

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

## Sunday, March 1, 2020

- 10:00: Worship Service (*CHAPEL @CF*) **SHUTTLE**
- 1:00: Open Swim (*Lodge Pool*)
- 2:30: Worship Service  
(*Virts Lounge on Willows Unit at Crumland Farms*)
- 3:30: Family Council Speaker – Tanya Artis – Physical Therapy  
(*ILAC@CF*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, March 2, 2020

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:00: **FREE AARP TAX SERVICES** (*Sun Room at CF*)
- 9:15: Low Impact Aerobics (*The Lodge Fitness Center Classroom*)
- 9:30: Groceries Trip (***WEIS ONLY***)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Garden Plot Meeting (***ILAC @CF***)
- 10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc
- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:00: Men's Chorus Rehearsal (*MP@CF*)
- 3:30: Mindful Meditation (*Meditation Room @ Lodge*)
- 3:30: Early Dinner: Hoss's Steak and Sea House (*Gettysburg, PA*)
- 3:45: IL Choir Rehearsal (*MP@CF*) **SHUTTLE**
- 4:30: **SHUTTLE for DINNER!** (*Between CF & LODGE*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 7:00: **Great Decisions - The Red Sea Region (Classroom A & B @ Lodge)**
- 7:00: **How and Why – “Ancient Civilizations of North America”; a History of Native Americans (Assisted Living Activities Room @ CF)**
- 7:00: **Market Street Big Band Rehearsal (Event Center at the Lodge)**

## Tuesday, March 3, 2020

- 6:15: **Trip to: Philadelphia Flower Show (Philadelphia Convention Center)**
- 8:00: **Aqua Fit (FC Pool)**
- 8:45: **Water Volleyball (Fitness Center Pool)**
- 9:00: **Beginner Balance (CF Wellness Center)**
- 9:00: **Water Walking (CF Pool)**
- 9:00: **Massage (Fitness Center & Wellness Center)**
- 9:30-12: **Open Swim (FC Pool)**
- 10:00: **Large and Loud Parkinson's Exercise Program (Fitness Center Classroom)**
- 10:00: **Osteoporosis Exercise (WC)**
- 10:00: **Knit Wits (Cafe @ CF)**
- 10:00: **Reflexology (Lodge Salon)**
- 10:30: **Basic Arthritic Exercise (WC)**
- 10:30: **"Visionaires" Coping with Vision Loss (Gardenview Lounge - Assisted Living @ CF) SHUTTLE**
- 11:00: **Great Courses: Nutrition Made Clear Lecture 1: Why We Eat What We Do Lecture 2: Sources of Nutrition Fact & Fiction (Classroom B @ Lodge) SHUTTLE**
- 1:30: **Sonus Hearing (ILAC @CF)**
- 2:00: **Chair Volleyball (WC)**
- 2:00: **Woodworking Group (Wood Shop at Crumland Farms)**
- 2:30: **Patriots of Liberty with Patty Carver - in Honor of Women's History Month (MP @ CF) SHUTTLE**

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 4:30:** **SHUTTLE for DINNER! (Between CF & LODGE)**
- 6:45:** Bridge (MP@ CF)
- 7:00:** Newly Released Movie: The Peanut Butter Falcon  
(Classroom B at the Lodge)

## Wednesday, March 4, 2020

- 7:45:** Walking Club Trip
- 7:45:** Aqua Fit (WC Pool)
- 8:00:** Acupuncture (WC)
- 8-9:** Lap Swim (FC Pool)
- 9:00:** Aqua Fit - Women Only (WC Pool)
- 9-2:** Open Swim (FC Pool)
- 9:30:** Advanced Balance and Stretch (FC)
- 9:30:** Campus Connection Meeting w/Karen Main  
Special Guests: Cherian Eapen Manager of Traffic Engineering -City of Frederick; Donnie Lawson, Traffic - City of Frederick; Pam Reppert, Planning Dept -Bloomfield Preliminary Site Plan; Capt. Dwight Sommers, Frederick Police Dept; Sam DeLaurence, MDOT/SHA District 7 (Event Center @ Lodge) **SHUTTLE**
- 10:30:** Sittercize (WC)
- 11:00:** Fall Prevention Class (CF Wellness Center)
- 11:00:** Come Learn About the Traditions of Capon Springs- and why our residents love visiting there! Our next trip there will be May 5-8 (Classroom A @ Lodge)
- 11:30:** Personal Training (Fitness Center)
- 1:00:** Watercolor Class (Classroom A at the Lodge)
- 1:30:** Healthy Heart (Wellness Center at CF)
- 1:30:** Active Senior Yoga (Lodge Fitness Classroom)
- 1:30:** Computer Lab with Newt (Computer Lab @ CF)
- 2:00:** Science and Technology Discussion Group (Classroom B at the Lodge)
- 3:00:** Card Making Class with Sharon (ILAC@CF)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 3:15: Wine and Cheese – Fred Younkings and Dr. George Smith will provide music in the MP (MP@CF and Cafe)  
4:00: Ladies Literary Society (Library at the Lodge)

