

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Saturday, February 1, 2020

- 9:15: Trip to: Washington Golf & Travel Show (*Dulles Expo Center - Chantilly, VA*)
- 12:00: Trip to: The Gershwins' Porgy and Bess (*Regal Westview Stadium 16*)
- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)
- 1:00: Open Swim (*Lodge Pool*) **SHUTTLE**
- 2:30: By The Spirit Contemporary Christian Music (*MP@CF*) **SHUTTLE**
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER!** (*Between CF & LODGE*)
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night "Annie's Point" (*MP @ CF*)

## Sunday, February 2, 2020

- 10:00: Worship Service (*CHAPEL@CF*) **SHUTTLE**
- 1:00: Open Swim (*Lodge Pool*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at CF*)
- 6:30: Super Bowl Get-Together (*Great Room @ Lodge and Cafe @ CF*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, February 3, 2020

- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Open Swim (*FC Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:00: **FREE AARP TAX SERVICES** (*Sun Room at CF*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 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
- 12:45:** "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:30:** Advanced Balance (*WC*)
- 2:00:** Bible Study (*ILAC - CF*)
- 3:30:** Mindful Meditation (*Meditation Room @ Lodge*)
- 3:45:** IL Choir Rehearsal (*MP@CF*) **SHUTTLE**
- 7:00:** Great Decisions - Climate Change (*Classroom A & B @ Lodge*)
- 7:00:** How and Why - "American Civilizations of North America" (*Assisted Living Activities Room @ CF*)
- 7:00:** Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, February 4, 2020

- 7:45:** Trip to DC Drop-off (*Washington D.C.*)
- 8:00:** Aqua Fit (*FC Pool*)
- 8:45:** Water Volleyball (*Fitness Center Pool*)
- 9:00:** Water Walking (*CF Pool*)
- 9:00:** Massage (*Fitness Center & Wellness Center*)
- 9:30:** 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*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 10:00: Resident APP - Everything You Ever Wanted to Know! (MP@ CF)
- 10:00: Reflexology (Lodge Salon)
- 10:30: Basic Arthritic Exercise (WC)
- 10:30: "Visionaires" Guiding Eyes for the Blind Speaker will talk about her puppies and their training (Gardenview Lounge - Assisted Living @ CF)
- SHUTTLE**
- 1:00: Senior Balance Testing (The Lodge Fitness Center Classroom)
- 2:00: Chair Volleyball (WC)
- 2:00: Woodworking Group (Wood Shop at CF)
- 2:30: Religious Life Committee Meeting (MP@CF)
- SHUTTLE**
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 5:15: Trip to: Extreme Planets and Black Holes (Planetarium Show: Earth, Science and Space Lab)
- 6:45: Bridge (MP@ CF)
- 7:00: Movies: Ford vs. Ferrari (Event Center A at the Lodge)

## Wednesday, February 5, 2020

- 7:45: Aqua Fit (WC Pool)
- 8:00: Acupuncture (WC)
- 8:00: Lap Swim (FC Pool)
- 9:00: Aqua Fit - Women Only (WC Pool)
- 9:00: Open Swim (FC Pool)
- 9:15: Trip to Sunshine Readers (Brunswick)
- 9:30: Campus Connection Meeting w/Karen Main (MP @ CF) **SHUTTLE**
- 10:30: Sittercize (WC)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 11:00: Advanced Balance and Stretch (FC)
- 11:00: Fall Prevention Class (CF Wellness Center)
- 11:00: Senior Balance Testing (Wellness Center at CF)
- 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: Cardmaking Class – Valentines – Call Julie to  
sign-up (ILAC@CF)
- 3:15: Wine and Cheese (MP@CF and Cafe)
- 4:00: Ladies Literary Society (Library at the Lodge)
- 4:00: Upscale Dinner: Dutch's Daughter (Frederick, MD)

