



- Explore - Leadership & Volunteerism
- Explore - Lectures & Learning
- Explore - Recreation & Entertainment
- Explore - Self Expression & the Arts
- Explore - Spiritual Health & Religion
- Explore - Strength & Vitality
- Explore - Travels & Treks

Location Keys

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|-----------------------|-------|
| AL Dining Room | AL DR |
| Auditorium | AUD |
| Bistro | BI |
| Chapel | CP |
| Club Room/ Art Studio | CR/AS |
| Courtyard | CY |
| Fitness Center | FC |
| Hospitality Lounge | HL |
| Main Dining Room | MDR |
| Private Dining Room | PDR |
| Theater | T |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ● Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 1</p> <p>1:45 ● Trip to Washington Stage Guild: "Happy Days" (tickets required) - sign-up in the Blue Binder</p> <p>2:00 ● TC Movie Theater [T]</p> <p>4:00 ● Doggy Date [CY]</p> <p>5:00 ● Trip to Bastille Brasserie & Bar (Alexandria) - sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Groundhog Day 2</p> <p>8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder</p> <p>11:30 ● TED Talks w/Sarah McMeans: Reviving the legacy of the Black teaching tradition by S. El-Mekki [AUD]</p> <p>12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder</p> <p>1:00 ● Handwork - Open Circle (bring your own) [HL]</p> <p>2:00 Shuttle to Medical Appointments (downtown) & Dance for PD@ the Kennedy Center - sign-up in the Blue Binder</p> <p>2:00 ● Sip & Paint: Instructional 'Arts & Crafts' (all supplies provided) [CR/AS]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Errands & Miscellaneous Ride - sign up in the Blue Binder 3</p> <p>Market Place (10 AM - 12 PM)</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:35 ● One-on-one Meetings w/ Chaplain Linda Mohler: needs to be scheduled, contact Natalie for more information [PDR]</p> <p>11:45 ● Errands Ride: Upper DC & The Church of Epiphany Concerts - sign up in the Blue Binder</p> <p>1:30 ● Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]</p> <p>1:30 ● TC Poker Club [CR/AS]</p> <p>2:30 ● Poetry Club w/ Linda [AL DR]</p> <p>2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Morning Exercise Class with Fit Group USA [AUD] 4</p> <p>10:00 Shopping Trip: Trader Joe's - sign-up in the Blue Binder</p> <p>11:00 ● Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR]</p> <p>11:00 ● Yoga with Connie [AUD]</p> <p>12:00 Shopping Trip: Giant - sign-up in the Blue Binder</p> <p>12:00 Shopping Trip: Safeway - sign-up in the Blue Binder</p> <p>1:00 ● Thomas Circle Singers meet to rehearse with Caron [AUD]</p> <p>1:00 ● Wellness Wednesdays with Select Rehab [T]</p> <p>1:30 ● Reiki with Carmela - sign-up in the White Binder (by appointment only)</p> <p>2:00 ● Spotlight on Black History Month: "Josiah Henson and Benjamin Banneker" with Zack Patalingjug [AUD]</p> <p>3:15 ● Off-Site Activities Planning Group Meeting for March - ALL are welcome [CR/AS]</p> <p>4:00 ● Cocktails & Connections - Intergenerational Game Night. [BI]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Errands & Miscellaneous Ride - sign-up in the Blue Binder 5</p> <p>9:30 Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>11:30 Errands & Miscellaneous Ride - sign up in the Blue Binder</p> <p>1:30 ● Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]</p> <p>2:00 ● The 1330 Circle Meeting [AUD]</p> <p>2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder</p> <p>3:30 ● Reading Short Stories Together [CR/AS]</p> <p>5:30 ● Trip to Politics & Prose: Freedom Lost, Freedom Won: A Personal History of America by Eugene Robinson - sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 6</p> <p>8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:30 ● Trip to NSO at The Kennedy Center (tickets required) - sign-up in the Blue Binder</p> <p>11:15 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder</p> <p>12:00 ● Market Place (12 PM - 2 PM)</p> <p>4:00 ● HAPPY HOUR [HL]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Trip to the Natural History Museum - sign-up in the Blue Binder 7</p> <p>10:30 ● Balance Exercise for Seniors/ Dance for PD [AUD]</p> <p>1:30 Shopping (Giant/Safeway) & Scenic Ride (Massachusetts Ave - Embassy Row) - sign-up in the Blue Binder</p> <p>2:00 ● TC Movie Theater [T]</p> <p>2:30 ● Concert: Margarita Loukachkina (piano), Nikita Borisovich] (violin) [AUD]</p> <p>4:00 Doggy Date [CY]</p> <p>7:15 ● TC Movie Theater [T]</p>
