

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

## Monday, April 1, 2024    APRIL FOOL'S DAY!

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle Sign-Up on the APP
- 9:00: --Wellness Workout (*Channel 970*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank Sign-Up on APP
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Dr. Romane - Common Orthopedic Problems (*MP at CF and Channel 970*) Sign-Up on APP if you need the SHUTTLE at 10:30
- 11:30: --LUNCH SHUTTLE    Sign-Up on the APP
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Trip to Walkersville Library Sign-Up on the APP

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 3:30: --Choir Rehearsal (*MP at CF*)
- 4:00: --One Day University Lecture - " Broadway's Hamilton: Separating Fact from Fiction" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 7:00: --Great Decisions- "NATO's Future" (*Classroom at the Lodge*)

## Tuesday, April 2, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:45: --DC Drop Off Sign-Up on the APP
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:00: --Basic ASL (American Sign Language) Conversation with Ed Knight (*Classroom B at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 9:30
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Caregivers Support Group (*Library at the Lodge*)
- 11:00: --Homewood Technology Committee Meeting (*Lodge Game Room/Card Room*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodpeckers - Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 2:30: --Mindful Meditation (*Library at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 2
- 4:00: --One Day University Lecture - "Louis Brandeis: The People's Justice": (970 ONLY)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Crumland Farms Evening Bridge (*MP at CF*)

## Wednesday, April 3, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip-Pine Cliff County Park Sign-Up on the APP
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --FREE AARP TAX SERVICES (*Sun Room at CF*)
- 9:30: --Groceries Trip (*WEIS ONLY*) Sign-Up on the APP

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

- 10:00: --Large and Loud (Parkinsons Exercise Class)  
*(Lodge Fitness Classroom)*
- 10:00: --Cornhole *(Lodge)*
- 10:30: --Sittercize *(Wellness Center at CF)*
- 10:30: --Sittercize and Stretches *(Channel 970)*
- 11:00: --Advanced Balance *(Lodge FC Classroom)*
- 11:30: --LUNCH SHUTTLE    Sign-Up on the APP
- 12:30: --Duplicate Bridge *(ILAC @ CF)*
- 1:00: --Chair Volleyball *(CF Wellness Center)*
- 1:30: --Movement with Music *(Channel 970)*
- 2:00: --Science and Technology Group – Speaker Don LeBlanc – “Extremophiles” – a group of organisms, mostly microbes able to thrive under extreme environmental conditions *(Lodge Event Center)* Sign-Up on APP if you need the SHUTTLE at 1:30
- 3:00: --French Conversation Group with Lillian Rohe *(3rd Floor Library at CF)*
- 4:00: --Ladies Literary Society *(Lodge Event Center)*
- 4:00: --One Day University Lecture - "Milestones to the Moon: Story of the Space Race" *(970 ONLY)*

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 4:30: --Dinner Out - Isabella's Sign-Up on the APP
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Wednesday Night Movie: "Just Mercy" (Event Center at the Lodge) Sign-Up on APP if you need the SHUTTLE at 6

## Thursday, April 4, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:30: --Breakfast Bus: Tom and Ray's Sign-Up on the APP
- 8:00: --Pool Open 8:00AM-12:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Aquafit (Lodge)
- 9:00: --Wellness Workout (Channel 970)
- 9:30: --Homewood Campus Update with Karen Main (CHANNEL 970 and MP at CF)
- 9:45: --Trip to Black Sheep Yarn Shop and lunch at Mother's Grille North - Timonium Sign-Up on the APP
- 9:45: --Water Volleyball (Lodge Pool)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 10-12: --Tech Help with Volunteer - Michelle Detommaso  
(Lodge Library)
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Advanced Sittercize (CF Gym)
- 11:00: --Sittercize and Stretches (Channel 970)
- 11:00: --Personal Training at CF (Crumland Farms Gym)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --Lodge Afternoon Bridge (The View Alcove - Lodge)
- 1:00: --Blood Pressure Clinic (Home Health Office at CF)
- 1:00: --Military History Forum – Speaker Colonel John Fer  
(USAF Force Ret) who spent 73 months in a North  
Vietnamese prison camp (Lodge Event Center) Sign-Up  
on APP if you need the SHUTTLE at 1
- 1:30: --Movement with Music (Channel 970)
- 2:00: --Crumland Farms Book Club (3rd)
- 3:00: --Current Events Group (Lodge Event Center)
- 3:15: --Notables Rehearsal (MP at CF)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 4:00: --One Day University Lecture - "Declaring Independence: Decision that Created U.S." (970 ONLY)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