## Thursday, February 6, 2020

- 8:00: Aqua Fit (FC Pool)
- 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: "BE AWARE or BEWARE - Identity Theft Forum -  
Tactics Toward Seniors" (MP@CF) SHUTTLE
- 9:30: Open Swim (FC Pool)
- 9:45: Shopping at Wal-Mart ONLY
- 10:00: Osteoporosis Exercise (WC)
- 10:00: Personal Training (FC)
- 10:30: Basic Arthritic Exercise (WC)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 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*)
- 4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)
- 5:00: Word Scramble (*Wooden Nichol Pub @ Lodge*) SHUTTLE
- 6:15: Ladies Game Night (*ILAC@CF*)
- 7:00: Bird Club - Bird Sex and Breeding (*MP@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, February 7, 2020

National Wear Red Day - to raise awareness for heart disease

- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Cornhole (*Lower Patio by the FC Pool*)
- 9:00: Open Swim (*FC Pool*)
- 9:30: Travel Meeting (*Classroom A at the Lodge*) 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*)
- 2:00: IL Valentine Bingo! (*MP at CF*)
- 2:00: Sing-Along with the Homewood Harmonizers (*Meadows @ CF*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

3:00: Ping Pong (*FC Hallway*)

7:00: Movie Night: Troop Zero (2020) (*Event Center A at the Lodge*)

## Saturday, February 8, 2020

12:00: Trip to Book Talk: "We're Crossin' Over One By One" by Cecelia Summers (*Brunswick Library - Community Room*)

1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)

1:00: FREE iPad Class (*ILAC@CF*)

1:00: Open Swim (*Lodge Pool*) **SHUTTLE**

2:30: Pianist, Antonio Plumer (*MP @ CF*) **SHUTTLE**

2:30: FREE iPad Class (*Classroom B@Lodge*)

2:45: Trip to: Frederick Catoctones presents: Street Corner Symphony (*Tuscarora High School*)

4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)

4:00: **SHUTTLE for DINNER!** (*Between CF & LODGE*)

4:15: Trip to Catholic Mass

7:00: Saturday Movie Night –“*The Trip to Bountiful*” (*MP @ CF*)

## Sunday, February 9, 2020

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

1:00: Open Swim (*Lodge Pool*) **SHUTTLE**

1:15: Trip to: Loserville - Fredericktowne Players (*FCC - JBK Theater*)

2:30: Worship Service (*CHAPEL@CF*)

7:00: Music with Mark Beall Family and Friends (*MP @ CF*)

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

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Monday, February 10, 2020

**\*\* National Canned Food Month: Non-perishable Food Drive (*The Lodge & Crumland Farms*)**

- 7:45: Aqua Fit (*WC Pool*)  
8:00: Lap Swim (*FC Pool*)  
9:00: Aqua Fit - Women Only (*WC Pool*)  
9:00: Open Swim (*FC Pool*)  
9:00: Massage (*Fitness Center & Wellness Center*)  
9:00: **FREE AARP TAX SERVICES (*Sun Room at CF*)**  
9:30: **Groceries Trip (*WEIS ONLY*)**  
10:00: Sittercize Arthritis Exercise (*FC Classroom*)  
10:00: **Retired Clergy Group –“How Do You Visualize and Hear Climate Change?” (*MP@CF*) SHUTTLE**  
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*)  
3:30: Mindful Meditation (*Meditation Room @ Lodge*)  
3:45: IL Choir Rehearsal (*MP@CF*) **SHUTTLE**  
4:00: **SHUTTLE for DINNER! (*Between CF & LODGE*)**  
7:00: How and Why - “American Civilizations of North America” (*Assisted Living Activities Room @ CF*)  
7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Tuesday, February 11, 2020

**\*\* National Canned Food Month: Non-perishable Food Drive (*The Lodge & Crumland Farms*)**

**8:00: Aqua Fit (*FC Pool*)**

**8:15: Trip to: The National Watch & Clock Museum (*Columbia, PA*)**

**8:45: Water Volleyball (*Fitness Center Pool*)**

**9:00: Water Walking (*CF Pool*)**

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

**9:30: Coffee Hour (*ILDR @CF*)**

**9:30: 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*)**

**12:00: Create Your Own Pizza (*Bistro @ Lodge*)**

**2:00: Chair Volleyball (*WC*)**

**2:00: Woodworking Group (*Wood Shop at CF*)**

**3:30: Movies: Part 1 - Lawrence of Arabia (1962) (*Event Center A at the Lodge*)**

**4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)**

**6:45: Bridge (*MP @ CF*)**

**7:00: Movies: Part 2 - Lawrence of Arabia (1962) (*Event Center A at the Lodge*)**



# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Wednesday, February 12, 2020

