

Homewood at Frederick Independent Living Activities Calendar

May 2024

Wednesday, May 1, 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-Carroll Creek
Sign-Up On 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 APP
- 10:00: --Large and Loud (Parkinsons Exercise Class) (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --WRRRA Meeting for Crumland Farms Residents (*Lodge Event Center/970*) Sign-Up On APP for SHUTTLE at 9:30
- 10:30: --Sittercize (*Wellness Center at CF*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Shopping at Common Market (*7th Street*) Sign-Up On APP
- 2:00: --Science and Technology Group (*Lodge Event Center*)
The news is full of articles about Artificial Intelligence. Now we invite you to join us to get more information provided by Walt Polansky about how this technology is already affecting our daily lives. Sign-Up On APP for 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 - "Shadow Network: Media and Money behind the Scenes" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 5:30: --Frederick Salsa Dancing at Worman's Mill Sign-Up On APP
- 6:30: --Wednesday Night Movie: "The Naked Gun" (Event Center at the Lodge) Sign-Up on APP for SHUTTLE at 6
- 6:30: --Trip to: Wind Ensemble Concert (FCC) Sign-Up On APP

Thursday, May 2, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:30: --Breakfast Bus: Mountain View Diner on Rt. 40 Sign-Up On 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 (Lodge Event Center/970) Sign-Up On APP for SHUTTLE at 9

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 9:45: --Trip to Black Sheep Yarn Shop and lunch at Mother's Grille North - Timonium **Sign-Up On APP**
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (*Computer Lounge at CF*) **Sign-Up On APP**
- 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 APP**
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Lodge Afternoon Bridge (*View Alcove - Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --Military History Forum (*Lodge Event Center*) A
Homewood resident, Adrien Tudor, (no direct relation to Henry VIII), will discuss medical practices of the period 1750 – 1780 (encompassing the French and Indian War and the American Revolutionary War). Adrien will also demonstrate the use of tools from a medical chest of that era – using volunteers from the

Homewood at Frederick Independent Living Activities Calendar

May 2024

audience. Come with questions. All are welcome.
Sign-Up On APP for SHUTTLE at 12:30

- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Crumland Farms Book Club (*3rd*)
- 3:00: --Current Events Group (*Lodge Classroom B*)
- 3:15: --Notables Rehearsal (*Lodge Event Center*)
- 4:00: --One Day University Lecture - "Einstein: The Man Behind the Math" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to Star Wars Planetarium Sign-Up On APP
- 6:45: --Trip to: Hood College Chamber Singers and Jazz Ensemble (*Hood College - Coffman Chapel*) Sign-Up On APP

Friday, May 3, 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 May 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: --Shopping at Walmart, Wegmans, Giant Sign-Up On APP
- 9:30: --Coffee Hour Sponsored by the Hospitality Committee (*ILDR at CF*)
- 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 (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:45: --Gentle Sittercise (*CF Gym*)
- 11:00: --Bocce (*CF Bocce Court*)
- 11:00: --Pickleball (*Pickleball Court*)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP

Homewood at Frederick Independent Living Activities Calendar May 2024

- 12:00: --Trip to: Links Bridge Winery Sign-Up On APP
- 1:00: --ALOHA Committee Meeting (*ILAC@CF*)
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Chess Group (*Area outside of the Lodge View*) Sign-Up On APP for SHUTTLE at 9:30
- 3:30: --Wine and Cheese (*ILDR at CF*) Sign-Up On APP for SHUTTLE at 3
- 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 APP
- 6:00: --Trip to: Trailblazing Women of Country A Tribute to Patsy, Loretta and Dolly - Majestic Theatre - Gettysburg Sign-Up On APP
- 6:30: --Trip to:FCC Jazz Big Band - FCC Sign-Up On APP