## Friday, April 5, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant Sign-Up on the APP
- 9:30: --Coffee Hour Sponsored by the Hospitality Committee (*MP at CF*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (*Lodge Library*)



# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 10:00: --Bocce (*Lodge Bocce Courts*)
- 10:00: --Bocce Showcase (*Lodge Bocce Court*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Bocce (*CF Bocce Court*)
- 11:00: --Pickleball (*Pickleball Court*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:00: --ALOHA Committee Meeting (*ILAC@CF*)
- 1:00: --New Class: "The Chosen" Led by Jim Spiller  
(*Classroom B*) Sign-Up on APP if you need the  
SHUTTLE at 12:30
- 1:00: --Scenic Ride to Widespread Country Market- Route 26  
Sign-Up on the APP
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Chess Group (*Area outside of the Lodge View*)
- 2:00: --Bingo (*MP Room at CF*) Sign-Up on APP if you need  
the SHUTTLE at 1:30

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 4:00: --ASL (American Sign Language) Practice Session with Ed Knight (*Classroom B at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 3:30
- 4:00: --One Day University Lecture - "Revisiting Thomas Jefferson" (970 ONLY)
- 4:45: --Dinner Shuttle Sign-Up on the APP

## Saturday, April 6, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 1:00: --Open Studio Time (*Classroom A at the Lodge*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:00: --Trip: Catherine Jones, Former Royal Harpist, St. Paul's Evangelical Lutheran, Utica Sign-Up on the APP
- 1:30: --Movement with Music (*Channel 970*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) Sign-Up on the APP

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 6:00: --Trip to Maryland Symphony Orchestra-Sons of Serendip-Maryland Theater, Hagerstown Sign-Up on the APP
- 6:30: --Piano Concert with Thomas Pandolfi (Lodge Event Center)

## Sunday, April 7, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 10:00: --Worship Service (MP/Channel 970) Sign-Up on APP if you need the SHUTTLE at 9:30
- 12:45: --Trip to Sunday Speaker-Author Nancy Spannaus "Defeating Slavery: Hamilton's American System Showed the Way (Brunswick Library) Sign-Up on the APP
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:30: --Movement with Music (Channel 970)
- 2:00: --Trip to: "Celebrating the Beauty of Nature" (Calvary UMC) Sign-Up on the APP

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

-6:30: --Lodge Game Night (*lodge classroom*)

## Monday, April 8, 2024

-5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)

-5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)

-8:00: --Aquafit (*CF Pool*)

-8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)

-8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)

-8:15: --Shopping: Giant Eagle Sign-Up on the APP

-9:00: --Wellness Workout (*Channel 970*)

-9:30: --Safety & Security Committee Mtg (*Lodge Classroom A*)

-10:00: --Large and Loud - Parkinsons Exercise Class  
(*Lodge Fitness Classroom*)

-10:00: --Cornhole (*Lodge*)

-10:00: --Trip to Woodsboro Bank Sign-Up on APP

-10:30: --Sittercize (*Wellness Center at CF*)

-10:30: --Sittercize and Stretches (*Channel 970*)

