



August 2026

Brooke Grove Retirement Village
Independent Living Community Calendar of Events

“August is ripening grain in the fields blowing hot and sunny, the scent of tree-ripened peaches, of hot buttered sweet corn on the cob. Vivid dahlias fling huge tousled blossoms through gardens and joe-pye-weed dusts the meadow purple.” - Jean Hersey						Saturday 1
						Sunday 2
Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	
Strength Training 9:45 Book of Jubilees Class 2:30 Red Room	Everyday Balance 9:45 Outdoor Fitness Walk 11:15 Amy in Fitness Ctr. 11:45-1 Yoga 1:30	Walters Art Museum for “Jewelry of the Afrofuture” & Lunch at Walters Café 9:45 departure	Morning Social 9:30 Red Room Local Shuttle by request Strength Training 1:00 Bridge 2:00 Red Room	The Great Courses 10 Red Rm Balance 11:15; Yoga 12:00 Movie Matinee: “Hamnet” 2:00 Red Room	ILRA Potluck 5:00-7:00 Gathering Rm	Sunday 9
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	
Strength Training 9:45 Program Committee Meeting 11:00 Red Room Road Trip U.S.A. Trivia Game 2:30 Red Room	Everyday Balance 9:45 Outdoor Fitness Walk 11:15 Amy in Fitness Ctr. 11:45-1 Yoga 1:30 Internet Café 3:30 Red Rm	Outdoor Tour of Smithsonian Castle, Arts & Industries Building, and Haupt Garden, and Lunch at the Castle Café 9:45 departure	Morning Social 9:30 Red Room Local Shuttle by request Strength Training 1:00 Free U.S. Marine Big Band Concert at Glen Echo Park 6:15 departure	The Great Courses 10:00 Red Room Everyday Balance 11:15 Yoga 12:00		Sunday 16
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	
Strength Training 9:45 Food Committee Meeting 11:00 Red Room Book of Jubilees Class 2:30 Red Room	Senior Day at Mont. County Fair 9:15 departure Everyday Balance 9:45 Outdoor Fitness Walk 11:15 Amy in Fitness Ctr. 11:45-1 Yoga 1:30	Coffee Talk is on Vacation! “A Gentlemen’s Guide to Love and Murder” at Olney Theatre Center 12:45 departure	Morning Social 9:30 Red Room Local Shuttle by request ILRA Meeting 11:00 Red Room Strength Training 1:00 Bridge 2:00 Red Room	The Great Courses 10 Red Rm No Balance Class Gentle Yin Yoga 11:00-12:15 Uplift Studio Movie: “Little Miss Sunshine” 2:00 Red Room		Sunday 23
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	
Strength Training 9:45 Book of Jubilees Class 2:30 Red Room	Everyday Balance 9:45 Outdoor Walk 11:15 Amy in Fitness Ctr. 11:45-1 Yoga 1:30	Pontoon Boat Tour of Little Seneca Lake & Lunch at Woodside Deli 10:00 departure	Morning Social 9:30 Red Room Local Shuttle by request Strength Training 1:00 Summer Concert 2:00 TLC Room*	Glen Echo & Clara Barton House Tour 9:00 departure Everyday Balance 11:15 Yoga 12:00		Sunday 30
Monday 31	*The Summer Concert Series continues on Thursday, August 27, with the Incidental Brass Quintet performing Broadway hits and movie themes from 2:00 to 3:00pm in the Terrace Level Conference (TLC) Room at Brooke Grove Rehab & Nursing Center. All are welcome at this campus-wide event!					
Strength Training 9:45 Lunch Bunch: The Narrows Restaurant 10:45 departure						