Saturday, May 4, 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*)
- 9:00: --Yoga (*Lodge Fitness Classroom*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 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 APP
- 5:15: --Trip to: Tusk Fleetwood Mac Tribute Concert
Eichelberger Performing Arts Center Hanover, PA
Sign-Up On APP
- 6:30: --Movie Night - "The Boys in the Boat" (*Lodge Classroom B*)

Sunday, May 5, 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 (*Lodge Event Center/970*) Sign-Up On APP for SHUTTLE at 9:30

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 12:15: --Trip to: Historical Fashions Program – 19th Century Sewing and Dress Making– Walkersville Library
Sign-Up On APP
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Trip to: Maryland Symphony Orchestra Maryland Theatre Sign-Up On APP
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Trip to: Calvary UMC Concert Series-Francesca Hurst, concert pianist Sign-Up On APP
- 6:00: --Trip: Sunday Evening Drive and Ice Cream Sign-Up On APP
- 6:30: --Lodge Game Night (*lodge classroom*)

Monday, May 6, 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 May 2024

- 8:15: --Shopping: Giant Eagle Sign-Up On APP
- 9:00: --Wellness Workout (*Channel 970*)
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank on East Street Sign-Up On APP
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Dr. Romane- Diabetes (*Lodge Classroom B/970*)
Sign-Up On APP for SHUTTLE at 10:30
- 11:30: --LUNCH SHUTTLE Sign-Up On APP
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Trip to Dollar Store and Gabe's-Jefferson Street
(*Frederick, MD*) Sign-Up On 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*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 3:30: --Choir Rehearsal (*Lodge Event Center*) **Sign-Up On APP for SHUTTLE at 3**
- 4:00: --One Day University Lecture - "James Webb Telescope: A New Window to the Cosmos" (*970 ONLY*)
- 4:45: --Dinner Shuttle **Sign-Up On APP**
- 7:00: --Great Decisions: "High Seas Treaty" (*Classroom at the Lodge*)

Tuesday, May 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-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 Hillwood Mansion and Garden Trip (*Washington, D.C.*) **Sign-Up On APP**
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 10:00: --Basic ASL (American Sign Language) Conversation with Ed Knight (*Classroom B at the Lodge*) **Sign-Up On APP for SHUTTLE at 9:30**
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 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 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 for SHUTTLE at 2**
- 4:00: --One Day University Lecture - "The Hidden Habits of Genius: Beyond Talent and IQ" (*970 ONLY*)
- 4:45: --Dinner Shuttle **Sign-Up On APP**
- 6:30: --Crumland Farms Evening Bridge (*Cafe at CF*)

Homewood at Frederick Independent Living Activities Calendar May 2024

Wednesday, May 8, 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-Walkersville Park
Sign-Up On 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 APP
- 10:00: --Large and Loud (Parkinsons Exercise Class) (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Patio Home Residents' Semi-Annual Meeting (*Lodge Event Center/970*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 10:45: --Lunch Out-Main Cup and then attend Tea Tasting and intro to the new Middletown Library (*Middletown*)
Sign-Up On APP
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE **Sign-Up On 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 - "Our Future in Space: Billionaires, Rockets and Gravity" (*970 ONLY*)
- 4:45: --Dinner Shuttle **Sign-Up On APP**
- 6:15: --Trip to American Traitor General James Wilkinson- Betrayal of the Republic and Escape from Justice and the Masonic Lodge in Frederick **Sign-Up On APP**
- 6:30: --Wednesday Night Movie: "Pirates of the Caribbean: At World's End" (*Event Center at the Lodge*) **Sign-Up On APP for SHUTTLE at 6**
- 6:30: --Trip to FCC Handbell Choir and St. Johns Regional Catholic School Bell Choir Concert at FCCA: "Let All