-11:30: --LUNCH SHUTTLE Sign-Up on the APP

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Diabetes Prevention Class with FHH (*MP Room at CF - please note location change!*)
- 1:15: --Trip to Dollar Store and Gabe's-Jefferson Street (*Frederick, MD*) Sign-Up on the APP
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 2:00: --Crumland Farms Food Committee Mtg (*ILAC at CF*)
- 3:20: --90% Solar Eclipse -*A limited number of glasses are available at the Lodge Desk and Crumland Farms Desk*
- 3:30: --Choir Rehearsal (*MP at CF*)
- 4:00: --One Day University Lecture - "American Immigration: Fear, Myth and Reality" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP

### Tuesday, April 9, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-12:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Aquafit (Lodge)
- 9:00: --Wellness Workout (Channel 970)
- 9:15: --Trip to Senior Chef "5 Ingredients or Less" Class through Frederick County Parks and Recreation at the Ballenger Creek Teaching Kitchen. Sign-Up on the APP
- 9:30: --Meet and Greet Rusty Mitchell - New Assistant Executive Director (MP at CF) Sign-Up on APP if you need the SHUTTLE at 9
- 9:45: --Water Volleyball (Lodge Pool)
- 10:00: --Knit Wits (ILAC at CF)
- 10:00: --Intermediate Stabilization (CF Gym)
- 10:00: --Basic ASL (American Sign Language) Conversation with Ed Knight (Classroom B at the Lodge) Sign-Up on APP if you need the SHUTTLE at 9:30
- 10:00: --Veterans Get-Together (Cafe @ CF)
- 10:15: --Sittercize (FC Classroom @ Lodge)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:00: --Homewood APP 101 (*Classroom B at the Lodge*)
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Card Making Class with Jennifer French (*ILAC at CF*)  
Sign-Up on APP to participate and make a note if you need the SHUTTLE at 1:30
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodpeckers - Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Mindful Meditation (*Library at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 2
- 3:00: -- Art Appreciation Club (*Lodge Classroom B*) Sign-Up on APP if you need the SHUTTLE at 2:30
- 4:00: --One Day University Lecture - "The New Cold War: What Went Wrong?" (*970 ONLY*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 4:45: --Dinner Shuttle Sign-Up on the APP
- 4:45: --Trip to Historian and Author James Rada- "The Last to Fall: The 1922 March, Battles & Death of U.S. Marines at Gettysburg"-Emittsburg Library Sign-Up on the APP
- 6:30: --Crumland Farms Evening Bridge (*MP at CF*)

## Wednesday, April 10, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip-Heritage Farm Park Walkersville Sign-Up on the APP
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --FREE AARP TAX SERVICES (*Sun Room at CF*)
- 9:30: --Groceries Trip (*WEIS ONLY*) Sign-Up on the APP
- 10:00: --Large and Loud (Parkinsons Exercise Class)



# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

*(Lodge Fitness Classroom)*

- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:30: --Movement with Music (*Channel 970*)
- 4:00: --One Day University Lecture - "Protest in America: Outrage, Activism, Acceptance" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 5:00: --Trip to Lecture and Book Signing Tales from The In-Between- Why Are We Afraid to Talk about Death? (*FCC*) Sign-Up on the APP
- 6:30: --Wednesday Night Movie: "Men in Tights" (*Event Center at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 6

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

## Thursday, April 11, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Travel Committee Mtg. (*MP at CF*) Sign-Up on APP if you need the SHUTTLE at 9
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (*Lodge Library*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)
- 10:30: --Trip to Shopping at Boscov's, Big Lots or Modern Asia (Make Your Own Reservation) Sign-Up on the APP
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Lodge Afternoon Bridge (*The View Alcove - Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --Retired Clergy (*Lodge Classroom B*) Sign-Up on APP if you need the SHUTTLE at 12:30
- 1:30: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*MP at CF*)
- 4:00: --One Day University Lecture - "Supreme Court: From Powerless to Polarizing" (*970 ONLY*)
- 4:30: --Music with Jeff Taulton (*Wooden Nichol Pub*) Sign-Up on APP if you need the SHUTTLE at 4
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:00: --Trip to The 25th Annual Putnam County Spelling Bee (*Walkersville High School*) Sign-Up on the APP
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