## Thursday, March 5, 2020

- 8:00: Aqua Fit (FC Pool)  
8:00: Homewood Golf League (Glade Valley Golf)  
8:45: Water Volleyball (Fitness Center Pool)  
9:00: Water Walking (CF Pool)  
9:00: Open Art Class (ILAC@CF)  
9:00: FREE AARP TAX SERVICES (Sun Room at CF)  
9:30: Beginner Balance (Fitness Center Classroom)  
9:30-12: Open Swim (FC Pool)  
9:45: Shopping at Wal-Mart ONLY  
10:00: Osteoporosis Exercise (WC)  
10:00: Personal Training (FC)  
10:30: Lenten Study with Rev. Rob Apgar –Taylor (AL Act @ CF)  
10:30: Basic Arthritic Exercise (WC)  
11:00: Lecture with Sherryl Van Lare - Food and Mood Discussion (Classroom B @ Lodge) SHUTTLE  
11:45: Trip to: History of the Census: 2020 (Frederick Senior Center)  
1:00: Interval Circuit Training (Wellness Center at CF)  
1:00: Blood Pressure Clinic (HHO @ CF)  
1:30: Yoga (Lodge Fitness Center Classroom)  
1:45: Shopping at Giant & Wegman's  
3:00: Craft: Felting Class with Ilene – sign up with Lindsay by the March 3<sup>rd</sup> (Classroom A at the Lodge)  
3:00: Current Events Group (Classroom B at the Lodge)  
3:00: Noteables Rehearsal (MP@CF) SHUTTLE  
4:00: Pub Night (Wooden Nichol Pub @ Lodge)  
4:30: SHUTTLE for DINNER! (Between CF & LODGE)  
5:00: Trivia Night (Wooden Nichol Pub @ Lodge) SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 6:15: Ladies Game Night (*ILAC@CF*)
- 7:00: Bird Club (*MP@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, March 6, 2020

### National Dress in Blue Day

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Cornhole (*Lower Patio by the FC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:30: Travel Meeting (*ILAC at CF*) **SHUTTLE**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Sittercize (*WC*)
- 1:00: Personal Training (*WC*)
- 1:00: ALOHA Committee Meeting (*ILAC @CF*)
- 1:00: Scenic Ride to: Carroll County (*Stopping at Piney Run Nature Center*)
- 1:15: Shopping at *Boscov's*
- 2:00: IL Spring Bingo! (*MP at CF*)
- 2:00: Sing-Along with the Homewood Harmonizers (*Meadows @ CF*)
- 3:00: Ping Pong (*FC Hallway*)
- 5:45: Trip to: The Irish Comedy Tour (*Majestic Theater, Gettysburg*)
- 7:00: Movie Night: The Sundowners (*Classroom B at the Lodge*)

## Saturday, March 7, 2020

- 1-5: Open Swim (*Lodge Pool*) **SHUTTLE**
- 2:00: Trip to: Teelin Irish Dance Company Showcase (*Weinberg Center*)
- 2:15: Trip to Glade United Church of Christ Spring Dinner (*Walkersville, MD*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 2:30: Jazz Connection with Michael Boyd - Standards, Latin, Bebop, Funk and Jazz arrangements (MP@CF) **SHUTTLE**
- 4:00: Pub Night (Wooden Nichol Pub @ Lodge)
- 4:15: Trip to Catholic Mass
- 4:30: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 7:00: Saturday Movie Night – “Funny Girl” (MP @ CF)

## Sunday, March 8, 2020

### Daylight Savings – Spring Forward

- 10:00: Worship Service (Chapel)
- 1-5: Open Swim (Lodge Pool)
- 1:15: Trip to: Heimat Quarte Chamber Music Performance (C. Burr Artz Public Library)
- 2:30: Worship Service  
(Virts Lounge on Willows Unit at Crumland Farms)
- 7:00: Sunday Game Night (Classroom A at the Lodge)

