Homewood at Frederick
Independent Living Activities Calendar
January 2022

***Please note that ALL activities are subject to change due to COVID regulations. Please watch for updates via email, channel 970 and the APP.**

***Remember that masks MUST be worn on ALL Homewood trips – from Dr appts to bus trips.**

***You are strongly encouraged to wear a mask at group activities and meetings.**

Saturday, January 1, 2022

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

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

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

11:00: LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF)*
Sign-up on the APP

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

1:15: Movement with Music *(Channel 970)*

2:30: Music with Frank Plumer and Family
(Channel 970 and MP Room)

4:00: REPLAY Senior Theatre Performance (Channel 970)

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

6:00: REPLAY Brady Love Concert – Part I (Channel 970)

Homewood at Frederick
Independent Living Activities Calendar
January 2022

7:00: REPLAY Brady Love Concert – Part II (Channel 970)

Sunday, January 2, 2022

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

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

10:00: Worship Service w/Holy Communion *(MP/Channel 970)*

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

1:15: Movement with Music *(Channel 970)*

2:00: Favorite Piano Hymns *(Channel 970)*

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

Monday, January 3, 2022

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

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

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

8:15: Shopping: Giant Eagle *Sign-up on the APP*

9:00: Large and Loud (Parkinsons Exercise Class) *(Lodge Fitness Classroom)*

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

10:00: Tai Chi ***(Lodge Fitness Center Classroom)***

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

10:00: Trip to Woodsboro Bank on East St ***Sign-up on APP***

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

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

11:00: LUNCH SHUTTLE 11am-1pm ***(Between Lodge & CF -*** Sign-up on the APP

11-1: Dog Swim: Bring your dogs down to the pool and feel free to swim with them. Please bring your own towel for your dog (Lodge Pool)

1:15: Movement with Music ***(Channel 970)***

1:30: Open Craft/Painting Studio ***(Lodge Classroom A)***

2:00: Bible Study ***(3rd Floor at CF)***

2:45: Men's Choir Rehearsal ***(MP at CF)***

3:30: Choir Rehearsal ***(MP at CF)***

4:00: One Day University Lecture – "The Great Pyramids: Solving the Ancient Mysteries" ***(Lodge Classroom)***

4:00: REPLAY - Worship Service ***(Channel 970)***

4:30: Dinner Shuttle 4:30-6:30pm ***(Between Lodge & CF)*** Sign-up on the APP

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Tuesday, January 4, 2022

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

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

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

9:30: Yoga *(Channel 970)*

10:00: Knit Wits *(ILAC at CF)*

10:00: "Visionaires" - Low Vision Support Group *(MP at CF)*

10:00: Card Making Class: Thank You Notes
(Classroom A at the Lodge) Sign-up on the APP

10:15: Sittercize *(FC Classroom at the Lodge)*

10:30: Advanced Sittercise *(CF Wellness Center)*

11:00: Sittercize and Stretches *(Channel 970)*

11:00: LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF)*
Sign-up on the APP

11:00: Personal Training at CF *(Crumland Farms Gym)*

1:00: Large and Loud With Weights (Parkinson's Class)
(Fitness Classroom at the Lodge)

1:15: Movement with Music *(Channel 970)*

2:00: Mindful Meditation *(Library at the Lodge)*

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

4:00: **One Day University Lecture –"Isaac Newton: The Man Who Saw the Future"** ***(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm** ***(Between Lodge & CF)***
Sign-up on the APP

6:45: **Tuesday Night Bridge** ***(MP at CF)***

Wednesday, January 5, 2022

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

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

9:00: **Beginner Balance** ***(Lodge Fitness Center Classroom)***

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

9:30: **Groceries Trip** ***(WEIS AND COMMON MARKET)***
Sign-up on the APP

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

10:00: **Dr. Romane - "What is Cancer ?" This is the first of a 3 part series on Cancer** ***(MP at CF and Channel 970)***
SHUTTLE

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

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

11:00: **Advanced Balance Through Movement**

Homewood at Frederick
Independent Living Activities Calendar
January 2022

(Lodge FC Classroom)

11:00: LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF)*
Sign-up on the APP

1:00: Chair Volleyball *(CF Wellness Center)*

1:15: Movement with Music *(Channel 970)*

2:00: French Conversation Group: Come gather together to brush up on French conversational skills.
(Lodge Library) SHUTTLE

2:00: Science and Technology Discussion Group Speaker Richard Snay - "Modeling the Motion of the Earth's Surface" - (Event Center at the Lodge)

4:00: Ladies Literary Society *(Event Center @ Lodge)*

4:00: One Day University Lecture – "Salem Witch Trials: What Really Happened, and Why?"
(Classroom @ Lodge)

4:00: Trivia Night with Taco Bar and Drinks - $14 Plus Drinks. Trivia begins at 5pm *(MP@CF) SHUTTLE*
Sign-up on the APP

4:30: Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)*
Sign-up on the APP

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Thursday, January 6, 2022

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

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

7:30: **Breakfast Bus- Olde Town Restaurant**
Sign-up on the APP

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

9:30: **Homewood Campus Update with Karen Main**
(MP Room @ CF and (Channel 970)