**\*\* National Canned Food Month: Non-perishable Food Drive (*The Lodge & Crumland Farms*)**

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

**8:00: Acupuncture (*WC*)**

**8:00: Lap Swim (*FC Pool*)**

**8:30: Environmental Committee Meeting (*ILAC@CF*)**

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

**9:00: Open Swim (*FC Pool*)**

**9:15: Trip to Sunshine Readers (*Brunswick*)**

**10:30: Sittercize (*WC*)**

**10:30: Catholic Rosary (*Meadows Unit @ CF*)**

**11:00: Advanced Balance and Stretch (*FC*)**

**11:00: Fall Prevention Class (*CF Wellness Center*)**

**11:30: The Importance of Exercise for a Healthy Heart Presentation by Katie (*Wellness Center at CF*)**

**SHUTTLE**

**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: MAAS Opticians (*ILAC @ CF*)**

**2:30: Happy 1/2 Hour (*Great Room @ Lodge*)**

**4:45: Trip to: All About Acupuncture (*Walkersville Library*)**

**5:30: Trip to: Gourmet Night (*All Saints Episcopal Church*)**

**6:00: Hospice Speaker Series - (*MP@CF*) SHUTTLE**

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Thursday, February 13, 2020

**\*\* National Canned Food Month: Non-perishable Food Drive (*The Lodge & Crumland Farms*)**

- 8:00: Aqua Fit (*FC Pool*)  
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: Open Swim (*FC Pool*)  
9:30: **Trip to: C. Burr Artz Public Library & Lunch (*Downtown Frederick*)**
- 10:00: Osteoporosis Exercise (*WC*)  
10:00: Personal Training (*FC*)  
10:15: **Trip to Amish Market (*Hagerstown, MD*)**
- 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*)  
2:00: **Anne Lehman presents her book: Mother's Painful Secret (*Event Center A @ Lodge*) SHUTTLE**
- 2:30: **Resident Fitness Committee Meeting (*Lodge Classroom A*) SHUTTLE**
- 3:00: Noteables Rehearsal (*MP@CF*) SHUTTLE  
4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)  
4:00: **SHUTTLE for DINNER! (*Between CF & LODGE*)**
- 6:15: Ladies Game Night (*ILAC@CF*)  
7:00: Game Night (*Classroom A at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Friday, February 14, 2020

**\*\* National Canned Food Month: Non-perishable Food Drive (*The Lodge & Crumland Farms*)**

- 7:45: Aqua Fit (*WC Pool*)  
7:45: Breakfast Bus: Buttersburg Inn (*Middletown, MD*)  
8:00: Lap Swim (*FC Pool*)  
9:00: Aqua Fit - Women Only (*WC Pool*)  
9:00: Cornhole (*Lower Patio by the FC Pool*)  
9:00: Open Swim (*FC Pool*)  
10:00: Sittercize Arthritis Exercise (*FC Classroom*)  
10:00: Great Decisions (*ILAC @ CF*)  
10:30: Sittercize (*WC*)  
1:00: Personal Training (*WC*)  
1:15: Trip to Boscov's (*Frederick, MD*)  
2:00: Bingo (*Event Center A - Lodge*)  
3:00: Ping Pong (*FC Hallway*)  
4:30: Valentine's Day Wine Pairing & String Trio (*The View Dining Room*) SHUTTLE  
5:00: Valentine's Day Dinner w; Chordians of the Galaxy Barbershop Quartet (*Tuscarora Dining Room @CF*) SHUTTLE  
6:15: Pinochle (*ILAC @ CF*)  
7:00: Movie Night: The Hustle (2019) (*Event Center A at the Lodge*)