## Monday, March 9, 2020

- 7:45: Aqua Fit (WC Pool)
- 8-9: Lap Swim (FC Pool)
- 9:00: Aqua Fit - Women Only (WC Pool)
- 9:00: Fruit & Yogurt Parfait (Great Room at the Lodge)
- 9-2: Open Swim (FC Pool)
- 9:00: Massage (Fitness Center & Wellness Center)
- 9:00: **FREE AARP TAX SERVICES (Sun Room at CF)**
- 9:15: Low Impact Aerobics (The Lodge Fitness Center Classroom)
- 9:30: Groceries Trip (WEIS ONLY)
- 10:00: Sittercize Arthritis Exercise (FC Classroom)
- 10:30: Beginner Tai Chi (Lodge Fitness Classroom)
- 10:30: Sittercize (WC)
- 10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)  
12:45: Shopping Trip: Target (*Frederick, MD*)  
1:30: Advanced Balance (*WC*)  
2:00: Bible Study (*ILAC - CF*)  
3:00: Men's Chorus Rehearsal (*MP@CF*)  
3:30: Mindful Meditation (*Meditation Room @ Lodge*)  
3:45: IL Choir Rehearsal (*MP@CF*) **SHUTTLE**  
4:30: **SHUTTLE for DINNER!** (*Between CF & LODGE*)  
5:00: Irish Music with Pat Garvey (*View Dining Room*)  
7:00: How and Why – "Ancient Civilizations of North America";  
a History of Native Americans (*Assisted Living Activities  
Room @ CF*)

## Tuesday, March 10, 2020

- 8:00: Aqua Fit (*FC Pool*)  
8:45: Water Volleyball (*Fitness Center Pool*)  
9:00: Beginner Balance (*CF Wellness Center*)  
9:00: Water Walking (*CF Pool*)  
9:00: Massage (*Fitness Center & Wellness Center*)  
9:15: Trip to DC Drop-off (*Washington D.C.*)  
9:30: Coffee Hour with guests from the Social Services Dept.  
(*ILDR @CF*)  
9:30-12: Open Swim (*FC Pool*)  
10:00: Large and Loud Parkinson's Exercise Program (*Fitness  
Center Classroom*)  
10:00: Osteoporosis Exercise (*WC*)  
10:00: Knit Wits (*Cafe @ CF*)  
10:00: Reflexology (*Lodge Salon*)  
10:30: Basic Arthritic Exercise (*WC*)  
11:00: Great Courses: Nutrition Made Clear Lecture 3: Our  
Unappreciated Digestive Tract Lecture 4: It's All about  
Calories (*Classroom B @ Lodge*) **SHUTTLE**  
2:00: Chair Volleyball (*WC*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)  
2:30: One Hour of Nothing But Good News- An hour of fresh, hot off the griddle uplifting news. Presented by Jerry Grossman, Five-time Emmy Award winning producer (MP@CF) **SHUTTLE**  
3:30: Movies Part 1: Sound of Music (*Classroom B at the Lodge*)  
4:30: **SHUTTLE for DINNER! (Between CF & LODGE)**  
6:45: Bridge (MP@ CF)  
7:00: Movies Part 2: Sound of Music (*Classroom B at the Lodge*)

## Wednesday, March 11, 2020

- 7:45: Walking Club Trip  
7:45: Aqua Fit (*WC Pool*)  
8:00: Acupuncture (*WC*)  
8-9: Lap Swim (*FC Pool*)  
9:00: Aqua Fit - Women Only (*WC Pool*)  
9:00: **Environmental Committee Meeting (ILAC@CF)**  
9-2: Open Swim (*FC Pool*)  
9:15: **Trip to Sunshine Readers (Brunswick)**  
9:30: Advanced Balance and Stretch (*FC*)  
10:30: Sittercize (*WC*)  
10:30: Catholic Rosary (*Meadows Unit @ CF*)  
11:00: Fall Prevention Class (*CF Wellness Center*)  
11:30: Personal Training (*Fitness Center*)  
12:45: **Trip to: Liganore Winecellars & Red Shedman Brewery (Mt. Airy, MD)**  
1:00: Watercolor Class (*Classroom A at the Lodge*)  
1:30: Healthy Heart (*Wellness Center at CF*)  
1:30: Active Senior Yoga (*Lodge Fitness Classroom*)  
1:30: Computer Lab with Newt (*Computer Lab @ CF*)  
2:00: **Crumland Farms Food Committee Meeting (ILPDR @ CF)**  
2:00: **MAAS Opticians (ILAC @ CF)**  
5:30: **Trip to: Gourmet Night (All Saints Episcopal Church)**