### Friday, April 12, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Aquafit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Wellness Workout (Channel 970)
- 9:00: --Shopping at Walmart, Wegmans, Giant Sign-Up on the APP
- 9:30: --CHATTER COMMITTEE MEETING (3rd Floor at CF)
- 9:30: --Diabetes Prevention Class with FHH (Lodge Event Center or Classroom A/B)
- 10:00: --Sittercise (CF Gym)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (Lodge Library) Sign-Up on the APP
- 10:00: --Bocce (Lodge Bocce Courts)
- 10:00: --Cornhole (Lodge)
- 10:00: --Great Decisions- "NATO's Future" (MP at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 10:45: --Gentle Sittercise (CF Gym)
- 11:00: --Bocce (CF Bocce Court)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 11:00: --Pickleball (*Pickleball Court*)
- 11:00: --Lunch at Kitzie's and Shopping at Jordan and Hess (*Martinsburg, WV*) Sign-Up on the APP
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:00: --BUNCO (*ILAC @ CF*)
- 1:00: --New Class: "The Chosen" Led by Jim Spiller (*Classroom B*) Sign-Up on APP if you need the SHUTTLE at 12:30
- 1:30: --Movement with Music (*Channel 970*)
- 3:30: --Wine and Cheese (*MP at CF*) Sign-Up on APP if you need the SHUTTLE at 3
- 4:00: --ASL (American Sign Language) Practice Session with Ed Knight (*Classroom B at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 3:30
- 4:00: --One Day University Lecture - "Shadow Network: Media and Money Behind the Scenes" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Swinging Harmony Big Band (*Lodge Event Center/970*) Sign-Up on APP if you need the SHUTTLE at 6

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

#### Saturday, April 13, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Trip: Downtown Drop Off- Downtown Frederick Sign-Up on the APP
- 1:00: --Open Studio Time (*Classroom A at the Lodge*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) Sign-Up on the APP
- 5:15: --Trip to Foreigners Journey -A Tribute to Foreigner and Journey Eichelberger Theatre, Hanover, PA Sign-Up on the APP
- 6:30: --Movie Night - "Star Wars" (*Lodge Classroom B*)

#### Sunday, April 14, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 10:00: --Worship Service (MP at CF -OR – Lodge Event Center/Channel 970) Sign-Up on APP if you need the SHUTTLE at 9:30
- 12:00: --Trip to Little Shop of Horrors at Anne Arundel Community College Sign-Up on the APP
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:00: --Trip to BSO Pops - Prohibition and the Roaring 20's (Meyerhoff, Baltimore) Sign-Up on the APP
- 1:30: --Movement with Music (Channel 970)
- 6:30: --Lodge Game Night (lodge classroom)

## Monday, April 15, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Aquafit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 8:15: --Shopping: Giant Eagle Sign-Up on the APP
- 9:00: --Wellness Workout (*Channel 970*)
- 10:00: --Painting Project with Julie (ILAC at CF) Sign up on the APP to participate and make a note if you need the SHUTTLE at 9:30
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank Sign-Up on the APP
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:15: --Drop off at Kohl's, Target, TJ Maxx, Home Depot or Olive Garden (make your own reservation), Frederick Sign-Up on the APP
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Bingo (*Lodge Event Center*) Sign-Up on APP if you need the SHUTTLE at 12:30
- 1:30: --Movement with Music (*Channel 970*)



# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 2:30: --Cooking Demonstration with John (*Cafe at CF*) Sign-Up on APP if you need the SHUTTLE at 2
- 3:30: --Choir Rehearsal (*MP at CF- OR- Lodge Event Center*)
- 4:00: --One Day University Lecture - "Einstein: The Man Behind the Math" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 7:00: --Great Decisions- "Understanding Indonesia" (*Classroom at the Lodge*)

