

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 Location Keys AL Dining Room AL DR Auditorium AUD Bistro BI Chapel CP Club/Art Room CR/AS Courtyard CY Fitness Center FC Hospitality Lounge HL Private Dining Room PDR Theater T		8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:30 TED Talks w/Sarah McMeans: What really won the trillion-dollar supreme court case by N. K. Katyal [AUD] 12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 1:00 Handwork - Open Circle (bring your own) [HL] 2:00 Shuttle to Medical Appointments (downtown) & Dance for PD@ the Kennedy Center - sign-up in the Blue Binder 2:00 Sip & Paint: Instructional 'Arts & Crafts' (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T] 1	10:00 Errands & Miscellaneous Ride - sign up in the Blue Binder 10:00 Market Place (10 AM - 12 PM) 10:00 Morning Exercise Class [AUD] 10:35 One-on-one Meetings w/ Chaplain Linda Mohler: needs to be scheduled, contact Programming for more information [PDR] 11:45 Errands Ride: Upper DC & The Church of Epiphany Concerts - sign up in the Blue Binder 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 1:30 TC Poker Club [CR/AS] 2:30 Poetry Club w/ Linda [AL DR] 2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder 7:15 TC Movie Theater [T] 2	10:00 Morning Exercise Class [AUD] 10:00 Shopping Trip: Trader Joe's - sign-up in the Blue Binder 11:00 Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR] 11:00 Yoga with Connie [AUD] 12:00 Shopping Trip: Giant - sign-up in the Blue Binder 1:30 Reiki with Carmela - sign-up in the White Binder (by appointment only) 1:30 TC Bridge Club - ALL are welcome [CR/AS] 3:00 Off-Site Activities Planning Group Meeting for July - ALL are welcome [PDR] 7:15 TC Movie Theater [T] 3	9:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:30 Vaccination Clinic - pre-registered residents only (10:30 AM-1 PM) [CR/AS] 11:30 Errands Rides & MLK Library Concert - sign up in the Blue Binder 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 2:00 The 1330 Circle Meeting [AUD] 2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder 7:15 TC Movie Theater [T] 4	8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:00 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:45 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder 12:00 Market Place (12 PM - 2 PM) 2:00 Health Talk: Stay Hydrated, Stay Healthy!: The Power of Water for Older Adults - with Amy [AUD] 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T] 5	10:30 Trip to Museum of Women in the Arts: "Burnished: Pueblo Pottery" (NEW; tickets- \$13) - sign-up in the Blue Binder 1:00 Balance Exercise for Seniors/ Dance for PD [AUD] 2:00 Shopping (Giant/ Safeway) & Scenic Ride (Massachusetts Ave - Embassy Row) - sign-up in the Blue Binder 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T] 6						
	9:30 Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 12:30 Trip to Round House Theater: "Sally & Tom" (tickets required) - sign-up in the Blue Binder 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 6:00 Trip to Cuba Libre Restaurant & Rum Bar - sign-up in the Blue Binder 7:15 TC Movie Theater [T] 7	8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 10:30 Summer Beading Workshop with Victoria (all supplies provided) [AL DR] 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:30 TED Talks w/Sarah McMeans: This is what LGBT life is like around the world by J. Chang & L. Dazols [AUD] 12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 1:00 Handwork - Open Circle (bring your own) [HL] 2:00 Shuttle to Medical Appointments (downtown) & Dance for PD@ the Kennedy Center - sign-up in the Blue Binder 2:00 Sip & Paint: Instructional 'Arts & Crafts' (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T] 8	10:00 Errands & Miscellaneous Ride - sign up in the Blue Binder 10:00 Market Place (10 AM - 12 PM) 10:00 Morning Exercise Class [AUD] 10:35 One-on-one Meetings w/ Chaplain Linda Mohler: needs to be scheduled, contact Programming for more information [PDR] 11:00 On-Site Activities Planning Group Meeting for July - ALL are welcome [CR/AS] 11:45 Errands Ride: Upper DC & The Church of Epiphany Concerts - sign up in the Blue Binder 12:30 "Grumpy Old Men" meeting [CR/AS] 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 1:30 TC Poker Club [CR/AS] 2:30 Poetry Club w/ Linda [AL DR] 2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder 7:15 TC Movie Theater [T] 9	10:00 Morning Exercise Class [AUD] 10:00 Shopping Trip: Safeway - sign-up in the Blue Binder 11:00 Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR] 11:00 Yoga with Connie [AUD] 12:00 Shopping Trip: Whole Foods - sign-up in the Blue Binder 1:30 Reiki with Carmela - sign-up in the White Binder (by appointment only) 1:30 TC Bridge Club - ALL are welcome [CR/AS] 3:30 In-House Guest-Speaker Series "Breakup Songs with