood Pressure Check [WC]</div><div>10:30 ● Coffee and Conversation [HL]</div><div>10:30 ● Upper NW DC/Chevy Chase Shared Ride Service</div><div>2:00 ● No In-Town Shared Ride Service today</div><div>2:00 ● Yoga with Connie [FC]</div><div>3:00 ● Wine and Cheese with Scott and the Directors [BI]</div><div>5:15 ● Parkland: Birth of a Movement by Dave Cullen, Politics and Prose, NW DC</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:30 ● Safeway, 5th and L Streets, NW</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:30 ● Mah Jongg Lessons with Arlene Lutenegger [CR]</div><div>1:00 ● Feel Good Bingo with Donna Gayles, Capital Caring [CR]</div><div>2:00 ● Community-wide Celebration of Love with American sign language lessons with students from Gallaudet University [HL]</div><div>7:00 ● Concert: Steve Gellman Trio with Steven Gellman, vocalist and guitarist; Margaret Wolfe, vocalist and percussionist and Doug Poplin, cellist [AUD]</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>8:30 ● In-Town Shared Ride Service</div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:30 ● In-Town Shared Ride Service</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:30 ● In-Town Shared Ride Service</div><div>11:00 ● Brain Fitness Workshop with Coach Dana Torrence [CR]</div><div>11:30 ● In-Town Shared Ride Service</div><div>12:30 ● In-Town Shared Ride Service</div><div>2:00 ● Scenic Bus Ride</div><div>2:30 ● In Celebration of the African-American History Month and the Life of Julius Hobson, "Hobson: The Great Gadfly," video followed by a discussion facilitated by his widow Tina Hobson [AUD]</div><div>3:30 ● Happy Hour [HL]</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>10:30 ● Board games, including Mah Jongg, Scrabble and other resident choices [CR]</div><div>10:30 ● Trip to the MGM Casino, Oxon Hill, MD</div><div>2:00 ● Movie Matinee [T]</div><div>7:00 ● Evening Movie [T]</div></div>
	<div><div>11:45</div><div>● Catholic Eucharistic Service [CP]</div><div>2:00 ● Movie Matinee [T]</div><div>2:30 ● Doggy Date [CY]</div><div>2:30 ● Protestant Worship with the Pastors Montgomery [CP]</div><div>5:00 ● In Celebration of Black History Month, our Sunday Supper will be at Southside 815, Alexandria, VA, for authentic Southern cuisine</div><div>7:00 ● 91st Academy Awards Watch Party [AUD]</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>8:30 ● In-Town Shared Ride Service</div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:30 ● In-Town Shared Ride Service</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:30 ● In-Town Shared Ride Service</div><div>10:30 ● TED Talk and Discussion [T]</div><div>11:30 ● In-Town Shared Ride Service</div><div>12:30 ● In-Town Shared Ride Service</div><div>1:00 ● Bridge until 4:00 p.m. [CR]</div><div>5:15 ● How the Bible Actually Works: In Which I Explain How an Ancient, Ambiguous, and Diverse Book Leads Us to Wisdom Rather Than Answers and Why That's Great News by Peter Enns</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:00 ● Catholic Mass celebrated by Father Jack Hurley [CP]</div><div>10:30 ● Doggy Date [CY]</div><div>10:30 ● Weekly Singing Circle and so much more! with Roy Barber [AUD]</div><div>1:00 ● Bridge Review with Gloria Davidson [AS]</div><div>2:30 ● "History of the KKK" with Dr. Robert Jenner, rescheduled from 2018 [BI]</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>8:30 ● Upper NW DC/Chevy Chase Shared Ride Service</div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:30 ● Blood Pressure Check [WC]</div><div>10:30 ● Coffee and Conversation [HL]</div><div>10:30 ● No Bible Study today [AS]</div><div>10:30 ● Upper NW DC/Chevy Chase Shared Ride Service</div><div>2:00 ● In-Town Shared Ride Service to 4:00 p.m.</div><div>2:00 ● Yoga with Connie [FC]</div><div>7:00 ● Evening Movie [T]</div></div>	<div><div>9:00 ● Fitness with Reggie Foster [FC]</div><div>9:30 ● Giant Food and Home Depot, Brentwood, NE DC</div><div>9:45 ● Fitness with Reggie Foster [FC]</div><div>10:30 ● Mah Jongg Lessons with Arlene Lutenegger [CR]</div><div>1:00 ● All Winners Poker Club [CR]</div><div>2:00 ● Community-wide Black History Month Celebration Honoring Our Residents [AUD]</div><div>5:15 ● Putin's World: Russia Against the West and With the Rest by Angela Stent, Politics and Prose, NW DC</div><div>5:30 ● Monthly IL Birthday Party</div><div>7:00 ● Concert: Steve Schwadron and Friends, classical ensemble [AUD]</div><div>7:00 ● Evening Movie [T]</div></div>		

LOCATIONS

Art Studio (AS)

Auditorium (AUD)

Bistro (BI)

Chapel (CP)

Club Room (CR)

Courtyard (CY)

Fitness Center (FC)

Hospitality Lounge (HL)

Main Dining Room (MDR)

Theater (T)

Wellness Center (WC)

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