## Tuesday, April 16, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:00: --Basic ASL (American Sign Language) Conversation with Ed Knight (*Classroom B at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 9:30
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:00: --Floral Design Workshop (*Classroom A at the Lodge*) Sign-Up on APP to participate and make a note if you need the SHUTTLE at 12:30
- 1:00: --Trip to Catoctin Furnace Sign-Up on the APP
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodpeckers - Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 2:30: --Mindful Meditation (*Library at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 1
- 4:00: --One Day University Lecture - "What's So Great About Dogs? The Science of Canine Love" (970 ONLY)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Crumland Farms Evening Bridge (MP at CF or Cafe)

## Wednesday, April 17, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip-Baker Park Sign-Up on the APP
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Groceries Trip (*WEIS ONLY*) Sign-Up on the APP
- 10:00: --Large and Loud (Parkinsons Exercise Class)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

*(Lodge Fitness Classroom)*

- 10:00: --Cornhole (*Lodge*)
- 10:00: --Willow Road Residents Association, Inc. (WRRRA)  
Board Meeting (*Lodge Event Center/970*) Sign-Up on  
APP if you need the SHUTTLE at 9:30
- 10:00: --Old Towne Jewelers (*ILAC at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 11:30: --Scenic Ride to Blue Goose Market and Lunch at Jimmy  
Joy's Log Cabin Inn (*Hancock*) Sign-Up on the APP
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:00: --Worldly Wednesday: Prague (Czech Republic)  
(Armchair Travel) (*Lodge Classroom B*) Sign-Up on  
APP to participate and make a note if you need the  
SHUTTLE at 12:30
- 1:30: --Movement with Music (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 3:00: --French Conversation Group with Lillian Rohe (*3rd Floor Library at CF*)
- 4:00: --One Day University Lecture - "James Webb Telescope: A New Window to the Cosmos" (*970 ONLY*)
- 4:45: --Dinner Shuttle **Sign-Up on the APP**
- 6:30: --Wednesday Night Movie: "The Way" (*Event Center at the Lodge*) **Sign-Up on APP if you need the SHUTTLE at 6**

## Thursday, April 18, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Trader Joe's Shopping - Rockville **Sign-Up on the APP**
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 10-12: --Tech Help with Volunteer - Michelle Detommaso  
(Lodge Library) Sign-Up on the APP
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Advanced Sittercize (CF Gym)
- 11:00: --Sittercize and Stretches (Channel 970)
- 11:00: -- NASA Images That Matter with Jay Pittman  
(Gardenview Lounge in Assisted Living at CF) Sign-Up  
on APP if you need the SHUTTLE at 10:30
- 11:00: --Spring Craft with Sarah (Lodge Classroom) Sign-Up on  
APP to participate and make a note if you need the  
SHUTTLE at 10:30
- 11:00: --Personal Training at CF (Crumland Farms Gym)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --Lodge Afternoon Bridge (The View Alcove - Lodge)
- 1:00: --Blood Pressure Clinic (Home Health Office at CF)
- 1:00: --Trip to Celebrating Earth Day: Understanding Plastics  
– C.Burr Artz Library Sign-Up on the APP
- 1:30: --Movement with Music (Channel 970)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 2:00: --Fitness Committee Meeting (*Lodge Classroom*)
- 3:00: --Current Events Group (*Lodge Event Center*)
- 3:15: --Notables Rehearsal (*MP at CF- OR - Lodge Event Center*)
- 4:00: --One Day University Lecture - "The Hidden Habits of Genius" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 5:00: --Trivia Night (*Wooden Nichol Pub*) Make your reservation by calling the Bistro Sign-Up on APP if you need the SHUTTLE at 4:30
- 5:45: --Trip to Annie (*Brunswick High*) Sign-Up on the APP
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to FCC Jazz Ensemble Sign-Up on the APP

