

# Weekly Schedule of Events

Week of March 18 – March 24, 2018

## Sunday, March 18

11:00 Hymn Sing – Aviary Lounge HC  
4:00 Community Worship – Theater  
6:00 Simple Supper - Café

## Monday, March 19

10:00 Sandwich Making for SOME – Café  
11:15 Exercise w/ Chris – AL Neighborhood  
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, March 20

10:00 Mosaic Class – Art Studio  
10:00 Roman Catholic Service - Theater  
10:00 Water Aerobics – Pool  
11:00 Listening to Music – Lounge  
11:15 Exercise w/ Chris – AL Neighborhood  
2:00 Exercise w/ Chris - Gallery  
2:30 Surprise Ride – Main Lobby  
4:00 Director's Dialogue - Theater  
8:00 Movie Night in the Theater  
*Marilyn Hotchkiss's Ballroom Dancing*  
2005 - 1 hr. 44 min.  
w/ Robert Carlyle, Marisa Tomei



Please note the information on the back

## Wednesday, March 21

9:45 Tai Chi w/ Alex King – Standing – Gallery  
10:25 Tai Chi w/ Alex King – Seated – Gallery  
11:15 Exercise w/ Chris – AL Neighborhood  
11:15 Fitness w/ Mike – Gallery  
1:30 IL Trip – Belmont-Paul Women's Equality  
National Monument  
2:00 Old Testament – Tanakh Video & Discussion  
w/ Dana – AL Neighborhood  
3:30 Faith and Bible Study w/ Dana – Aviary Lounge HC  
6:15 Politics & Prose – departs from main lobby  
*Meltdown – Why Our System Fails and What We Can  
Do About It* – Chris Clearfield and Andras Tilcsik

## Thursday, March 22

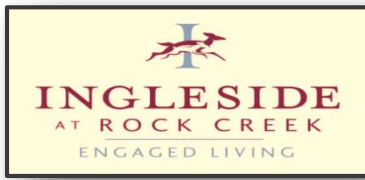
10:00 Mosaic Class – Art Studio  
10:00 Water Aerobics – Pool  
11:15 Exercise w/ Chris – AL Neighborhood  
1:30 Documentary – Theater  
*The Wild Horse Redemption*  
2:00 Exercise with Chris – Gallery  
2:30 Surprise Ride – Main Lobby  
3:00 Home Care Service Seminar - Theater  
8:00 TED Talks – Theater – Special Guest  
Jennifer Coulter Stapleton

## Friday, March 23

9:45 Tai Chi w/ Alex King – Standing – Gallery  
10:25 Tai Chi w/ Alex King – Seated - Gallery  
11:15 Exercise w/ Chris – AL Neighborhood  
11:15 Fitness w/ Mike – Gallery  
4:00 Speaker – Theater – Julia Holmes  
“Ghost in the Bow” – A rower's journey  
5:00 Social Hour – Lounge

## Saturday, March 24

1:30 Scrabble – Card Room  
3:00 Knitting Group – Lounge  
8:00 Movie Night in the Theater  
*Cool Hand Luke* 1967 - 2 hrs., 7 min.  
w/ Paul Newman, George Kennedy



Free Wifi at IRC. Select “InglesideGuests” and use this password “Welcome2ING”

Ingleside at Rock Creek Resident Portal – [www.inglesideliving.org/irc](http://www.inglesideliving.org/irc)

Your user name is the first letter of your first name then your full last name.

For example Franc Cooper = fcooper

Your password information is as follows:

For residents entering Ingleside prior to January 1, 2017, your initial password is **ircportal2016**

For residents entering Ingleside on, or after January 1, 2017, your initial password is **irc2018 (please note this updated password)**

Please contact Franc Cooper for assistance or to make suggestions at [fcooper@inglesideonline.org](mailto:fcooper@inglesideonline.org) or **202.596.3096**.

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### **Ingleside address for cars, taxis, and car services:**

Ingleside Apartments  
5121 Broad Branch Road NW  
Washington, DC 20008

Address of house at end of pedestrian walkway for taxis and car services:  
3020 Military Rd NW  
Washington, DC 20015

Mailing address:  
3050 Military Rd NW  
Washington, DC 20015