



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 4 10:15 Arts Clubs Of Washington Piano Concert In Honor Of Dorothy Marschak - Sign Up in Blue Binder (2017 I St NW) 2:00 TC Movie Theater [T] 4:00 Doggy Date [CY] 5:00 Chang Chang - sign-up in the Blue Binder (1200 19th St NW Ste 110) 7:15 TC Movie Theater [T]	8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 5 10:00 Morning Exercise Class [AUD] 10:00 Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder 10:45 Music and Memories [PDR] 11:00 Let's Walk Around the Block! - meet in the Main Lobby [HL] 11:30 TED Talks - Why You Need The Growth Mindset Of a Weed by Stephen Noble [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: Arts & Crafts (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T]	10:00 Errands & Miscellaneous Ride - sign up in the Blue Binder 6 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 The Epiphany - 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] 7 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 November - ALL are welcome [PDR] 7:15 TC Movie Theater [T]	9:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 1 10:00 Morning Exercise Class [AUD] 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 2 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) 12:00 Walk To National City Church Organ Concert 1:30 Feel Good Fitness Friday with Select Rehab [T] 1:30 Private Tour of The Southeast Library -sign up in the blue binder 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T]	10:30 Planet Word Museum -925 13th K St NW (Sign Up In The Blue Binder) 3 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 2:00 TC Movie Theater [T] 3:15 Hirshhorn museum for 21st century consort concert -301 A St SW (Sign Up In The Blue Binder) 7:15 TC Movie Theater [T]
9:30 Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP] 11 2:00 TC Movie Theater [T] 5:00 Prost DC - sign-up in the Blue Binder (919 5th St NW, Washington) 7:15 TC Movie Theater [T]	8:30 Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder 12 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 Is AI Breaking The Internet (and what to do about it) by Matthew Price [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 color 'Arts & Crafts' (all supplies provided) [CR/AS] 7:15 TC Movie Theater [T]	10:00 Errands & Miscellaneous Ride - sign up in the Blue Binder 13 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 November - ALL are welcome 11:45 Errands Ride: Upper DC, The Church Of The Epiphany - 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]	9:30 Diplomatic Reception Rooms Tour - 2201 C Street NW 14 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 TC Bridge Club - ALL are welcome [CR/AS] 1:45 Reiki with Carmela - sign-up in the White Binder (by appointment only) 6:30 Frida at Shakespeare Theatre Company (Sign Up in the Blue Binder) 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 15 10:00 Morning Exercise Class [AUD] 11:30 Errands & Miscellaneous Ride - sign-up in the Blue Binder 1:00 Birthday Celebration: Birthdays Greetings to IL October 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 5:30 Politics and Prose - Ethel: The Extraordinary Life and American Legacy of Ethel Kennedy by Kerry Kennedy (5015 Connecticut Ave NW Washington, DC 20008) 7:15 TC Movie Theater [T]	8:30 Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder 16 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 La Ferme Restaurant 7101 Brookville Rd Chevy Chase MD 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) 12:00 Walk to the National City Christian Church Organ Concert 2:00 Health and Wellness Talk " What is OT, PT, & ST" [AUD] 4:00 HAPPY HOUR [HL] 7:15 TC Movie Theater [T]	10:30 Smithsonian National Zoological Park (3001 Connecticut Ave NW, Washington, DC 20008) 17 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 2:00 TC Movie Theater [T] 7:15 TC Movie Theater [T]

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday									
 	9:30	Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP]	18	8:30	Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder	19	10:00	Errands & Miscellaneous Ride - sign up in the Blue Binder	20	10:00	Morning Exercise Class [AUD]	21	8:30	Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder	22	8:30	Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder	23	12:30	Merrily We Roll Along Signature Theatre - 4200 Campbell Ave, Arlington, dinner on the way home at Ruthie's All Day (Sign Up in the Blue Binder)	24
	2:00	TC Movie Theater [T]		10:00	Morning Exercise Class [AUD]		10:00	Market Place (10 AM - 12 PM)		10:00	Morning Exercise Class [AUD]		10:30	New Resident Orientation (ALL residents are welcome) [CR/AS]		9:00	Inter-Religious Service w/ Chaplain Linda Mahler [CP]		10:00	Morning Exercise Class [AUD]	
	5:00	Annie's Paramount Steak House - sign-up in the Blue Binder (1609 17th Street, NW Washington)		10:00	Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder		10:00	Let's Walk Around the Block! - meet in the Main Lobby [HL]		10:35	One-on-one Meetings w/ Chaplain Linda Mohler: needs to be scheduled, contact Programming for more information [PDR]		11:00	Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR]		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]	