Homewood at Frederick Independent Living Activities Calendar

May 2024

Things Now Living” a tribute to the animal kingdom
Sign-Up On APP

Thursday, May 9, 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*)
- 9:00: --Trip to: Ragtime Dutch Apple- Lancaster, PA
Sign-Up On APP
- 9:30: --Travel Committee Mtg. (*Lodge Classroom A*) Sign-Up
On APP for SHUTTLE at 9
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso
(*Computer Lounge at CF*) Sign-Up On APP
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 10:30: --Trip to Shopping at Boscov's, Big Lots or Modern Asia
(Make Your Own Reservation) Sign-Up On APP
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP
- 11:30: --Clergy Spouse Get Together (*ILAC at CF*)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Lodge Afternoon Bridge (*View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:15: --Notables Rehearsal (*Lodge Event Center*)
- 4:00: --One Day University Lecture - "Rachel Carson and the
Environmental Movement" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:15: --Trip to: Art at Night- with Artist Jeff Hall at the
Delaplaine Sign-Up On APP
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Homewood at Frederick Independent Living Activities Calendar May 2024

Friday, May 10, 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-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 APP
- 9:30: --CHATTER COMMITTEE MEETING (*3rd Floor at CF*)
- 9:30: --Diabetes Prevention Class with FHH (*Lodge Classroom A*)
- 10:00: --Sittercize (*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*)
- 10:00: --Great Decisions: "High Seas Treaty" (*ILAC at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:45: --Gentle Sittercise (*CF Gym*)
- 11:00: --Bocce (*CF Bocce Court*)
- 11:00: --Pickleball (*Pickleball Court*)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP
- 1:00: --BUNCO (*ILAC @ CF*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:30: --Trip: Worman's Mill Concert Series, Music with Gary Brown-Jazz Sax Sign-Up On APP
- 4:00: --One Day University Lecture - "Does Extinction Matter? Environmental Consequences" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:15: --Trip to: Choral Arts Society Concert - FCC Sign-Up On APP

Saturday, May 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-8:00PM (*CF Pool*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 9:00: --Yoga (*Lodge Fitness Classroom*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 12:00: --Trip to: Art Clinic with Dorothea Barrick-Flowers
(*Emmitsburg Community Center*) **Sign-Up On APP**
- 12:00: --Trip to: Met Opera Madame Butterfly (*Westview
Cinema*) **Sign-Up On 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*) 
- 2:30: --David Gu, Cellist, (*Cafe at CF*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) **Sign-Up On APP**
- 6:30: --Movie Night - "The Italian Job" (*Lodge Classroom B*)

Sunday, May 12, 2024 – Happy Mother's Day

- 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 (*Lodge Event Center/970*) **Sign-Up On
APP for SHUTTLE at 9:30**

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 11:45: --Trip to: Baltimore Orioles Vs Arizona Cardinals at Camden Yards **Sign-Up On APP**
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Trip to: Sunday Afternoon Drive – Middletown/Myersville area and Stop for Gelato at Abbraccio **Sign-Up On APP**
- 6:30: --Lodge Game Night (*lodge classroom*)

Monday, May 13, 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 APP**
- 9:00: --Wellness Workout (*Channel 970*)
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank on East Street 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 APP
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Bingo (*Lodge Event Center*) Sign-Up On APP for SHUTTLE at 12:30
- 1:00: --Diabetes Prevention Class with FHH (*MP Room at CF - please note location change!*)
- 1:15: --Trip to Walkersville Library Sign-Up On 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 Meeting (*ILAC at CF*)
- 2:30: --Ice Cream Sundaes with piano music by Jesse Black (*Cafe at CF*)



Homewood at Frederick Independent Living Activities Calendar

May 2024

- 3:30: --Choir Rehearsal (*Lodge Event Center*) **Sign-Up On APP for SHUTTLE at 3**
- 3:30: --Trip to:Dinner Out at Fratelli's (*Middletown*) **Sign-Up On APP**
- 4:00: --One Day University Lecture - "Water in America: What's the Problem" (*970 ONLY*)
- 4:45: --Dinner Shuttle **Sign-Up On APP**