<p>Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 8</p> <p>2:00 ● TC Movie Theater [T]</p> <p>4:00 Doggy Date [CY]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 9</p> <p>8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder</p> <p>11:30 ● TED Talks w/Sarah McMeans: The wisdom we need for a planet in crisis by T. Al-Olaimy [AUD]</p> <p>12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder</p> <p>1:00 ● Handwork - Open Circle (bring your own) [HL]</p> <p>2:00 Shuttle to Medical Appointments (downtown) & Dance for PD@ the Kennedy Center - sign-up in the Blue Binder</p> <p>2:00 ● Sip & Paint: Instructional 'Arts & Crafts' (all supplies provided) [CR/AS]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Errands & Miscellaneous Ride - sign up in the Blue Binder 10</p> <p>Market Place (10 AM - 12 PM)</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:35 ● One-on-one Meetings w/ Chaplain Linda Mohler: needs to be scheduled, contact Natalie for more information [PDR]</p> <p>11:00 ● On-Site Activities Planning Group Meeting for March - ALL are welcome [CR/AS]</p> <p>11:45 ● Errands Ride: Upper DC & The Church of Epiphany Concerts - sign up in the Blue Binder</p> <p>12:30 ● "Grumpy Old Men" meeting [CR/AS]</p> <p>1:30 ● Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]</p> <p>1:30 ● TC Poker Club [CR/AS]</p> <p>2:30 ● Poetry Club w/ Linda [AL DR]</p> <p>2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder</p> <p>5:30 ● Trip to Politics & Prose: The War Within a War: The Black Struggle in Vietnam and at Home by Wil Haygood - sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Morning Exercise Class with Fit Group USA [AUD] 11</p> <p>10:00 Shopping Trip: Safeway - sign-up in the Blue Binder</p> <p>11:00 ● Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR]</p> <p>11:00 ● Yoga with Connie [AUD]</p> <p>12:00 Shopping Trip: Whole Foods - sign-up in the Blue Binder</p> <p>1:00 ● Wellness Wednesdays with Select Rehab [T]</p> <p>1:30 ● Reiki with Carmela - sign-up in the White Binder (by appointment only)</p> <p>2:00 ● NEW: 'Curious Minds' resident meeting - ALL are welcome [CR/AS]</p> <p>4:00 ● Valentine's Day Party [HL]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Inter-Religious Service w/ Chaplain Linda Mahler [CP] 12</p> <p>9:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>11:00 ● NEW: "Golden Years Support Group A Place for Seniors to Discuss the Challenges of Aging" with Frances Wu, MSW, JD (Auditorium - Club Room) [AUD]</p> <p>11:30 Errands & Miscellaneous Ride - sign up in the Blue Binder</p> <p>1:30 ● Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]</p> <p>2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder</p> <p>3:00 ● Dining Services Meeting [PDR]</p> <p>7:15 ● Gersh Chervinsky Violin Studio Students Recital - 5 to 18 years old. [AUD]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 13</p> <p>8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:00 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder</p> <p>11:45 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder</p> <p>12:00 ● Market Place (12 PM - 2 PM)</p> <p>2:30 ● TC Documentary Club - Great Courses: American Presidents</p> <p>4:00 ● HAPPY HOUR [HL]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Valentine's Day 14</p> <p>10:45 ● Trip to the National Gallery: The Stars We Do Not See - Australian Indigenous Art - sign-up in the Blue Binder</p> <p>1:00 ● Balance Exercise for Seniors/ Dance for PD [AUD]</p> <p>2:00 Shopping (Giant/Safeway) & Scenic Ride (National Mall- Tidal Basin) - sign-up in the Blue Binder</p> <p>2:00 ● TC Movie Theater [T]</p> <p>4:00 Doggy Date [CY]</p> <p>5:00 ● Valentine's Day Special with Juliana Scholle [MDR]</p> <p>7:15 ● TC Movie Theater [T]</p>