## Saturday, February 15, 2020

- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)  
1:00: Open Swim (*Lodge Pool*) SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 2:30: Jazz Trio with Christiana Drapkin (MP@CF)  
**SHUTTLE**
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE** for DINNER! (*Between CF & LODGE*)
- 4:15: Trip to Catholic Mass
- 6:00: Trip to: National Ballet Theatre of Odessa, Ukraine -  
Romeo & Juliet (*Maryland Theatre*)
- 7:00: Saturday Movie Night –“Local Color” (MP @ CF)

## Sunday, February 16, 2020

### **RANDOM ACTS OF KINDNESS WEEK!**

Surprise someone with an act of kindness today!

- 10:00: Worship Service (CHAPEL @CF) **SHUTTLE**
- 1:00: Open Swim (*Lodge Pool*)
- 1:15: Trip to: Folk Music with Andy & Judy (*C. Burr Artz Public Library*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at CF*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, February 17, 2020

### **RANDOM ACTS OF KINDNESS WEEK!**

Surprise someone with an act of kindness today!

- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Lap Swim (*FC Pool*)
- 9:00: Open Swim (*FC Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:00: **FREE AARP TAX SERVICES** (*Sun Room at CF*)
- 9:30: **Groceries Trip (WEIS ONLY)**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 10:00: **YARD SALE PLANNING MEETING (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)**  
12:45: **Trip to Shopping at Valley Mall, Hagerstown**  
1:30: **Advanced Balance (WC)**  
2:00: **Bible Study (ILAC - CF)**  
3:30: **Mindful Meditation (Meditation Room @ Lodge)**  
3:45: **IL Choir Rehearsal (MP@CF) SHUTTLE**  
4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**  
7:00: **Great Decisions - India & Pakistan (Classroom A & B @Lodge)**  
7:00: **How and Why - "American Civilizations of North America" (Assisted Living Activities Room @ CF)**  
7:00: **Market Street Big Band Rehearsal (Event Center at the Lodge)**

## Tuesday, February 18, 2020

### **RANDOM ACTS OF KINDNESS WEEK!**

**Surprise someone with an act of kindness today!**

- 8:00: **Aqua Fit (FC Pool)**  
8:45: **Water Volleyball (Fitness Center Pool)**  
9:00: **Water Walking (CF Pool)**  
9:00: **Bake Off: Heart Healthy Recipe (Lindsay's Office)**  
9:00: **Massage (Fitness Center & Wellness Center)**  
9:30: **Open Swim (FC Pool)**

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 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)
- 11:30: LUNCH BUNCH (*Event Center @Lodge*) SHUTTLE
- 2:00: Chair Volleyball (WC)
- 2:00: Woodworking Group (*Wood Shop at CF*)
- 2:45: Trip to: Monuments by Moonlight Tour (*Washington DC*)
- 3:45: Happy 1/2 Hour (CC@CF)
- 4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)
- 6:45: Bridge (MP@ CF)
- 7:00: Movies: Twelve (2019) (*Event Center A at the Lodge*)

## Wednesday, February 19, 2020

### **RANDOM ACTS OF KINDNESS WEEK!**

**Surprise someone with an act of kindness today!**

- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Acupuncture (WC)
- 8:00: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Open Swim (*FC Pool*)
- 9:15: Trip to Sunshine Readers (*Brunswick*)
- 10:00: Old Towne Jewelers (*ILAC @ CF*)
- 10:30: Sittercize (WC)
- 10:30: Presentation on Ft. Detrick Commissary (*MP@CF*)  
SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 11:00: Advanced Balance and Stretch (FC)
- 11:00: Fall Prevention Class (CF Wellness Center)
- 11:30: Personal Training (Fitness Center)
- 1:00: Resident App Class (Event Center A at the Lodge)
- 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)
- 3:00: Homewood Crafters –call Julie to Sign-up (ILAC@CF)
- 5:30: Coupon Dinner Out – Pistarro's

## Thursday, February 20, 2020

### **RANDOM ACTS OF KINDNESS WEEK!**

Surprise someone with an act of kindness today!

