

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 Go4Life® Walking Club 1 10:30 Take it to the Press 1:30 Catholic Service with St. Ann's Parish (J1) 2:00 James Bowlers Club 3:00 Scenic Van Ride with Ivy and Marie 4:00 Timeless Trivia with Ivy (J1)	9:45 Go4Life® Walking Club 2 10:15 Westover Shopping Trip (Rite Aid/Post Office/Ayers Hardware) (J1) 10:45 Cookies and NewsCurrents 11:15 Meet Me at MoMA 2:00 Balloon Tennis (J1) 3:00 Crossword Puzzle Club (Social)	9:45 Go4Life® Walking Club 3 10:15 Baking with Zaria 11:00 Morning Melodies with Harris (J1) 2:00 Exercise Essentials (Foam Noodles) 2:30 Popcom and Popstars (Hollywood Legends) 3:15 Afternoon Bingo Social with Jamie (James Bistro) 4:00 Mocktails with Zaria	9:45 Go4Life® Walking Club 4 10:15 News Currents Sr. 11:00 Red Lobster Lunch Outing 11:00 Bowling League Competition: Jazzy James vs Shenandoah Bistro Bowlers (J1) 2:00 Exercise Essentials (Balls) 3:00 SingFit® Social 4:00 Fascinating Facts with Imani	9:45 Go4Life® Walking Club 5 10:30 Rosary Prayer with the Legion of Mary (J1) 10:30 Take it to the Press 11:00 Morning Melodies with Harris (J1) 2:00 Exercise Essentials (Discs) 3:00 World Travelers Club 4:00 Acoustic Ambiance with Michael Davis (J1)	9:45 Go4Life® Walking Club 6 10:15 Willston Shopping Trip (Safeway/Target) 10:15 Baking with Marie 10:45 Name Five Game 11:15 Devotions with Marie 1:30 Art Talks with Marney (PCR) 2:00 Balloon Tennis (J1) 3:00 String and Swing with the Evergreens (J1)	9:45 Go4Life® Walking Club 7 10:30 Scenic Wilderness of the World with Zaria 11:30 Chicken Soup for the Soul with Zaria (J1) 2:00 History Alive (PCR) 2:30 Sit and Be Fit (J1) 7:30 Saturday Night Cinema
9:45 Go4Life® Walking Club 8 10:30 Take it to the Press 1:30 Catholic Service with St. Ann's Parish (J1) 2:00 James Bowlers Club 3:00 Scenic Van Ride with Ivy and Marie 4:00 Timeless Trivia with Ivy (J1)	9:45 Go4Life® Walking Club 9 10:15 Westover Shopping Trip (Rite Aid/Post Office/Ayers Hardware) (J1) 10:45 Cookies and NewsCurrents 11:15 Meet Me at MoMA 2:00 Balloon Tennis (J1) 3:00 Crossword Puzzle Club (Social)	9:45 Go4Life® Walking Club 10 10:15 Baking with Zaria 11:00 Morning Melodies with Harris (J1) 2:00 Exercise Essentials (Foam Noodles) 2:30 Popcom and Popstars (Hollywood Legends) 3:15 Afternoon Bingo Social with Jamie (James Bistro) 4:00 Mocktails with Zaria	9:45 Go4Life® Walking Club 11 10:00 Smithsonian IMAX Theatre Outing 10:00 Smithsonian IMAX Theatre Outing 10:15 News Currents Sr. 11:00 Pet Therapy with Zoe (J1) 11:00 Coffee and Schmooze with Marcia (James Bistro) 2:00 Exercise Essentials (Balls) 3:00 Monthly Birthday Social (J1) 4:00 Fascinating Facts with Imani	9:45 Go4Life® Walking Club 12 10:30 Rosary Prayer with the Legion of Mary (J1) 10:30 Take it to the Press 11:00 Morning Melodies with Harris (J1) 1:15 Librarian's Visit (Shenandoah Bistro) 2:00 Exercise Essentials (Discs) 3:00 World Travelers Club 4:00 Acoustic Ambiance with Michael Davis (J1)	9:45 Go4Life® Walking Club 13 10:15 Ballston Commons Shopping Trip (Macy's/Harris Teeter) (J1) 10:15 Baking with Marie 10:45 Name Five Game 11:15 Devotions with Marie 2:00 Balloon Tennis (J1) 3:00 Big Word Little Word Social (J1)	9:45 Go4Life® Walking Club 14 10:00 Pure Joy's "Pretty and Polished" (James Bistro) 10:30 Scenic Wilderness of the World with Zaria 11:30 Chicken Soup for the Soul with Zaria (J1) 2:00 History Alive (PCR) 2:30 Sit and Be Fit (J1)