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

## Thursday, March 12, 2020

- 8:00: Aqua Fit (*FC Pool*)
- 8:00: Homewood Golf League (*Glade Valley Golf*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 8:45: Shopping Trip to: Trader Joe's (*Columbia, MD*)
- 9:00: Water Walking (*CF Pool*)
- 9:00: Open Art Class (*ILAC@CF*)
- 1:00: FREE AARP TAX SERVICES (*Sun Room at CF*)
- 9:30: Beginner Balance (*Fitness Center Classroom*)
- 9:30-12: Open Swim (*FC Pool*)
- 10:00: Osteoporosis Exercise (*WC*)
- 10:30: Lenten Study with Rev. Rob Apgar –Taylor (*AL Act @ CF*)
- 11:00: Personal Training (*FC*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 1:00: Interval Circuit Training (*Wellness Center at CF*)
- 1:00: Blood Pressure Clinic (*HHO @ CF*)
- 1:30: Yoga (*Lodge Fitness Center Classroom*)
- 3:00: Noteables Rehearsal (*MP@CF*) SHUTTLE
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:30: SHUTTLE for DINNER! (*Between CF & LODGE*)
- 6:00: Dementia 101 – 1<sup>st</sup> program in our new Dementia Speaker Series – Presented by Dr. Mary MacDonald, Medical Director for Frederick Health Hospice and Patricia Ortiz-SanMiguel, Community Liason for Frederick Health Hospice. (*MP@CF*) SHUTTLE
- 6:15: Ladies Game Night (*ILAC@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, March 13, 2020

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 9:00: Cornhole (*Lower Patio by the FC Pool*)  
9-2: Open Swim (*FC Pool*)  
9:30: World Day of Prayer Service - Sponsored by Church Women United – Registration begins at 9;30am. Program begins at 10am (*MP@CF*) **SHUTTLE**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)  
10:00: Great Decisions - The Red Sea Region (*ILAC @ CF*)  
10:30: Sittercize (*WC*)  
11:00: Personal Training (*WC*)  
1:00: Scenic Ride: Cumberland County & Catoctin Mts. (*Stopping at the Rolls-Royce Foundation*)  
2:00: Willow Ponds Food Committee Meeting (*Classroom A - Lodge*)  
2:00: Movie Night: Sweet Land (*Classroom B at the Lodge*)  
3:00: Ping Pong (*FC Hallway*)  
6:00: National Pi(e) Day – stop by for a piece of pie before the concert! (*Great Room at the Lodge*) **SHUTTLE**  
6:15: Pinochle (*ILAC @ CF*)  
6:30: Internationally Acclaimed Accordionist Stas Venglevski - (*Event Center @ Lodge*) **SHUTTLE**

## Saturday, March 14, 2020

- 1:00: Frederick Genealogical Society Meeting (*Event Center A @ Lodge*)  
1:00: iPad Class – *ILAC @ CF*  
1-5: Open Swim (*Lodge Pool*) **SHUTTLE**  
2:30: iPad Class (*Classroom B @ Lodge*)  
2:30: Cord Quiambao on Piano (*MP@CF*) **SHUTTLE**  
4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)  
4:15: Trip to Catholic Mass  
4:30: **SHUTTLE for DINNER!** (*Between CF & LODGE*)  
5:00: Trivia Night (*Wooden Nichol Pub @ Lodge*) **SHUTTLE**  
7:00: Saturday Movie Night “Grease” (*MP @ CF*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

7:00: Trip to Spires Brass Band - Rockin' Brass (*Frederick Community College*)

7:00: Trip to: Evita (*Other Voices Theatre*)

## Sunday, March 15, 2020

10:00: Worship Service (*CHAPEL @CF*) **SHUTTLE**

1-5: Open Swim (*Lodge Pool*)

2:00: Trip to: Joshua Stafford Organ Concert part of the Trunk Memorial Organ Series (*Evangelical Lutheran Church*)

2:00: Trip to Teutonic Night s- FSO (*Hood Chapel*)

2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)

7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, March 16, 2020

7:45: Aqua Fit (*WC Pool*)

8-9: Lap Swim (*FC Pool*)

9:00: Aqua Fit - Women Only (*WC Pool*)

9-2: Open Swim (*FC Pool*)

9:00: Massage (*Fitness Center & Wellness Center*)

9:00: **FREE AARP TAX SERVICES** (*Sun Room at CF*)

9:15: Low Impact Aerobics (*The Lodge Fitness Center Classroom*)

9:30: Groceries Trip (*WEIS ONLY*)

10:00: Sittercize Arthritis Exercise (*FC Classroom*)

10:00: **Retired Clergy Group** (*MP@CF*)

10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)

10:30: Sittercize (*WC*)

10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc

12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)

1:30: Advanced Balance (*WC*)