Tuesday, May 14, 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: --Trip to:Holocaust Museum and DC Drop Off
Sign-Up On APP
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 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 for SHUTTLE at 9:30**
- 10:00: --Jewelry Making Class (*ILAC at CF*) **Sign-Up On APP**
- 10:00: --Veterans Get-Together (*Cafe @ CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Trip to: Bingo and Lunch at the Elk's Club
Sign-Up On APP
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE **Sign-Up On 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 for SHUTTLE at 2**

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 3:00: --Card Making Class with Jennifer French (*ILAC @CF*)
Sign-Up On APP
- 4:00: --One Day University Lecture - "Gene Editing:
Medicine's Controversial Technology" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:15: --Trip to: FCC Youth Orchestra (*FCC*) Sign-Up On APP
- 6:30: --Crumland Farms Evening Bridge (*Cafe at CF*)

Wednesday, May 15, 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-FCC Walking Trail
Sign-Up On 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*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 9:15: --Trip to: Senior Chef "Light and Easy" Class through Frederick County Parks and Recreation at the Ballenger Creek Teaching Kitchen **Sign-Up On APP**
- 9:30: --Groceries Trip (*WEIS ONLY*) **Sign-Up On APP**
- 10:00: --Large and Loud (Parkinsons Exercise Class) (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Old Towne Jewelers (*ILAC at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Homewood APP 101 (*Classroom B at the Lodge*)
Sign-Up On APP for SHUTTLE at 10
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE **Sign-Up On APP**
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:00: --French Conversation Group with Lillian Rohe (*3rd Floor Library at CF*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

-4:00: --One Day University Lecture - "The Rise and Fall of Dinosaurs" (970 ONLY)

-4:45: --Dinner Shuttle Sign-Up On APP



**-7:00: --Frederick Flute Choir (Lodge Event Center and 970)
Sign-Up On APP for SHUTTLE at 6:30**

Thursday, May 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)

-8:15: --Shopping Trip to: Trader Joe's (Rockville) Sign-Up On APP

**-8:15: --Trip to: La Dew Topiary Gardens – Monkton, MD
Sign-Up On APP**

-9:00: --Aquafit (Lodge)

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

-9:45: --Water Volleyball (Lodge Pool)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 10-12: --Tech Help with Volunteer - Michelle Detommaso
(Computer Lounge at CF) Sign-Up On APP
- 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 APP
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --Lodge Afternoon Bridge (View Alcove at the Lodge)
- 1:00: --Blood Pressure Clinic (Home Health Office at CF)
- 1:00: --Retired Clergy (Lodge Classroom B) Open Hearts,
Open Minds: Learning From One Another's Faith
Values. We invite you to learn about and contribute to
a dialogue led by some of Homewood's ordained
clergy representing a variety of faith traditions. All IL
residents of various faiths and all perspectives are
welcome. Sign-Up On APP for SHUTTLE at 12:30
- 1:30: --Movement with Music (Channel 970)
- 3:00: --Current Events Group (Lodge Classroom B)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 3:15: --Noteables Rehearsal (*Lodge Event Center*)
- 4:00: --One Day University Lecture - "All About Elephants: Are They Just Like Us?" (970 ONLY)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 5:00: --Trivia Night (*Wooden Nichol Pub*) Sign-Up On APP
ONLY FOR SHUTTLE at 4:30 – you MUST sign-up for the Pub by calling the Lodge kitchen
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Friday, May 17, 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-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 APP
- 10:00: --Sittercise (*CF Gym*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 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 (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 10:30: --Hospitality Committee Meeting (ILAC at CF) Sign-Up
On APP for SHUTTLE at 10
- 10:45: --Gentle Sittercise (CF Gym)
- 10:45: --Trip to: Greek Festival – Sts. Peter and Paul Greek
Church on 7th St. Sign-Up On APP
- 11:00: --Bocce (CF Bocce Court)
- 11:00: --Pickleball (Pickleball Court)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP
- 1:30: --Movement with Music (Channel 970)
- 1:30: --Chess Group (Area outside of the Lodge View) Sign-Up
On APP for SHUTTLE at 1
- 2:00: --Birthday Party (Tuscarora Dining Room)
- 4:00: --One Day University Lecture - "When Germs Travel:
Epidemics in American History" (970 ONLY)