Tom Watkins" [AUD] 5:30 Trip to Politics & Prose: A Voice Like Mine: A Memoir by Deb Haaland - sign-up in the Blue Binder 7:15 TC Movie Theater [T] 10	9:00 Inter-Religious Service w/ Chaplain Linda Mahler [CP] 9:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 10:00 Morning Exercise Class [AUD] 11:00 "Golden Years Support Group A Place for Seniors to Discuss the Challenges of Aging" with Frances Wu, MSW, JD [CR/AS] 11:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 1:00 Thomas Circle Singers meet to rehearse with Caron [AUD] 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder 3:00 Dining Services Meeting [PDR] 3:30 Reading Short Stories Together [CR/AS] 7:15 TC Movie Theater [T] 11	8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:00 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder 10:45 NEW: "Music and Memories" therapeutic support group with Ellie Franklin, LCSW [CR/AS] 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:45 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder 12:00 Market Place (12 PM - 2 PM) 1:30 Feel Good Fitness Friday with Select Rehab [T] 2:30 Life Reflections- Celebrate Pride! (OPEN MIC EVENT) [AUD] 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T] 12	10:30 Trip to Building Museum: Julius Rosenwald, Booker T. Washington and Schools that Changed America (\$7 - tickets required) - sign up in the Blue Binder 1:00 Balance Exercise for Seniors/ Dance for PD [AUD] 1:00 Trip to Shakespeare Theater: "Othello" (Harman; tickets required) - sign-up in the Blue Binder 2:00 Shopping trip to Giant/Safeway & optional Scenic Ride (National Mall / Tidal Basin) - sign-up in the Blue Binder 2:00 TC Movie Theater [T] 3:15 Concert - David Pedraza (viola) and Anna Nizhegorosteva (piano) [AUD] 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T] 13						
	9:30 Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 5:30 Trip to Himalayan Doko restaurant (Indian) - sign-up in the Blue Binder 7:15 TC Movie Theater [T] 14	8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:30 TED Talks w/Sarah McMeans: Is luck random or can we cultivate it? by Christian Busch [AUD] 12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 1:00 Handwork - Open Circle (bring your own) [HL] 2:00 Shuttle to Medical Appointments (downtown) & Dance for PD@ the Kennedy Center - sign-up in the Blue Binder 2:00 Sip & Paint: Instructional 'Arts & Crafts' (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T] 15	10:00 Market Place (10 AM - 12 PM) 10:00 Morning Exercise Class [AUD] 10:15 Trip to The Kennedy Center: Campus Tour - sign up in the Blue Binder 10:35 One-on-one Meetings w/ Chaplain Linda Mohler: needs to be scheduled, contact Programming for more information [PDR] 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 1:30 TC Poker Club [CR/AS] 2:30 Poetry Club w/ Linda [AL DR] 2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder 3:00 Wine and Cheese with Sena [BI] 7:15 TC Movie Theater [T] 16	10:00 Morning Exercise Class [AUD] 10:00 Shopping Trip: Giant - sign-up in the Blue Binder 10:30 New Resident Orientation (ALL residents are welcome) [CR/AS] 11:00 Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR] 11:00 Yoga with Connie [AUD] 12:00 Shopping Trip: Trader Joe's - sign-up in the Blue Binder 1:30 Reiki with Carmela - sign-up in the White Binder (by appointment only) 1:30 TC Bridge Club - ALL are welcome [CR/AS] 3:00 Classical Music Series: Piano Quartet with Gersh Chervinsky [AUD] 6:30 Trip to Shakespeare Theater: "Othello" (Harman Hall; tickets required) - sign-up in the Blue Binder 7:15 TC Movie Theater [T] 17	9:30 Trip to Senior Cinema Special - Avalon Theater (\$6 - tickets required) & Errands - sign-up in the Blue Binder 10:00 Morning Exercise Class [AUD] 11:30 Errands & MLK Library Concert - sign-up in the Blue Binder 1:00 Birthday Celebration: Birthdays Greetings to IL JUNE Celebrants! [CR/AS] 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder 7:15 TC Movie Theater [T] 18	8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:00 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder 10:35 Adopt Thomas Circle - TC Volunteers Assist NPS with Cleaning the Circle [HL] 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:45 Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder 12:00 Market Place (12 PM - 2 PM) 1:30 Feel Good Fitness Friday with Select Rehab [T] 2:30 Juneteenth - documentary and open mic: reminisce and discuss. [AUD] 4:00 HAPPY HOUR [HL] 5:30 Trip to Politics & Prose: America, U.S.A.: How Race Shadows the Nation's Anniversaries by Eddie Glaude - sign-up in the Blue Binder 7:15 TC Movie Theater [T] 19	10:30 Trip to Alexandria: Torpedo Factory & Lunch on your own - sign-up in the Blue Binder 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T] 20						

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