2:00: Bible Study (*ILAC - CF*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 3:00: Men's Chorus Rehearsal (MP@CF)
- 3:30: Mindful Meditation (*Meditation Room @ Lodge*)
- 3:45: IL Choir Rehearsal (MP@CF) **SHUTTLE**
- 4:30: **SHUTTLE for DINNER!** (*Between CF & LODGE*)
- 6:45: Trip to: Carhart/Lester Piano Concert with Ilya Yakushev (*Hood College - Brodbeck Hall*)
- 7:00: Great Decisions - Human Trafficking (*Classroom A & B @ Lodge*)
- 7:00: How and Why – “Ancient Civilizations of North America”; a History of Native Americans (*Assisted Living Activities Room @ CF*)
- 7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, March 17, 2020

- 8:00: March Madness Bracket Turn In *by 9am (Front Desk @ Lodge)*
- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Beginner Balance (*CF Wellness Center*)
- 9:00: Water Walking (*CF Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:30-12: Open Swim (*FC Pool*)
- 9:45: Scenic Ride: Discover Gettysburg (*Lunch at O'Rourke's Restaurant*)
- 10:00: Large and Loud Parkinson's Exercise Program (*Fitness Center Classroom*)
- 2:00: Osteoporosis Exercise (*WC*)
- 10:00: Knit Wits (*Cafe @ CF*)
- 10:00: Reflexology (*Lodge Salon*)
- 10:30: Basic Arthritic Exercise (*WC*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 11:00: Great Courses: Nutrition Made Clear Lecture 5: Hydration - You Are What You Drink Lecture 6: Not All Carbohydrates are Created Equal (Classroom B @ Lodge) **SHUTTLE**
- 2:00: Chair Volleyball (WC)
- 2:00: Safety and Security Committee Mtg (Event Center @ Lodge) **SHUTTLE**
- 11:00: Woodworking Group (Wood Shop at Crumland Farms)
- 3:30: Green Beer for St. Patrick's Day (Wooden Nichol Pub @ Lodge)
- 3:45: IRISH Happy 1/2 Hour (CC@CF)
- 4:30: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 6:45: Bridge (MP@ CF)
- 7:00: Irish Movie: Waking Ned Devine (Classroom B at the Lodge)

## Wednesday, March 18, 2020

- 7:45: Walking Club Trip
- 7:45: Aqua Fit (WC Pool)
- 8:00: Acupuncture (WC)
- 8-9: Lap Swim (FC Pool)
- 4:00: Aqua Fit - Women Only (WC Pool)
- 9-2: Open Swim (FC Pool)
- 9:15: Trip to Sunshine Readers (Brunswick)
- 9:30: Advanced Balance and Stretch (FC)
- 9:45: Trip to: Orientation Tour of Frederick City (Frederick, MD)
- 10:00: Old Towne Jewelers (ILAC @ CF)
- 10:30: Sittercize (WC)
- 11:00: Fall Prevention Class (CF Wellness Center)
- 11:30: Personal Training (Fitness Center)
- 1:00: Watercolor Class (Classroom A at the Lodge)
- 1:30: Healthy Heart (Wellness Center at CF)
- 1:30: Active Senior Yoga (Lodge Fitness Classroom)
- 1:30: Computer Lab with Newt (Computer Lab @ CF)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 3:00: Homewood Crafters -Wooden Bunny Craft – Call Julie to sign-up (ILAC@CF)
- 5:30: Coupon Dinner: Mexicali Cantina (Frederick, MD)

## Thursday, March 19, 2020

- 8:00: Aqua Fit (FC Pool)
- 8:00: Homewood Golf League (Glade Valley Golf)
- 8:45: Water Volleyball (Fitness Center Pool)
- 9:00: Water Walking (CF Pool)
- 9:00: Open Art Class (ILAC@CF)
- 9:00: FREE AARP TAX SERVICES (Sun Room at CF)
- 9:30: Beginner Balance (Fitness Center Classroom)
- 9:30-12: Open Swim (FC Pool)
- 9:45: Shopping at Wal-Mart ONLY
- 10:00: Osteoporosis Exercise (WC)
- 10:00: Personal Training (FC)
- 10-2: Woodpeckers Craft Sale (Cafe @ CF)
- 10:30: Basic Arthritic Exercise (WC)
- 10:30: Lenten Study with Rev. Rob Apgar –Taylor (AL Act @ CF)
- 1:00: Interval Circuit Training (Wellness Center at CF)
- 1:00: Blood Pressure Clinic (HHO @ CF)
- 1:30: Yoga (Lodge Fitness Center Classroom)
- 1:45: Shopping at Giant & Wegman's
- 3:00: Current Events Group (Classroom B at the Lodge)
- 3:00: Noteables Rehearsal (MP@CF) SHUTTLE
- 4:00: Pub Night (Wooden Nichol Pub @ Lodge)
- 4:30: SHUTTLE for DINNER! (Between CF & LODGE)
- 5:00: Word Scramble (Wooden Nichol Pub @ Lodge) SHUTTLE
- 6:15: Ladies Game Night (ILAC@CF)
- 7:00: Game Night (Classroom A at the Lodge)