Homewood at Frederick Independent Living Activities Calendar May 2024

-4:45: --Dinner Shuttle Sign-Up On APP



Armed Forces Day

Saturday, May 18, 2024 – ARMED FORCES DAY

- 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*)
- 9:00: --Yoga (*Lodge Fitness Classroom*)
- 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*)
- 2:15: --Trip to: Salute to the Armed Forces - Frederick Chorale
Baker Park Sign-Up On APP
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) Sign-Up On APP
- 6:30: --Pianist Solomon Eichner (*Lodge Event Center/970*)
Sign-Up On APP for SHUTTLE at 6
- 7:00: --Trip to: Spires Brass Band Concert - FCC Sign-Up On
APP



Homewood at Frederick Independent Living Activities Calendar May 2024

Sunday, May 19, 2024

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Trip to Amvets Breakfast – Thurmont Sign-Up On APP
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*Lodge Event Center/970*) Sign-Up On APP for SHUTTLE at 9:30
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:00: --Sunday Afternoon Drive to Westminster area and stop at Hoffman's Home Made Ice Cream Sign-Up On APP
- 1:30: --Movement with Music (*Channel 970*)
- 2:30: --Hearing Loss Support Group (*Lodge Event Center*) Sign-Up On APP for SHUTTLE at 2
- 6:30: --Lodge Game Night (*lodge classroom*)
- 7:00: --Emmitsburg Community Chorus Spring Concert (*Lodge Event Center and Channel 970*) Sign-Up On APP for SHUTTLE at 6:30



Homewood at Frederick Independent Living Activities Calendar

May 2024

Monday, May 20, 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 APP
- 9:00: --Wellness Workout (*Channel 970*)
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank on East Street 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 APP
- 11:30: --Lunch Out at Uncle Julio's – Gaithersburg Sign-Up On APP
- 12:30: --Water Volleyball (*Lodge Pool*)

Homewood at Frederick Independent Living Activities Calendar May 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*)
- 2:30: --Ice Cream Social (*Lodge Great Room*)
- 3:00: --Genealogy Discussion (*ILAC @ CF*)
- 3:30: --Choir Rehearsal (*Lodge Event Center*) Sign-Up On APP
for SHUTTLE at 3
- 3:45: --Trip to:DC at Dusk Monument Tour Sign-Up On APP
- 4:00: --One Day University Lecture - "Is American Society
Falling Apart?" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 7:00: --Great Decisions: "Pandemic Preparedness"
(*Classroom at the Lodge*)

Tuesday, May 21, 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*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 8:45: --Walking Trip with Courtney - Great Falls Sign-Up On APP
- 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 for 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 APP
- 12:45: --Trip to: Cooking Class at Chocolate and Tomatoes Farm- Middletown Sign-Up On APP
- 1:30: --Movement with Music (Channel 970)
- 2:00: --Open Play Ping Pong (Lodge Fitness Area)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 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 for SHUTTLE at 2**
- 4:00: --One Day University Lecture - "American Power: Dominance or Decline?" (970 ONLY)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:30: --Crumland Farms Evening Bridge (*Cafe at CF*)

Wednesday, May 22, 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-Dearbought Trail (no benches) **Sign-Up On 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*)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 9:30: --Environmental Committee Meeting (ILAC)
- 9:30: --Groceries Trip (WEIS ONLY) Sign-Up On APP
- 10:00: --Large and Loud (Parkinsons Exercise Class) (Lodge Fitness Classroom)
- 10:00: --"Visionaires" - Low Vision Support Group (MP at CF)
Sign-Up On APP for SHUTTLE at 9:30
- 10:00: --Cornhole (Lodge)
- 10:15: --Trip to: Kate Pearl Tea Room - Westminster
Sign-Up On APP
- 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 APP
- 12:30: --Duplicate Bridge (ILAC @ CF)
- 1:00: --Chair Volleyball (CF Wellness Center)
- 1:00: --Worldly Wednesday: Iran. You must sign up on the app to participate, please make a note on the APP if you need the SHUTTLE at 12:30pm
- 1:30: --Movement with Music (Channel 970)