9:45 Go4Life® Walking Club 15 10:30 Take it to the Press 1:30 Catholic Service with St. Ann's Parish (J1) 2:00 James Bowlers Club 3:00 Scenic Van Ride with Ivy and Marie 4:00 Timeless Trivia with Ivy (J1)	9:45 Go4Life® Walking Club 16 10:15 Westover Shopping Trip (Rite Aid/Post Office/Ayers Hardware) (J1) 10:45 Cookies and NewsCurrents 11:15 Meet Me at MoMA 2:00 Balloon Tennis (J1) 3:00 Crossword Puzzle Club (Social)	9:45 Go4Life® Walking Club 17 10:15 Baking with Zaria 11:00 Morning Melodies with Harris (J1) 2:00 Exercise Essentials (Foam Noodles) 2:30 Popcom and Popstars (Hollywood Legends) 3:15 Afternoon Bingo Social with Jamie (James Bistro) 4:00 Mocktails with Zaria	9:45 Go4Life® Walking Club 18 10:15 Hirshhorn Museum Outing 10:15 News Currents Sr. 11:00 Catholic Mass (Priest) (J1) 2:00 Exercise Essentials (Balls) 3:00 SingFit® Social 4:00 Fascinating Facts with Imani	9:45 Go4Life® Walking Club 19 10:30 Rosary Prayer with the Legion of Mary (J1) 10:30 Take it to the Press 11:00 Morning Melodies with Harris (J1) 2:00 Exercise Essentials (Discs) 3:00 World Travelers Club 4:00 Acoustic Ambiance with Michael Davis (J1)	9:45 Go4Life® Walking Club 20 10:15 Bailey's Crossroads Shopping Trip (Giant) (J1) 10:15 Baking with Marie 10:45 Name Five Game 11:15 Devotions with Marie 2:00 Balloon Tennis (J1) 3:00 String and Swing with the Evergreens (J1)	9:45 Go4Life® Walking Club 21 10:30 Scenic Wilderness of the World with Zaria 11:30 Chicken Soup for the Soul with Zaria (J1) 2:00 History Alive (PCR) 2:30 Sit and Be Fit (J1)
9:45 Go4Life® Walking Club 22 10:30 Take it to the Press 1:30 Catholic Service with St. Ann's Parish (J1) 2:00 James Bowlers Club 3:00 Scenic Van Ride with Ivy and Marie 4:00 Timeless Trivia with Ivy (J1)	9:45 Go4Life® Walking Club 23 10:15 Westover Shopping Trip (Rite Aid/Post Office/Ayers Hardware) (J1) 10:45 Cookies and NewsCurrents 11:15 Meet Me at MoMA 2:00 Balloon Tennis (J1) 3:00 Crossword Puzzle Club (Social)	9:45 Go4Life® Walking Club 24 10:15 Baking with Zaria 11:00 Morning Melodies with Harris (J1) 2:00 Exercise Essentials (Foam Noodles) 2:30 Popcom and Popstars (Hollywood Legends) 3:15 Afternoon Bingo Social with Jamie (James Bistro) 4:00 Mocktails with Zaria	9:45 Go4Life® Walking Club 25 10:15 News Currents Sr. 10:45 Coastal Flats Lunch Outing 11:00 Coffee and Schmooze with Marcia (James Bistro) 2:00 Exercise Essentials (Balls) 3:00 SingFit® Social 4:00 Fascinating Facts with Imani 6:30 Back-to-School "Sock Hop" (Family Night)	9:45 Go4Life® Walking Club 26 10:30 Rosary Prayer with the Legion of Mary (J1) 10:30 Take it to the Press 11:00 Morning Melodies with Harris (J1) 2:00 Exercise Essentials (Discs) 3:00 World Travelers Club 4:00 Acoustic Ambiance with Michael Davis (J1)	9:45 Go4Life® Walking Club 27 10:15 Willston Shopping Trip (Safeway/Target) 10:15 Baking with Marie 10:45 Name Five Game 11:15 Devotions with Marie 2:00 Balloon Tennis (J1) 3:00 Big Word Little Word Social (J1)	9:45 Go4Life® Walking Club 28 10:30 Scenic Wilderness of the World with Zaria 11:30 Chicken Soup for the Soul with Zaria (J1) 2:00 History Alive (PCR) 2:30 Sit and Be Fit (J1)
9:45 Go4Life® Walking Club 29 10:30 Take it to the Press 1:30 Catholic Service with St. Ann's Parish (J1) 2:00 James Bowlers Club 3:00 Scenic Van Ride with Ivy and Marie 4:00 Timeless Trivia with Ivy (J1)	9:45 Go4Life® Walking Club 30 10:15 Westover Shopping Trip (Rite Aid/Post Office/Ayers Hardware) (J1) 10:45 Cookies and NewsCurrents 11:15 Meet Me at MoMA 2:00 Balloon Tennis (J1) 3:00 Crossword Puzzle Club (Social)	CS Country Store J1 James Living Room PCR Potomac Club Room PT Potomac Terrace SDR Shenandoah Dining Room ST Shenandoah Terrace				