<p>Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 15</p> <p>1:00 ● Trip to Constellation Theater: "Dracula" (tickets required) - sign-up in the Blue Binder</p> <p>2:00 ● TC Movie Theater [T]</p> <p>4:00 Doggy Date [CY]</p> <p>4:00 ● Trip to Clyde's Gallery Place restaurant - sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Presidents' Day 16</p> <p>8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder</p> <p>11:30 ● TED Talks w/Sarah McMeans: The question that saved my company from bankruptcy by S. Price John [AUD]</p> <p>12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder</p> <p>1:00 ● Handwork - Open Circle (bring your own) [HL]</p> <p>2:00 Shuttle to Medical Appointments (downtown) & Dance for PD@ the Kennedy Center - sign-up in the Blue Binder</p> <p>2:00 ● Sip & Paint: 'Mardi Gras & Carnival Masks' (all supplies provided) [CR/AS]</p> <p>3:30 ● Off-Site & On-Site Planning meeting to finalize March calendar - ALL are welcome [CR/AS]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Errands & Miscellaneous Ride - sign up in the Blue Binder 17</p> <p>Market Place (10 AM - 12 PM)</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:35 ● One-on-one Meetings w/ Chaplain Linda Mohler: needs to be scheduled, contact Natalie for more information [PDR]</p> <p>10:45 ● Rummikub Workshop with Dana (space is limited) - sign-up in the White Binder [CR/AS]</p> <p>11:45 ● Errands Ride: Upper DC & The Church of Epiphany Concerts - sign up in the Blue Binder</p> <p>1:30 ● Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]</p> <p>1:30 ● TC Poker Club [CR/AS]</p> <p>2:30 ● Poetry Club w/ Linda [AL DR]</p> <p>2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder</p> <p>3:00 ● Mardi Gras Wine and Cheese with Sena [BI]</p> <p>6:30 ● Trip to Arena Stage: "Chez Joey" at Kreeger (tickets required) - sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Morning Exercise Class with Fit Group USA [AUD] 18</p> <p>10:00 Shopping Trip: Giant - sign-up in the Blue Binder</p> <p>10:30 ● New Resident Orientation (ALL residents are welcome) [CR/AS]</p> <p>11:00 ● Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR]</p> <p>11:00 ● Yoga with Connie [AUD]</p> <p>12:00 Shopping Trip: Safeway - sign-up in the Blue Binder</p> <p>12:00 Shopping Trip: Trader Joe's - sign-up in the Blue Binder</p> <p>1:00 ● Thomas Circle Singers meet to rehearse with Caron [AUD]</p> <p>1:00 ● Wellness Wednesdays with Select Rehab [T]</p> <p>1:30 ● Reiki with Carmela - sign-up in the White Binder (by appointment only)</p> <p>2:30 ● TC In-House Guest Speaker Series with Tom: "Travelling Songs" [AUD]</p> <p>6:30 ● Trip to Shakespeare Theater: "On Beckett" (Klein Theatre; tickets required) - sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Trip to Senior Cinema Special - Avalon Theater (\$6 - tickets required) & Errands - sign-up in the Blue Binder 19</p> <p>9:30 Trip to Senior Cinema Special - Avalon Theater (\$6 - tickets required) & Errands - sign-up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>11:00 ● TC BOOK CLUB Meeting [CR/AS]</p> <p>11:30 Errands & Miscellaneous Ride - sign up in the Blue Binder</p> <p>1:00 ● Birthday Celebration: Birthdays Greetings to IL February Celebrants! [CR/AS]</p> <p>1:30 ● Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]</p> <p>2:30 ● Reading Short Stories Together [CR/AS]</p> <p>2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder</p> <p>4:00 ● Trip to Howard University Social Hour - sign-up in the Blue Binder</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 20</p> <p>8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder</p> <p>10:00 ● Morning Exercise Class with Fit Group USA [AUD]</p> <p>10:00 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder</p> <p>11:45 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder</p> <p>12:00 ● Market Place (12 PM - 2 PM)</p> <p>2:30 ● Life Reflections: "Julius Hobson & The Civil Rights Movement" by Tina Hobson and share your own life stories too. [AUD]</p> <p>4:00 ● CHINESE NEW YEAR HAPPY HOUR [HL]</p> <p>7:15 ● TC Movie Theater [T]</p>	<p>Trip to the National Museum of the Marine Corps - sign-up in the Blue Binder 21</p> <p>10:30 ● Balance Exercise for Seniors/ Dance for PD [AUD]</p> <p>1:00 ● Balance Exercise for Seniors/ Dance for PD [AUD]</p> <p>2:00 ● TC Movie Theater [T]</p> <p>3:15 ● The 21st Century Consort Series at Hirshhorn - sign-up in the Blue Binder</p> <p>4:00 Doggy Date [CY]</p> <p>7:15 ● TC Movie Theater [T]</p>