Homewood at Frederick Independent Living Activities Calendar

May 2024

-4:00: --One Day University Lecture - "The China Challenge: Where Are We Headed?" (970 ONLY)

-4:45: --Dinner Shuttle Sign-Up On APP

-6:30: --Wednesday Night Movie: "Ocean's Twelve" (Event Center at the Lodge)

Thursday, May 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)

-10-12: --Tech Help with Volunteer - Michelle Detommaso (Computer Lounge at CF) Sign-Up On APP

-10:00: --Trip to:Brookside Gardens - Wheaton Sign-Up On APP

-10:15: --Sittercize (FC Classroom @ Lodge)

-10:30: --Advanced Sittercize (CF Gym)

Homewood at Frederick Independent Living Activities Calendar May 2024

- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Lodge Afternoon Bridge (*View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:15: --Notables Rehearsal (*Lodge Event Center*)
- 4:00: --One Day University Lecture - "The Politics of Islam: The Good, The Bad, The Future" (970 ONLY)
- 4:00: --Trip to Brewer's Alley Lobster Night Sign-Up On APP
- 4:30: --Karaoke Night (*Wooden Nichol Pub*) Sign-Up On APP for SHUTTLE at 4- You MUST sign up for the Pub by calling the Lodge kitchen
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to:Movie Night at Weinberg – Seabiscuit Sign-Up On APP

Homewood at Frederick Independent Living Activities Calendar May 2024

Friday, May 24, 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-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 APP
- 9:30: --Coffee Hour - Sponsored by the Hospitality Committee (*Event Center at the Lodge*)
- 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*)
- 10:00: --Great Decisions: “ Pandemic Preparedness” (*MP at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)


Homewood at Frederick Independent Living Activities Calendar May 2024

- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:45: --Gentle Sittercise (*CF Gym*)
- 11:00: --Bocce (*CF Bocce Court*)
- 11:00: --Pickleball (*Pickleball Court*)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP
- 1:30: --ALOHA - Dr. Ray Ediger, Country Veterinarian
Extraordinaire (*Lodge Event Center and Channel 970*)
Sign-Up on APP to participate and make a note if you
need the SHUTTLE at 1
- 1:30: --Movement with Music (*Channel 970*)
- 3:30: --Trip to:Music with Walkersville High School Band -
Worman's Mill Sign-Up On APP
- 4:00: --One Day University Lecture - "American Immigration:
Past, Present and Future" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP

Saturday, May 25, 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 May 2024

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Yoga (*Lodge Fitness Classroom*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 1-4: --Tech Help with Phineas (*Conference Room @ CF*)
Sign-Up On 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*)
- 1:30: --Saturday Afternoon Drive/Ice Cream Sign-Up On APP
- 2:30: --Taylor Brown as Elvis (*Cafe at CF*) Sign-Up On APP
for SHUTTLE at 2 
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) Sign-Up On
APP
- 6:00: --Armed Forces Piano Concert by Bethany James
(*Channel 970*)
- 6:30: --Movie Night - "Sense and Sensibility" (*Lodge
Classroom B*)

Sunday, May 26, 2024

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

Homewood at Frederick Independent Living Activities Calendar

May 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 (Lodge Event Center/970) Sign-Up On APP for SHUTTLE at 9:30
- 11:45: --Trip to: Weekly Carillon Concerts in Baker Park Sign-Up On APP
- 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, May 27, 2024 **MEMORIAL DAY**