## Friday, March 20, 2020

- 7:45: Aqua Fit (WC Pool)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 7:45: Breakfast Bus: Silver Diner (Frederick, MD)
- 8-9: Lap Swim (FC Pool)
- 9:00: Cornhole (Lower Patio by the FC Pool)
- 9-2: Open Swim (FC Pool)
- 10:00: Sittercize Arthritis Exercise (FC Classroom)
- 10:30: Sittercize (WC)
- 10:30: Hospitality Committee Meeting (ILAC@CF) SHUTTLE
- 11:00: Scenic Ride: Hagerstown and beyond (Late lunch at Keystone Family Restaurant)
- 1:00: Personal Training (WC)
- 1:30: Bingo (Event Center A - Lodge)
- 2:00: Birthday Party (MP@CF)
- 3:00: Ping Pong (FC Hallway)
- 7:00: Movie Night: 42 (Classroom B at the Lodge)

## Saturday, March 21, 2020

- 8:30: Trip to: Maple Syrup Demonstration and Pancake Breakfast (Cunningham Falls State Park)
- 1-5: Open Swim (Lodge Pool) SHUTTLE
- 2:30: Concert by Double Play – Tuba and Flute (MP@CF) SHUTTLE
- 4:00: Pub Night (Wooden Nichol Pub @ Lodge)
- 4:15: Trip to Catholic Mass
- 4:30: SHUTTLE for DINNER! (Between CF & LODGE)
- 5:15: Trip to: Cutting Edge Dueling Pianos (Hood College - Coblenz Hall)
- 7:00: Saturday Movie Night "I Am David" (MP @ CF)

## Sunday, March 22, 2020

- 10:00: Worship Service (CHAPEL@CF) SHUTTLE
- 1-5: Open Swim (Lodge Pool)
- 1:00: Trip to: Into the Woods (Old Opera House- Charles Town , WV)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 2:15: Trip to: Parkway Brass Quintet (*Frederick Community College*)
- 2:30: Worship Service  
(*Virts Lounge on Willows Unit at Crumland Farms*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, March 23, 2020

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:00: **FREE AARP TAX SERVICES** (*Sun Room at CF*)
- 9:15: Low Impact Aerobics (*The Lodge Fitness Center Classroom*)
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Catholic Mass (*CHAPEL @CF*)
- 10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc
- 12:30: Hershey's Ice Cream Tasting (*Community Center @ CF*)
- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:00: Men's Chorus Rehearsal (*MP@CF*)
- 3:30: Mindful Meditation (*Meditation Room @ Lodge*)
- 3:45: IL Choir Rehearsal (*MP@CF*) **SHUTTLE**
- 4:30: **SHUTTLE for DINNER!** (*Between CF & LODGE*)
- 4:45: Upscale Dinner: Fratelli's Italian & Seafood (*Middletown, MD*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 7:00: How and Why – “Ancient Civilizations of North America”; a History of Native Americans (*Assisted Living Activities Room @ CF*)
- 7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, March 24, 2020

- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Beginner Balance (*CF Wellness Center*)
- 9:00: Water Walking (*CF Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:30-12: Open Swim (*FC Pool*)
- 10:00: Large and Loud Parkinson's Exercise Program (*Fitness Center Classroom*)
- 10:00: Osteoporosis Exercise (*WC*)
- 10:00: Knit Wits (*Cafe @ CF*)
- 10:00: Veterans Get-Together w/AMVETs (*Cafe@CF*)
- 10:00: Reflexology (*Lodge Salon*)
- 10:15: Trip to: Queen Ester (*Sight and Sound Theatre, Ronks, PA*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 11:00: Great Courses: Nutrition Made Clear Lecture 7: Facts on Fiber Lecture 8: Protein - An Indispensable Nutrient (*Classroom B @ Lodge*) **SHUTTLE**
- 2:00: Movie Matinee (*MP@CF*)
- 2:00: Chair Volleyball (*WC*)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 2:30: Blood Pressure Clinic (*Game Room at the Lodge*)
- 4:30: **SHUTTLE for DINNER!** (*Between CF & LODGE*)
- 6:45: Bridge (*MP@ CF*)
- 7:00: Newly Released Movies: Knives Out (*Classroom B at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