## Friday, April 19, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Meadows Pool Time (*CF Pool*)
- 9:00: --Shopping at Walmart, Wegmans, Giant Sign-Up on the APP
- 9:30: --Trip to Healthy Living for Your Brain and Body (*Brunswick Library*) Sign-Up on the APP
- 10:00: --Sittercise (*CF Gym*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (*Lodge Library*) Sign-Up on APP
- 10:00: --Bocce (*Lodge Bocce Courts*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Hospitality Committee Meeting (*Lodge Classroom*) Sign-Up on APP if you need the SHUTTLE at 10
- 10:45: --Gentle Sittercise (*CF Gym*)
- 11:00: --Bocce (*CF Bocce Court*)
- 11:00: --Pickleball (*Pickleball Court*)



# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:00: --New Class: "The Chosen" Led by Jim Spiller  
(Classroom B) Sign-Up on APP if you need the  
SHUTTLE at 12:30
- 1:15: --Friday Afternoon Trip to the Movies Sign-Up on the  
APP
- 1:30: --Movement with Music (Channel 970)
- 1:30: --Chess Group (Area outside of the Lodge View) Sign-Up  
on APP if you need the SHUTTLE at 1
- 1:30: --Willow Ponds Food Committee Mtg. (Lodge Classroom )
- 2:00: --Birthday Party (MP at CF or Tuscarora Dining Room)
- 4:00: --One Day University Lecture - "Our Future in Space:  
Billionaires, Rockets and Gravity" (970 ONLY)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:00: --Trip to Cinderella (Frederick High School) Sign-Up on  
the APP

## Saturday, April 20, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Trip to Met Opera *La Rondine* (*Westview Cinema*)  
Sign-Up on the APP
- 1:00: --Open Studio Time (*Classroom A at the Lodge*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Showtime Singers Concert (*Event Center at the Lodge/970*) Sign-Up on APP if you need the SHUTTLE at 1:30
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) Sign-Up on the APP
- 6:30: --Movie Night - "Grumpy Old Men" (*Lodge Classroom B*)
- 7:00: --Trip to: Everly Brothers Experience (*Weinberg*) Sign-Up on the APP

## Sunday, April 21, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 7:15: --Mt. Airy Volunteer Fire Company Breakfast **Sign-Up on the APP**
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Trip to A Mindful Outdoor Experience: Earth Day Celebration Class through Frederick County Parks and Recreation held at the Patio at Catoctin Creek Nature Park (CCNC) **Sign-Up on the APP**
- 10:00: --Worship Service (MP at CF – OR – Lodge Event Center /Channel 970) **Sign-Up on APP if you need the SHUTTLE at 9:30**
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:00: --Trip to "Sister Act" (*Old Opera House - Charles Town, WV*) **Sign-Up on the APP**
- 1:30: --Movement with Music (*Channel 970*)
- 3:00: --Trip to Chariot Jubilee with Deer Creek Chorale and Frederick Chorale (*Evangelical Lutheran Church*) **Sign-Up on the APP**
- 6:30: --Lodge Game Night (*Lodge Classroom*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

Monday, April 22, 2024 – EARTH DAY

## PASSOVER BEGINS

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle Sign-Up on the APP
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Retired Nurses Coffee (*Lodge Event Center*) Sign-Up on APP to participate and make a note if you need the SHUTTLE at 9
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank Sign-Up on APP
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 10:30: --Catholic Mass (MP at CF - OR - Gardenview Lounge in Assisted Living/Channel 970)
- 10:30: --Kingfisher's Fishing Club (*Lodge Classroom B*)
- 11:00: --Joy Bells Handbell Choir (MP at CF -OR- Gardenview Lounge in Assisted Living) Sign-Up on APP if you need the SHUTTLE at 10:30
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Genealogy Discussion (*ILAC @ CF*)
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 2:30: --Ice Cream Social (*Lodge Great Room*)
- 2:30: --Root Beer Floats (*Cafe at CF*)
- 3:30: --Choir Rehearsal (MP at CF or Lodge Event Center)
- 4:00: --One Day University Lecture - "Rachel Carson and the Environmental Movement" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Trivia Night (*Cafe at CF*) Sign-Up on APP to participate