- 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-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Wellness Workout (Channel 970)
- 10:00: --Cornhole (Lodge)
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Trip to: Memorial Day Event at Monocacy Battlefield
Sign-Up On APP
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 4:00: --One Day University Lecture - "Kennedy, Nixon and the
Debate of the Century" (*970 ONLY*)

Tuesday, May 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-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle Sign-Up On APP
- 8:15: --Trip to:Live! Casino or shopping and pick your own
lunch location at Arundel Mills Mall Sign-Up On APP
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 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 for SHUTTLE at 9:30
- 10:00: --Trip to Woodsboro Bank on East Street Sign-Up On APP
- 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 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 for SHUTTLE at 2
- 3:30: --Wine and Cheese (*Lodge Event Center*) Sign-Up On APP for SHUTTLE at 3
- 4:00: --One Day University Lecture - "The Constitution Revisited" (*970 ONLY*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

-4:45: --Dinner Shuttle Sign-Up On APP

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

Wednesday, May 29, 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-Whittier Lake Sign-Up
On 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: --Wellness Workout (Channel 970)

-9:30: --Groceries Trip (WEIS ONLY) Sign-Up On APP

**-10:00: --Specialty Class - Learn How To Get Up Off The Floor
(Lodge Fitness Classroom)**

-10:00: --Cornhole (Lodge)

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

**-10:30: --Seashell Craft with Sarah (lodge classroom) Sign-Up
On APP to participate**

-11:30: --LUNCH SHUTTLE Sign-Up On APP

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 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 - "Who Runs the World?
Business, Government and Global Power" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:30: --Wednesday Night Movie: (*Event Center at the Lodge*)

Thursday, May 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*)
- 8:15: --Trip to: Dutch Market - Hagerstown, MD
Sign-Up On APP
- 8:45: --Trip to: The Phillips Collection- Washington, D.C.
Sign-Up On APP
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso
(*Computer Lounge at CF*) Sign-Up On APP
- 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 APP
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Lodge Afternoon Bridge (*View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*Lodge Event Center*)
- 4:00: --One Day University Lecture - "Democracy and the Rule
of Law" (*970 ONLY*)
- 4:45: --Dinner Shuttle Sign-Up On APP
- 6:30: --Jazz Ensemble Concert by AJ's Jazz (*Cafe at CF*)
Sign-Up On APP for SHUTTLE at 6
- 6:30: --Lodge Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Homewood at Frederick Independent Living Activities Calendar

May 2024

Friday, May 31, 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-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 APP
- 10:00: --Sittercize (*CF Gym*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (*Lodge Library*) Sign-Up On APP
- 10:00: --"The Gratitude Pilgrims" (*Classroom B at the Lodge*)
- 10:00: --Bocce (*Lodge Bocce Courts*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:45: --Gentle Sittercize (*CF Gym*)
- 11:00: --Bocce (*CF Bocce Court*)
- 11:00: --Pickleball (*Pickleball Court*)
- 11:30: --LUNCH SHUTTLE Sign-Up On APP

Homewood at Frederick Independent Living Activities Calendar

May 2024

- 1:15: --Scenic Ride To Clear Spring with a stop at Wilson Old Country Store and Sweetsies Eats and Treats for Ice Cream **Sign-Up On APP**
- 1:30: --Movement with Music (*Channel 970*)
- 2:30: --Bingo (*ILDR at CF*) **Sign-Up On APP for SHUTTLE at 2**
- 3:30: --Trip to: Music with The Eklectics Worman's Mill **Sign-Up On APP**
- 4:00: --One Day University Lecture - "What's Wrong with Congress? Can 18th Century Structures Still Work?" (*970 ONLY*)
- 4:45: --Dinner Shuttle **Sign-Up On APP**

Homewood at Frederick Independent Living Activities Calendar

May 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

(ILDRL) = Independent Living Dining Room @ CF

(FC) = Fitness Center @ Lodge

(LEC) = Lodge Event Center

(MP) = Multi-Purpose Room

(WC) = Wellness Center @ CF