



October 2026

Brooke Grove Retirement Village
Independent Living Community Calendar of Events

<i>“The trees are in their autumn beauty, The woodland paths are dry, Under the October twilight the water Mirrors a still sky.” – William Butler Yeats</i>			Thursday 1	Friday 2	Saturday 3
			Morning Social 9:15 Red Room Strength Training 10:00 Local Shuttle by request 🚌  Bridge 2:00 Red Room	The Great Courses 10:00 Red Room Everyday Balance 11:15 Yoga 12:00	Sunday 4
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
Strength Training 9:45 Community Gem: Joe Connor Presents “David’s Sling: Centripetal Force” 2:30 Red Room	Everyday Balance 9:45 Fitness Training & Seated Massage 11:00 -1:00 Yoga 1:30	U.S. Botanic Garden & Lunch at The Point in D.C. 9:00am departure 🚌	Morning Social 9:15 Red Room Strength Training 10:00 Local Shuttle by request 🚌 ILRA Exec. Board Meeting 11:00 Lunch Bunch: Glenwood’s in Rockville 12:00 departure 🚌	The Great Courses 10:00 Red Room Everyday Balance 11:15 Yoga 12:00 Movie Matinee: “9 to 5” 2:00 Red Room 	Sunday 11
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
Strength Training 9:45 Program Committee Meeting 11:00 Red Room Book of Jubilees Class 2:30 Red Room	Everyday Balance 9:45 Fitness Training & Seated Massage 11:00 -1:00 Yoga 1:30 Internet Café  3:30 Red Room	“Some Like It Hot” at the Olney Theatre Center 12:45 departure 🚌	Morning Social 9:15 Red Room Strength Training 10:00 Local Shuttle by request 🚌 Vaccinations 11:00 Meadows 1635 Bridge 2:00 Red Room “Legend of Sleepy Hollow” 6:30 🚌	The Great Courses 10:00 Red Room Everyday Balance 11:15 Yoga 12:00  Oktoberfest Concert 2:30 Meadows AL	Sunday 18
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
 Strength Training 9:45 Baltimore’s Little Italy 10:30 departure 🚌	Everyday Balance 9:45 Fitness Training & Seated Massage 11:00 -1:00 Yoga 1:30	Coffee Talk  with BGF Administration 11:00 Red Room Spooky Pop Culture Trivia Game 2:30 Red Room	Morning Social 9:15 Red Room Strength Training 10:00 Local Shuttle by request 🚌 Art & History 11:00 Red Room “Frankenstein” at Chesapeake Shakespeare Co. 6:00 departure 🚌	The Great Courses 10:00 Red Room Everyday Balance 11:15 Yoga 12:00 Movie: “Young Frankenstein” 2:00 Red Room 	Sunday 25
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
Strength Training Cancelled Book of Jubilees Class 2:30 Red Room	 Everyday Balance 9:45 Pumpkin Decorating 11:00 Red Room Fitness Training Cancelled Yoga 1:30	Smithsonian’s National Zoo & Conservation Biology Institute 9:00 departure 🚌	Morning Social 9:15 Red Room Natl Capital Radio & TV Museum 10:00 departure 🚌 Strength Training Cancelled Local Shuttle Unavailable	The Great Courses 10 Red Rm Everyday Balance 11:15 Yoga 12:00 Halloween Costume Contest at your regular dining time 	 HAPPY HALLOWEEN!