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

#### Tuesday, April 23, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:00: --Basic ASL (American Sign Language) Conversation with Ed Knight (*Classroom B at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 9:30
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 10:30: --Blessings in a Backpack Packing Event (*Lodge Event Center B*) Sign-Up on APP if you need the SHUTTLE at 10

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodpeckers - Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Mindful Meditation (*Library at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 2
- 3:30: --Wine and Cheese (*Lodge Event Center*) Sign-Up on APP if you need the SHUTTLE at 3
- 4:00: --One Day University Lecture - " Does Extinction Matter? Environmental Consequences" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Crumland Farms Evening Bridge (*MP at CF or Cafe*)

### Wednesday, April 24, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:30: --Wednesday Walking Club Trip-FCC Walking Trail Sign-Up on the APP
- 8:00: --AquaFit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Beginner Balance (Lodge Fitness Center Classroom)
- 9:00: --Wellness Workout (Channel 970)
- 9:30: --Groceries Trip (WEIS ONLY) Sign-Up on the APP
- 10:00: --Large and Loud (Parkinsons Exercise Class)  
(Lodge Fitness Classroom)
- 10:00: --Cornhole (Lodge)
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:00: --Advanced Balance (Lodge FC Classroom)
- 11:30: --Volunteer Appreciation Luncheon 2024 (IL Dining Room at CF) Sign-Up on APP if you need the SHUTTLE at 11
- 12:30: --Duplicate Bridge (ILAC @ CF)



# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:30: --Movement with Music (*Channel 970*)
- 4:00: --One Day University Lecture - "All About Elephants: Are They Just Like Us?" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Wednesday Night Movie: "The Pajama Game" (*Event Center at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 6

## Thursday, April 25, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:15: --Dutch Market - Germantown, MD Sign-Up on the APP
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

*(Lodge Library)* Sign-Up on the APP

- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Basic Spanish Conversation with Gloria Dubin  
(*Card/Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Lodge Afternoon Bridge (*The View Alcove - Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Music with Daryl Davis (*Café*)
- 3:15: --Noteables Rehearsal (*MP at CF – OR- Lodge Event Center*)
- 4:00: --One Day University Lecture - "When Germs Travel: Epidemics in American History" (*970 ONLY*)
- 4:00: --Trip to Brewer's Alley Lobster Night Sign-Up on the APP

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 4:30: --Karaoke Night- Call Bistro for reservation (*Wooden Nichol Pub*) Sign-Up on APP if you need the SHUTTLE at 4
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

## Friday, April 26, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Health Fair Speaker - Marianna Bryant RN, BSN (*Lodge Classroom*) Sign-Up on APP if you need the SHUTTLE at 8:30
- 9:00: --Shopping at Walmart, Wegmans, Giant Sign-Up on the APP

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 10-12: --Tech Help with Volunteer - Michelle Detommaso  
(Lodge Library) Sign-Up on APP
- 10:00: --"The Gratitude Pilgrims" (Lodge Fitness Center  
Classroom)
- 10:00: --Bocce (Lodge Bocce Courts)
- 10:00: --Cornhole (Lodge)
- 10:00: --Great Decisions- "Understanding Indonesia"  
(MP at CF- OR- ILAC at CF)
- 10-12: --Health Fair (Lodge Event Center) Sign-Up on APP if  
you need the SHUTTLE
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:00: --Bocce (CF Bocce Court)
- 11:00: --Pickleball (Pickleball Court)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:30: --Movement with Music (Channel 970)
- 2:30: --ALOHA -Speaker Karen Lewis-Young- 2024 General  
Assembly Legislative Wrap-Up (Lodge Event  
Center/Channel 970) Social time is 2:30. The program  
will begin at 3pm. Sign-Up on APP to participate and  
make a note if you need the SHUTTLE at 2