## Wednesday, March 25, 2020

- 7:45: Walking Club Trip
- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Acupuncture (*WC*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:15: Trip to Sunshine Readers (*Brunswick*)
- 9:30: Advanced Balance and Stretch (*FC*)
- 9:30: Coffee at the Lodge with Special Guests from Homewood's Social Workers Team (*Event Center at the Lodge*)
- 10:30: Sittercize (*WC*)
- 11:00: Fall Prevention Class (*CF Wellness Center*)
- 11:30: Personal Training (*Fitness Center*)
- 1:00: Watercolor Class (*Classroom A at the Lodge*)
- 1:30: Healthy Heart (*Wellness Center at CF*)
- 1:30: Active Senior Yoga (*Lodge Fitness Classroom*)
- 1:30: Computer Lab with Newt (*Computer Lab @ CF*)
- 2:00: World Series Revisited: Washington Nations World Series Recap (*Classroom B @ Lodge*)
- 2:00: MAAS Opticians (*ILAC @ CF*)
- 3:30: Trip to: Donut Bus (*Krispy Kreme*)

## Thursday, March 26, 2020

- 8:00: Aqua Fit (*FC Pool*)
- 8:00: Homewood Golf League (*Glade Valley Golf*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Water Walking (*CF Pool*)
- 9:00: Open Art Class (*ILAC@CF*)
- 9:00: FREE AARP TAX SERVICES (*Sun Room at CF*)
- 9:30: Beginner Balance (*Fitness Center Classroom*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 9:30-12: Open Swim (*FC Pool*)  
 10:00: Osteoporosis Exercise (*WC*)  
 10:00: Personal Training (*FC*)  
 10:15: Trip to Amish Market (*Hagerstown, MD*)  
 10:30: Lenten Study with Rev. Rob Apgar –Taylor (*AL Act @ CF*)  
 10:30: Basic Arthritic Exercise (*WC*)  
 12:45: MLB Opening Day with Hot Dog Bar (*Wooden Nichol Pub @ Lodge*)  
 1:00: Interval Circuit Training (*Wellness Center at CF*)  
 1:00: Blood Pressure Clinic (*HHO @ CF*)  
 1:30: Yoga (*Lodge Fitness Center Classroom*)  
 3:00: Noteables Rehearsal (*MP@CF*) **SHUTTLE**  
 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)  
 4:15: Trip to: Lobster Night (*Brewer's Alley*)  
 4:30: **SHUTTLE for DINNER! (Between CF & LODGE)**  
 6:15: Ladies Game Night (*ILAC@CF*)  
 7:00: Game Night (*Classroom A at the Lodge*)  
 7:00: League of Women Voters Presents....Why Vote with speakers Mary Beth Coker and Jim Filson (*MP@CF*)  
**SHUTTLE**

## Friday, March 27, 2020

- 7:45: Aqua Fit (*WC Pool*)  
 7:45: Breakfast Bus: Silver Diner (*Frederick, MD*)  
 8-9: Lap Swim (*FC Pool*)  
 9:00: Aqua Fit - Women Only (*WC Pool*)  
 9:00: Cornhole (*Lower Patio by the FC Pool*)  
 9-2: Open Swim (*FC Pool*)  
 10:00: Sittercize Arthritis Exercise (*FC Classroom*)  
 10:00: "The Gratitude Pilgrims" (*Classroom A at the Lodge*)  
 10:00: Great Decisions (*ILAC @ CF*)  
 10:30: Sittercize (*WC*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 12:00: ALOHA Luncheon –“Neither Praise nor Pity Us - Women of the Hospital Ship Transport Service” with Speaker Betsy Estilow (MP@CF) **SHUTTLE**
- 12:45: Scenic Ride: Knoxville and beyond (Stop 1: Harrisonville - A Model Railroad Town Stop 2: Nutter's)
- 1:00: Personal Training (WC)
- 2:00: Movie Night: Dirty Dancing (Classroom B at the Lodge)
- 3:00: Ping Pong (FC Hallway)
- 6:15: Pinochle (ILAC @ CF)
- 6:30: Spring Fling Dance – Music provided by DJ. Stop by and give us your song requests! (Event Center @ Lodge)  
**SHUTTLE**

## Saturday, March 28, 2020

- 9:45: Trip to: Homewood Museum (Baltimore, MD)
- 1:00: Water Exercise with Sandi Irwin (Lodge Pool)
- 1-5: Open Swim (Lodge Pool) **SHUTTLE**
- 2:30: Cormorant's Fancy Irish Band (MP @ CF) **SHUTTLE**
- 4:00: Pub Night (Wooden Nichol Pub @ Lodge)
- 4:15: Trip to Catholic Mass
- 4:30: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 5:00: Trip to: Century of Song (Antietam Entertainment - Hagerstown, MD)
- 7:00: Saturday Movie Night “On the Basis of Sex” (MP @ CF)