- 8:00: Aqua Fit (FC Pool)
- 8:45: Water Volleyball (Fitness Center Pool)
- 9:00: Water Walking (CF Pool)
- 9:00: Open Art Class (ILAC@CF)
- 9:00: Shopping Trip to: Trader Joe's (Columbia, MD)
- 9:00: FREE AARP TAX SERVICES (Sun Room at CF)
- 9:30: Beginner Balance (Fitness Center Classroom)
- 9:30: Open Swim (FC Pool)
- 9:45: Shopping at Wal-Mart ONLY
- 10:00: Osteoporosis Exercise (WC)
- 10:00: 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)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 1:00: Craft: Rock Painting for Frederick Rocks (*Classroom A @ Lodge*)
- 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*)
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 5:00: Trivia Night (*Wooden Nichol Pub @ Lodge*)  
**SHUTTLE**
- 6:15: Ladies Game Night (*ILAC@CF*)
- 6:15: Trip to: Speaker Series - Dr. Mae Jemison (*Weinberg Center*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, February 21, 2020

### **RANDOM ACTS OF KINDNESS WEEK!**

**Surprise someone with an act of kindness today!**

- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Cornhole (*Lower Patio by the FC Pool*)
- 9:00: Open Swim (*FC Pool*)
- 9:45: Scenic Ride: Discover Shippensburg, PA (*Early Lunch at the Wheel House Cafe*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Hospitality Committee Meeting (*Classroom A @ Lodge*) **SHUTTLE**



# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

- 1:00: Personal Training (*WC*)
- 2:00: February Birthday Party – Everyone is welcome!  
(*MP@CF*)
- 3:00: Ping Pong (*FC Hallway*)
- 7:00: Bingo sponsored by Johnsville 4-H (*MP@CF*)
- 7:00: Movie Night: The Lincoln Lawyer (2011) (*Event Center A at the Lodge*)

## Saturday, February 22, 2020

### **RANDOM ACTS OF KINDNESS WEEK!**

Surprise someone with an act of kindness today!

- 8:15: Trip to: Powerlifting Meet (*Frederick Fairgrounds*)
- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)
- 1:00: Open Swim (*Lodge Pool*) **SHUTTLE**
- 2:30: Music with Rear View Mirror (*MP@CF*) **SHUTTLE**
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER!** (*Between CF & LODGE*)
- 4:15: Trip to Catholic Mass
- 5:15: Trip to: Lucketts Bluegrass - Becky Buller Band  
(*Lucketts, VA*)
- 7:00: Saturday Movie Night –“Under the Tuscan Sun”  
(*MP @ CF*)

## Sunday, February 23, 2020

- 10:00: Worship Service (*CHAPEL @CF*) **SHUTTLE**
- 1:00: Open Swim (*Lodge Pool*)
- 1:30: Trip to: Cirque D'Or (*The Maryland Theatre*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at CF*)
- 3:00: Jeffrey Chappell in Concert (*MP@CF*) **SHUTTLE**
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Monday, February 24, 2020

- 7:45: Aqua Fit (*WC Pool*)  
8:00: Lap Swim (*FC Pool*)  
9:00: Aqua Fit - Women Only (*WC Pool*)  
9:00: Open Swim (*FC Pool*)  
9:00: Massage (*Fitness Center & Wellness Center*)  
9:00: FREE AARP TAX SERVICES (*Sun Room at CF*)  
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  
12:45: "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 a Big Thank You to the Food Service Dept for all they do for us! (*Cafe @CF*)  
3:30: Mindful Meditation (*Meditation Room @ Lodge*)  
3:45: IL Choir Rehearsal (*MP @CF*) SHUTTLE  
4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)  
7:00: How and Why - “American Civilizations of North America” (*Assisted Living Activities Room @ CF*)  
7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Tuesday, February 25, 2020

- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Water Walking (*CF Pool*)
- 9:00: Kinklings and Coffee (*Cafe @ CF and Great Room @ Lodge*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:30: Open Swim (*FC Pool*)
- 10:00: Large and Loud Parkinson's Exercise Program (*Fitness Center Classroom*)
- 10:00: Osteoporosis Exercise (*WC*)
- 10:00: AMVETS Visits (*Cafe@CF*)
- 10:00: Knit Wits (*Cafe @ CF*)
- 10:00: Reflexology (*Lodge Salon*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 11:00: Memories Writing Group (*Library at the Lodge*)
- 1:00: Late Lunch: Rafi Ristorante Italiano (*Frederick, MD*)
- 2:00: Painting with Linda (*Assisted Living Activity Room @ CF*)
- 2:00: Chair Volleyball (*WC*)
- 2:00: Mardi Gras Wine & Cheese (*Wooden Nichol Pub @ Lodge*) SHUTTLE
- 2:00: Woodworking Group (*Wood Shop at CF*)
- 2:30: Blood Pressure Clinic (*Game Room at the Lodge*)
- 4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)
- 6:45: Bridge (*MP@ CF*)
- 7:00: Movies: A Beautiful Day in the Neighborhood (2019) (*Event Center A at the Lodge*) SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 2020

## Wednesday, February 26, 2020

- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Acupuncture (*WC*)
- 8:00: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Open Swim (*FC Pool*)
- 9:15: Trip to Sunshine Readers (*Brunswick*)
- 9:30: Coffee at the Lodge (*Event Center at the Lodge*)
- 10:30: Gab with Gretchen – Exercise and Heart Health  
(*Lodge Classroom A*) **SHUTTLE**
- 10:30: Sittercize (*WC*)
- 10:30: Ash Wednesday Service (*Chapel @ CF*) **SHUTTLE**
- 11:00: Advanced Balance and Stretch (*FC*)
- 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: Trip to Richard & Jane & Dick & Sally (*Center Stage*)
- 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: MAAS Opticians (*ILAC @ CF*)

## Thursday, February 27, 2020

- 8:00: Aqua Fit (*FC Pool*)
- 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 FEBRUARY 2020

- 9:30: Open Swim (*FC Pool*)
- 10:00: Osteoporosis Exercise (*WC*)
- 10:00: Personal Training (*FC*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 1:00: Interval Circuit Training (*Wellness Center at CF*)
- 1:00: Floral Arranging Class with Rene Bonde Shiffler – sign up with Lindsay by February 20<sup>th</sup> (*Classroom A @ Lodge*)
- 1:00: Blood Pressure Clinic (*HHO @ CF*)
- 1:30: Yoga (*Lodge Fitness Center Classroom*)
- 2:30: Community Bingo (*MP @ CF*)
- 3:00: Noteables Rehearsal (*Event Center B @ Lodge*)
- SHUTTLE**
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER! (*Between CF & LODGE*)**
- 4:15: Trip to: Lobster Night (*Brewer's Alley*)
- 6:15: Ladies Game Night (*ILAC@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, February 28, 2020

- 7:45: Aqua Fit (*WC Pool*)
- 8:00: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Cornhole (*Lower Patio by the FC Pool*)
- 9:00: 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 FEBRUARY 2020

- 12:00: ALOHA Luncheon - Speaker Mary Helen Dennis will talk about ways to conquer the mountains of paper invading our homes (MP@CF) **SHUTTLE**
- 1:00: Personal Training (WC)
- 3:00: Ping Pong (FC Hallway)
- 6:15: Pinochle (ILAC @ CF)
- 6:15: Trip to: The Sunderman Jazz Ensemble (*Majestic Theatre - Gettysburg*)
- 7:00: Movie Night: Jumanji: Welcome to the Jungle (*Event Center A at the Lodge*)

## Saturday, February 29, 2020

- 12:00: Trip to: You are Here - A Come Away Story (*Regal Westview Stadium 16*)
- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)
- 1:00: Open Swim (*Lodge Pool*) **SHUTTLE**
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night "Book Club" (MP @ CF)

# Homewood at Frederick Independent Living Activities Calendar FEBRUARY 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