# Homewood at Frederick

## Independent Living Activities Calendar

### APRIL 2024

**-4:00: --One Day University Lecture - "Water in America: What's the Problem" (970 ONLY)**

**-4:45: --Dinner Shuttle Sign-Up on the APP**

### Saturday, April 27, 2024

**-5:30: --Fitness Center Hours - Open 24 Hours (Lodge)**

**-5:30: --Wellness Center Hours 5:30am-8:00pm (CF)**

**8-10: -Tech Help with Phineas (Conference Room @ CF)  
Sign-Up on APP**

**-8:00: --Pool Open 8:00AM-8:00PM (CF Pool)**

**-8:15: --OUTREACH/WORK TRIP - Sleep in Heavenly Peace - Adamstown Sign-Up on the APP**

**-10:30: --Sittercize and Stretches (Channel 970)**

**-1:00: --Open Studio Time (Classroom A at the Lodge)**

**-1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)**

**-1:30: --Movement with Music (Channel 970)**

**-4:15: --Trip to Catholic Mass (St. Katharine's) Sign-Up on the APP**

**-6:30: --Movie Night - "Ford Vs Ferrari" (Lodge Classroom B)**

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

## Sunday, April 28, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*MP at CF -Or -Lodge Event Center/ Channel 970*) Sign-Up on APP if you need the SHUTTLE at 9:30
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 6:30: --Lodge Game Night (*lodge classroom*)

## Monday, April 29, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle Sign-Up on the APP

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Coffee Hour - Sponsored by the Hospitality Committee  
(*Event Center at the Lodge*)
- 10:00: --Crafts with Julie (ILAC at CF) Sign up on the APP to  
participate and make a note if you need the SHUTTLE  
at 9:30
- 10:00: --Large and Loud - Parkinsons Exercise Class  
(*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank Sign-Up on the APP
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 3:30: --Choir Rehearsal (*MP at CF - OR - Lodge Event Center*)

# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

**-4:00: --One Day University Lecture - "Gene Editing: Medicine's Controversial Technology" (970 ONLY)**

**-4:45: --Dinner Shuttle Sign-Up on the APP**

## Tuesday, April 30, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)**
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)**
- 8:00: --Pool Open 8:00AM-12:00PM (Lodge Pool)**
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)**
- 9:00: --Aquafit (Lodge)**
- 9:00: --Wellness Workout (Channel 970)**
- 9:45: --Water Volleyball (Lodge Pool)**
- 10:00: --Knit Wits (ILAC at CF)**
- 10:00: --Intermediate Stabilization (CF Gym)**
- 10:00: --Basic ASL (American Sign Language) Conversation with Ed Knight (Classroom B at the Lodge) Sign-Up on APP if you need the SHUTTLE at 9:30**
- 10:15: --Sittercize (FC Classroom @ Lodge)**
- 10:30: --Circuit Training (CF Gym)**



# Homewood at Frederick Independent Living Activities Calendar APRIL 2024

- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Bingo and Lunch at the Elk's Club Sign-Up on the APP
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodpeckers - Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Mindful Meditation (*Library at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 2
- 3:00: --Seder Meal (*Wooden Nichol Pub at the Lodge*) Sign-Up on APP if you need the SHUTTLE at 2:30
- 4:00: --One Day University Lecture - "The Rise and Fall of Dinosaurs" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up on the APP
- 6:30: --Accordion Performance by Sta Venglevski (*Lodge Event Center*) Sign-Up on APP if you need the SHUTTLE at 6

**Homewood at Frederick  
Independent Living Activities Calendar  
APRIL 2024**

**-6:30: --Crumland Farms Evening Bridge (MP at CF -OR - Cafe)**

# **Homewood at Frederick Independent Living Activities Calendar APRIL 2024**

## **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) = CF Community Center**

**(CF) = Crumland Farms**

**(HHO) = Home Health Office**

**(ILAC) = Independent Living Activities Room**

**(ILDR) = Independent Living Dining Room @ CF**

**(FC) = Fitness Center @ Lodge**

**(LEC) = Lodge Event Center**

**(MP) = Multi-Purpose Room**

**(WC) = Wellness Center @ CF**