## Sunday, March 29, 2020

- 10:00: Worship Service (CHAPEL @CF) **SHUTTLE**
- 12:00: Trip to: Baskerville - Sherlock Holmes Mystery (Way Off Broadway Dinner Theatre)
- 1-5: Open Swim (Lodge Pool)
- 2:15: Trip to: Yihan Chen with Ann Yao Concert (Hood College - Brodbeck Hall)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

- 2:30: **Worship Service** (*Virts Lounge on Willows Unit at Crumland Farms*)
- 6:00: **Piano Meditation for Lent** performed by Dottie Winter (*Great Room at the Lodge*) **SHUTTLE**
- 7:00: **Sunday Game Night** (*Classroom A at the Lodge*)

## Monday, March 30, 2020

- 7:45: **Aqua Fit** (*WC Pool*)
- 8-9: **Lap Swim** (*FC Pool*)
- 9:00: **Aqua Fit - Women Only** (*WC Pool*)
- 9-2: **Open Swim** (*FC Pool*)
- 9:00: **Massage** (*Fitness Center & Wellness Center*)
- 9:00: **FREE AARP TAX SERVICES** (*Sun Room at CF*)
- 9:15: **Low Impact Aerobics** (*The Lodge Fitness Center Classroom*)
- 9:30: **Groceries Trip** (*WEIS ONLY*)
- 10:00: **Sittercize Arthritis Exercise** (*FC Classroom*)
- 10:30: **Beginner Tai Chi** (*Lodge Fitness Classroom*)
- 10:30: **Sittercize** (*WC*)
- 10:30: **Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc**
- 11:00: **Joy Bells Handbell Choir** (*MP@CF*) **SHUTTLE**
- 12:45: **"Friendly" Party Bridge** (*The View Alcove @ the Lodge*)
- 1:30: **Advanced Balance** (*WC*)
- 2:00: **Bible Study** (*ILAC - CF*)
- 2:30: **Sing-Along & Ice Cream – Come and say thank you to our Social Services Dept** (*Cafe@CF*)
- 3:00: **Men's Chorus Rehearsal** (*MP@CF*)
- 3:30: **Mindful Meditation** (*Meditation Room @ Lodge*)
- 3:45: **IL Choir Rehearsal** (*MP@CF*)
- 4:15: **Early Dinner: Tapia's on Main** (*Middletown, MD*)
- 4:30: **SHUTTLE for DINNER!** (*Between CF & LODGE*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

**7:00:**     **How and Why – “Ancient Civilizations of North America”;**  
**a History of Native Americans (*Assisted Living Activities***  
***Room @ CF*)**

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

## Tuesday, March 31, 2020

- 6:30: Trip to Washington D.C. (*Cherry Blossom*)
- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Beginner Balance (*CF Wellness Center*)
- 9:00: Water Walking (*CF Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:30-12: Open Swim (*FC Pool*)
- 10:00: Large and Loud Parkinson's Exercise Program (*Fitness Center Classroom*)
- 10:00: Osteoporosis Exercise (*WC*)
- 10:00: Knit Wits (*Cafe @ CF*)
- 10:00: Reflexology (*Lodge Salon*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 10:30: Religious Life Committee Meeting (*ILAC@CF*) **SHUTTLE**
- 11:00: Great Courses: Nutrition Made Clear Lecture 9: Fat, Fat, Everywhere Lecture 10: Vitamins - Spotlight on C (*Classroom B @ Lodge*) **SHUTTLE**
- 11:00: Memories Writing Group (*Library at the Lodge*)
- 1:00: Craft: Tuck N Go - Bunny sign up with Lindsay by March 6<sup>th</sup> (*Classroom A at the Lodge*)
- 2:00: Chair Volleyball (*WC*)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 2:30: Sharing the Burden: Women in Cryptology during WWII with speaker Louis Leto (*MP@CF*) **SHUTTLE**
- 4:30: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 6:45: Bridge (*MP@ CF*)
- 7:00: Newly Released Movie: Playing with Fire (*Classroom B at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar MARCH 2020

## ROOM KEY

(3rd) = 3rd Floor Library @CF

(4th) = 4th Floor Library @CF

(ALACT) = Assisted Living Activity Room @CF

(ALGVL) = Assisted Living Gardenview Lounge @CF

(ALMVL) = Assisted Living Mountainview Lounge @CF

(Cafe) = Café @ CF

(CH) = Chapel @CF

(CC) = Community Center @ CF

**CF = Crumland Farms**

(HHO) = Home Health Office

(ILAC) = Independent Living Activities Room

(ILDNR) = Independent Living Dining Room @CF

(ILPDR) = Independent Living Private Dining Room

(FC) = Fitness Center @ Lodge

(MCTDR) = Meadows Court Dining Room

(MP) = Multi-Purpose Room

(WC) = Wellness Center @ CF