

Weekly Schedule of Events

Week of October 14 – October 20, 2018

Sunday, October 14

11:00 Hymn Sing - Aviary Lounge HC
4:00 Community Worship – Theater
Rev. Dr. Susan Fellows
6:00 Simple Supper - Café

Monday, October 15

9:30 Sandwich Making for SOME – Café
11:15 Exercise w/ Chris – CANCELLED
11:15 Fitness w/ Mike – Gallery
2:00 Mindfulness Meditation – PDR
3:00 Ingleside Singers Practice – Lounge
4:00 Resident Association Council Meeting - PDR

Tuesday, October 16

10:00 Mosaic Class – Art Studio
10:00 Roman Catholic Service - Theater
10:00 Water Aerobics - CANCELLED
11:00 Listening to Music – Lounge
11:15 Exercise w/ Chris – CANCELLED
2:00 Exercise w/ Chris - CANCELLED
2:30 Surprise Ride – Main Lobby
4:00 Director's Dialogue – Theater

Oktoberfest

5:30 Live Oompah Band – Main Dining Room
8:00 Movie Night in the Theater
Don't Worry, He Won't Get Far on Foot
2018 – 1 hr. 53 min.
w/ Joaquin Phoenix, Rooney Mara



Save the date notice on back

Wednesday, October 17

9:45 Tai Chi w/ Alex King – Standing – Gallery
10:25 Tai Chi w/ Alex King – Seated – Gallery
11:15 Exercise w/ Chris – CANCELLED
11:15 Fitness w/ Mike – Gallery
1:15 IL Trip leaves Main Lobby
Museum of American History “The American Revolution”
2:00 Listening to Sacred Music – AL Neighborhood
Faure’s Requiem
3:30 Faith and Bible Study – Aviary Lounge HC
6:15 Politics & Prose trip leaves Main Lobby
Joseph J Ellis *American Dialogue – The Founders and Us*
6:30 – 7:30 Howard U. Students – Lounge
One-on-one tech help sign up at front desk

Thursday, October 18

10:00 Mosaic Class – Art Studio
10:00 Water Aerobics – CANCELLED
11:15 Exercise w/ Chris – CANCELLED
2:00 Exercise w/ Chris – CANCELLED
2:00 Theater of the Arts – Theater
The Metropolitan Opera *Lucia di Lammermoor*
2:30 Surprise Ride – Main Lobby

Friday, October 19

9:45 Tai Chi w/ Alex King – Standing - Gallery
10:25 Tai Chi w/ Alex King – Seated - Gallery
11:15 Exercise w/ Chris – CANCELLED
11:15 Fitness w/ Mike – Gallery
4:00 Speaker – Theater
Dr. Alice Rivlin “Divided We Fall: Why Consensus Matters”
5:00 Social Hour – Lounge

Saturday, October 20

1:30 Scrabble – Card Room
3:00 Knitting Group – Lounge
8:00 Movie Night in the Theater
Postcards From the Edge 1990 – 1 hr. 41 min.
w/ Meryl Streep, Shirley MacLaine