

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	Location Keys AL Dining Room Auditorium Bistro Chapel Club/Art Room Courtyard Fitness Center Hospitality Lounge Private Dining Room Theater AL DR AUD BI CP CR/AS CY FC HL PDR T	 AUGUST IS THE BRIDGE BETWEEN SUMMER AND AUTUMN – BETWEEN HOW THE YEAR HAS BEEN AND HOW THE YEAR WILL END. DANI DIPIRRO						1:30 Balance Exercise for Seniors/ Dance for PD [AUD] 1:30 Shopping (Giant/ Safeway) & Scenic Ride (Massachusetts Ave - Embassy Row) - sign-up in the Blue Binder 3:15 Concert - David Pedraza (viola) and Anna Nizhegorosteva (piano) [AUD] 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T]
		9:30 Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 2:00 TC Movie Theater [T] 2:00 Wellness Workshop with Mark Blake [AUD] 4:00 Doggy Date [CY] 5:00 Trip to Umayia Izakaya 10th St. NW - sign-up in the Blue Binder 7:15 TC Movie 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 10:45 Music and Memories Group with Ellie Franklin [CR/AS] 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:30 TED Talks Why Democracy Requires Renewal by Michael Dimockw/Sarah McMeans: [AUD] 12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 1:00 Handwork - Open Circle (bring your own) [HL] 1:00 Road Scholars Online Lecture: Walking Political History in London's Westminster District [T] 2:00 Shuttle to Medical Appointments (downtown) - sign-up in the Blue Binder 2:00 Sip & Paint: Water colors 'Arts & Crafts' (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T]	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 - sign up in the Blue Binder 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 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]	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 September - ALL are welcome [PDR] 6:00 Politics and Prose- United States of Oligarchy: How America's Wealthiest Ally with Dictators, Weaken the U.S., and Destroy Democracy by Casey Michel- The Wharf 7:15 TC Movie Theater [T]	9:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 10:00 Morning Exercise Class [AUD] 10:45 Lincoln Undercroft Museum Tour-Sign up in Blue Binder 11:30 Errands Rides & MLK Library - 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]	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) 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T]	10:00 The Kreeger Museum- Joan Miró Exhibit 1:30 Balance Exercise for Seniors/ Dance for PD [AUD] 2:00 Shopping trip to Giant/Safeway & optional Scenic Ride (National Mall / Tidal Basin) - sign-up in the Blue Binder 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T]
		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] 5:00 Trip to P.J. Clark's 1600 K St NW - sign-up in the Blue Binder 7:15 TC Movie 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 Sitting All Day Does To Your Body by Keith Diaz [AUD] 12:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 1:00 Women Singers Presentation With Tom Watkins - Auditorium 2:00 Shuttle to Medical Appointments (downtown) - sign-up in the Blue Binder 2:00 Sip & Paint: Water colors 'Arts & Crafts' (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T]	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 Onsite Activities Planning Group For September [CR/AS] 11:45 Errands Ride: Upper DC - 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] 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]	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 1:00 TC Singers Rehearsal (AUD) 1:30 Reiki with Carmela - sign-up in the White Binder (by appointment only) 1:30 TC Bridge Club - ALL are welcome [CR/AS] 6:00 Politics and Prose- How the Democrats Screwed Bernie by Tad Devine-The Wharf 7:15 TC Movie Theater [T]	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 1:30 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]	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 Shabbat Service with Caron Dale [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 Shopping Trip CHICO's Wisconsin Avenue & Errand Rides -- sign-up in the Blue Binder 2:45 Classical Baroque Music w/Steve Hilton - (AUD) 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T]	10:00 Trip To Capital Jewish Museum 3rd ST NW- "Blacklisted: An American Story" Exhibit 1:30 Balance Exercise for Seniors/ Dance for PD [AUD] 1:30 Shopping (Giant/ Safeway) & Scenic Ride (Massachusetts Ave - Embassy Row) - sign-up in the Blue Binder 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T]

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