	7:15	TC Movie Theater [T]		11:30	TED Talks w/Sarah McMeans:We've Lost Many Medical Mysteries. Where are the Cures? by Saloni Dattani [AUD]		11:45	Errands Ride: Upper DC, The Church Of The Epiphany - sign up in the Blue Binder		11:00	Yoga with Connie [AUD]		11:30	Errands & Miscellaneous Ride - sign-up in the Blue Binder		11:00	Let's Walk Around the Block! - meet in the Main Lobby [HL]		1:30	Balance Exercise for Seniors/ Dance for PD [AUD]	
				12:00	Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder		1:30	Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]		12:00	Shopping Trip: Giant - sign-up in the Blue Binder		1:30	Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]		11:45	Shuttle to Medical Appointments - Upper DC only - 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	
				1:00	Handwork - Open Circle (bring your own) [HL]		2:30	Poetry Club w/ Linda [AL DR]		1:00	Thomas Circle Singers rehearse with Caron		2:30	Shopping Trip & Errand Rides -- sign-up in the Blue Binder		12:00	Market Place (12 PM - 2 PM)		2:00	TC Movie Theater [T]	
				2:00	Shuttle to Medical Appointments (downtown) - sign-up in the Blue Binder		2:30	Shopping Trip & Errand Rides -- sign-up in the Blue Binder		1:30	Reiki with Carmela - sign-up in the White Binder (by appointment only)		3:30	Reading Short Stories Together [CR/AS]		12:00	Walk to the National City Christian Church Organ Concert		2:30	Bethesda Little Theater [AUD]	
				2:00	Sip & Paint: Arts & Crafts (all supplies provided) [CR/AS]		3:00	Wine and Cheese with Sena [BI]		1:30	TC Bridge Club - ALL are welcome [CR/AS]		7:15	TC Movie Theater [T]		1:30	Feel Good Fitness Friday with Select Rehab [T]		7:15	TC Movie Theater [T]	
				3:00	Off-Site/ On - Site Meeting to Finalize November Calendar		7:15	TC Movie Theater [T]		7:15	TC Movie Theater [T]					2:30	Life Reflections - come to meet new residents and share your own life stories too. [AUD]				
				7:15	TC Movie Theater [T]											4:00	HAPPY HOUR [HL]				
															7:15	TC Movie Theater [T]					
	9:30	Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via the Front Desk) [CP]	25	8:30	Shuttle to Medical Appointments - Downtown only - sign up in the Blue Binder	26	10:00	Early Voting Center At the MLK Library - Sign up in The Binder	27	10:00	Morning Exercise Class [AUD]	28	9:30	Early Voting Center At the MLK Library - Sign up in The Binder	29	8:30	Shuttle to Medical Appointments - Upper DC preference - sign up in the Blue Binder	30	10:30	Hirschorn Museum Sculpture Garden (sign-up in Blue Binder)	31
	2:00	TC Movie Theater [T]		10:00	Morning Exercise Class [AUD]		10:00	Market Place (10 AM - 12 PM)		10:00	Morning Exercise Class [AUD]		9:30	Errands & Miscellaneous Ride - sign-up in the Blue Binder		10:00	Morning Exercise Class [AUD]		1:30	Balance Exercise for Seniors/ Dance for PD [AUD]	
	5:00	Jaleo Restaurant - sign-up in the Blue Binder (480 7th St NW)		10:00	Shuttle to Medical Appointments - Downtown - 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]		11:00	Bible Study w/ Reverend Gloria Grant - Private Dining Room [PDR]		10:00	Morning Exercise Class [AUD]		10:00	Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder		1:30	Shopping (Giant/ Safeway) & Scenic Ride (Massachusetts Ave - Embassy Row) - sign-up in the Blue Binder	
	7:15	TC Movie Theater [T]		11:00	Let's Walk Around the Block! - meet in the Main Lobby [HL]		11:45	Errands Ride: Upper DC, The Church Of The Epiphany - sign up in the Blue Binder		11:00	Yoga with Connie [AUD]		11:30	Errands & Miscellaneous Ride - sign-up in the Blue Binder		11:00	Let's Walk Around the Block! - meet in the Main Lobby [HL]		2:00	TC Movie Theater [T]	
				11:30	TED Talks w/Sarah McMeans: How Citizens (not politicians) Are Building The Future by Jon Alexander [AUD]		12:30	"Grumpy Old Men" meeting [CR/AS]		12:00	Shopping Trip: Giant - sign-up in the Blue Binder		1:00	Thomas Circle Singers rehearse With Caron		11:45	Shuttle to Medical Appointments - Upper DC only - sign up in the Blue Binder		7:15	TC Movie Theater [T]	
				12:00	Shuttle to Medical Appointments - Downtown - sign up in the Blue Binder		1:30	Holistic Yoga for ALL (with emphasis on Parkinson's) [FC]		1:00	TC Bridge Club - ALL are welcome [CR/AS]		1:30	Reiki with Carmela - sign-up in the White Binder (by appointment only)		12:00	Market Place (12 PM - 2 PM)				
				1:00	Handwork - Open Circle (bring your own) [HL]		2:30	Poetry Club w/ Linda [AL DR]		1:30	TC Bridge Club - ALL are welcome [CR/AS]		2:30	Shopping Trip & Errand Rides -- sign-up in the Blue Binder		12:00	Walk to the National City Christian Church Organ Concert				
				1:00	Residents will help prepare candy bags for our employees [PDR]		2:30	Shopping Trip & Errand Rides -- sign-up in the Blue Binder		3:00	Lecture and discussion w/ Dr. Jenner (The Golden Age of Pirates) [AUD]		7:15	TC Movie Theater [T]		1:30	Feel Good Fitness Friday with Select Rehab [T]				
				2:00	Shuttle to Medical Appointments (downtown) - sign-up in the Blue Binder		7:15	TC Movie Theater [T]		7:15	TC Movie Theater [T]					4:00	HAPPY HOUR [HL]				
				2:00	Sip & Paint: Arts & Crafts (all supplies provided) [CR/AS]										7:15	TC Movie Theater [T]					
				5:30	Politics and Prose - The Political Supreme Court: A Forgotten History by Rachel Sheldon (5015 Connecticut Ave NW Washington, DC 20008)																
				7:15	TC Movie Theater [T]																
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 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: October 7 , 13 & 19) 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>																					