		9:30 Roman Catholic 16 Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 2:00 Book Release Event w/ David & Dorinda Williams [AUD] 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 5:00 Trip to Il Piatto 900 16th St NW- sign-up in the Blue Binder 7:15 TC Movie Theater [T]	8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 17 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: Should There Be A Wealth Limit For Politicians? by Jeff Mauer and amp ;Sally Kohn [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) - sign-up in the Blue Binder 2:00 Sip & Paint: Water colors 'Arts & Crafts' (all supplies provided) [CR/ AS] 7:15 TC Movie Theater [T]	10:00 Errands & Miscellaneous Ride - sign up in the Blue Binder 18 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 - sign up in the Blue Binder 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 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]	10:00 Morning Exercise Class 19 10:00 Shopping Trip: Trader Joe's - 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: Giant - sign-up in the Blue Binder 1:00 TC Singers Rehearsal (AUD) [AUD] 1:30 Reiki with Carmela - sign-up in the White Binder (by appointment only) 1:30 TC Bridge Club - ALL are welcome [CR/AS] 2:30 Concert with Steve Schwadron [AUD] 7:15 TC Movie Theater [T]	9:30 Trip to Senior Cinema Special - Avalon Theater (\$6 - tickets required) & Errands - sign-up in the Blue Binder 20 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 Birthday Celebration: Birthdays Greetings to IL August 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]	8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 21 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) 2:00 Health Talk: Dealing with Dizziness and Vertigo- with Camille [T] 3:00 Life Reflections - come to meet new residents and share your own life stories too. [AUD] 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T]	9:00 National Book Festival Washington DC Convention Center 22 1:30 Balance Exercise for Seniors/ Dance for PD [AUD] 2:00 Shopping trip to Giant/Safeway & optional Scenic Ride (National Mall / Tidal Basin) - sign-up in the Blue Binder 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T]		
		9:30 Roman Catholic 23 Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 5:00 Trip to Ethiopic Restaurant 401 H St NE - sign-up in the Blue Binder 7:15 TC Movie Theater [T]	8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 24 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: Why I'm Obsessed with Healthcare Wearables (and you should be too) by Michael Snyder [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) - sign-up in the Blue Binder 2:00 Sip & Paint: Water colors 'Arts & Crafts' (all supplies provided) [CR/AS] 3:30 Offsite and Onsite Planning Group finalizing September Calendar [PDR] 7:15 TC Movie Theater [T]	10:00 Errands & Miscellaneous Ride - sign up in the Blue Binder 25 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 - 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] 2:30 Poetry Club w/ Linda [AL DR] 7:15 TC Movie Theater [T]	10:00 Morning Exercise Class 26 10:00 Shopping Trip: Whole Foods - 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 Lecture and discussion w/Dr. Jenner [AUD] 5:30 Politics and Prose- Ordinary People, Extraordinary Times: How to Reclaim Your Power, Fight for Freedom, and Reimagine Democracy by Skye Perryman 7:15 TC Movie Theater [T]	9:00 Inter-Religious Service w/ Chaplain Linda Mahler [CP] 27 9:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 10:00 Morning Exercise Class [AUD] 11:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 1:30 Holistic Yoga for ALL (with emphasis on Parkinson's) [FC] 2:30 Shopping Trip & Errand Rides -- sign-up in the Blue Binder 3:30 Reading Short Stories Together [CR/AS] 7:15 "Music on the Circle" - Summer Concert Series [CY] 7:15 TC Movie Theater [T]	8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 28 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] 11:00 TC Book Club [PDR] 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] 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T]	1:30 Balance Exercise for Seniors/ Dance for PD [AUD] 29 1:30 Shopping (Giant/Safeway) & Scenic Ride Meridian Park Fountains sign-up in the Blue Binder 4:00 Doggy Date [CY] 7:15 TC Movie Theater [T]		
		9:30 Roman Catholic 30 Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 5:00 Trip to Silver Diner 3404 Wisconsin Ave - sign-up in the Blue Binder 7:15 TC Movie Theater [T]	8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 31 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: How Play Boosts Your Creativity and Resilience by Katina Bajaj [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) - sign-up in the Blue Binder 2:30 Sip & Paint: 'Arts & Crafts' (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T]	The Residences at Thomas Circle Monthly Calendar is the result of joint effort of our resident-volunteers and TC Programming department, who plan on-site and off-site activities for our community. On-Site and Off-Site Planning Groups first meet separately, and then once again together, to plan, coordinate and finalize activities for the following month and beyond. The meetings are listed on this calendar and highlighted in red; they are open to all residents (kindly note: August 5, 11 & 24) During planning meetings residents discuss community events, transportation services, and exchange ideas for upcoming months. Please pay attention to our color code: all off- site activities are printed in blue. All residents are invited to take part in these meetings. For more information, please contact Halpie Johnson at HJohnson@thomascircle.com or Sena Quist at squist@thomascircle.com. <i>Join in, and bring your suggestions and ideas!</i>					1330 Massachusetts Avenue, NW Washington, DC 20005 202-347-5349	
		Location Keys AL Dining Room Auditorium Bistro Chapel Club/Art Room Courtyard Fitness Center Hospitality Lounge Private Dining Room Theater AL DR AUD BI CP CR/AS CY FC HL PDR T								