10:00: **Intermediate Stabilization *(Wellness Center at CF)***

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

10:30: **Circuit Training *(CF Wellness Center)***

11:00: **Sittercize and Stretches *(Channel 970)***

11:00: **Spanish Conversation Gathering (Beginners level)**
with Gloria Dubin *(Classroom @ Lodge)*

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF***
Sign-up on the APP

11:00: **Personal Training at CF *(Crumland Farms Gym)***

12:00: **Personal Training at the Lodge *(Lodge Fitness Center)***

12:30: **"Friendly" Party Bridge *(The View Alcove @ Lodge)***

1:00: **Blood Pressure Clinic *(Home Health Office @ CF)***

Homewood at Frederick
Independent Living Activities Calendar
January 2022

1:00: **One Day University – "Charles Dickens Today"** ***(Channel 970)***

1:00: **Paint & Sip -Pottery Painting Social $** ***(Lodge Classroom)***

1:15: **Movement with Music** ***(Channel 970)***

3:00: **Current Events Group** ***(Event Center @ Lodge)***

3:15: **Noteables Rehearsal** ***(MP@CF)***

4:00: **One Day University Lecture – "Rockefeller, Vanderbilt, Carnegie, Gates, Bezos, & Musk: A History of American Wealth** ***(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm** ***(Between Lodge & CF)***
Sign-up on the APP

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

6:30: **NEW Game Night** ***(ILAC@CF)***

6:30: **REPLAY - Dr. Romane - "What is Cancer ?" This is the first of a 3 part series on Cancer** ***(Channel 970)***

6:45: **Movie Showing w/ Jim Spiller: "What About Bob?"** ***(Event Center at the Lodge)***

Friday, January 7, 2022

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

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

9:30: **Coffee Hour- Sponsored by Hospitality Committee *(MP@CF)* *SHUTTLE***

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

10:00: **Shopping at Walmart, Wegmans and Giant**
Sign-up on the APP

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

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

11:00: **DIY Homemade Dog Treats *(Lodge Classroom)***

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF***

Sign-up on the APP

1:00: **ALOHA Committee Meeting *(ILAC@CF)***

1:15: **Movement with Music *(Channel 970)***

2:00: **Candy Bar Bingo *(MP@CF)***

4:00: **One Day University Lecture – "The Origins of Walt Disney" *(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

Homewood at Frederick
Independent Living Activities Calendar
January 2022

7:00: Trip to: "1964 The Tribute" - Beatles Tribute Band *(Weinberg)* Sign-up on the APP

Saturday, January 8, 2022

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

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

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

10:45: Lunch at Bavarian Inn *and Scenic Ride (Shepherdstown, WV)* Sign-up on the APP

11:00: LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF Sign-up on the APP*

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

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

1:15: Movement with Music *(Channel 970)*

2:30: Piano Concert by Student Volunteer Kelly Maren *(MP@CF and Channel 970)*

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

6:30: Saturday Night Movie - "The Aeronauts" *(MP@CF & Channel 970)*

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Sunday, January 9, 2022

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

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

10:00: **Worship Service with Choir *(MP/Channel 970)***

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

1:15: **Movement with Music *(Channel 970)***

2:00: **Favorite Piano Hymns *(Channel 970)***

4:00: **REPLAY - Worship Service *(Channel 970)***

6:30: **Game Night *(Lodge Classroom)***

Monday, January 10, 2022

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

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

8:15: **Shopping: Giant Eagle *Sign-up on the APP***

9:00: **Large and Loud (Parkinson's Exercise Class) *(Lodge Fitness Classroom)***

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

10:00: **Tai Chi *(Lodge Fitness Center Classroom)***

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

10:00: **Trip to Woodsboro Bank on East Street**
Sign-up on the APP

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

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

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF***
Sign-up on the APP

1:15: **Movement with Music *(Channel 970)***

1:30: **Virtual Reality - Explore the World *(Cafe @ CF)***
Sign-up on the APP

1:30: **Open Craft/Painting Studio *(Classroom A @ Lodge)***

2:00: **Bible Study *(3rd Floor @ CF)***

2:00: **Bird Watching Club Meeting *(Lodge Event Center)***

2:00: **Crumland Farms Food Committee Meeting *(MP @CF)***

2:45: **Men's Choir Rehearsal *(MP@CF)***

3:30: **Choir Rehearsal *(MP@CF)***

4:00: **One Day University Lecture – "Life and Death in the Grand Canyon" *(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Tuesday, January 11, 2022

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

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

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

9:30: **Yoga *(Channel 970)***

10:00: **Knit Wits *(ILAC @CF)***

10:00: **Grief Support Group with Chaplain Suzanne *(3rd Floor Library @ CF)***

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

10:30: **Advanced Sittercise *(CF Wellness Center)***

11:00: **Sittercize and Stretches *(Channel 970)***

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF Sign-up on the APP***

11:00: **Personal Training at CF *(Crumland Farms Gym)***

1:00: **Service Project Club Meeting- All are welcome to attend as we plan out Homewood Service projects for the year (Lodge Classroom) SHUTTLE**

1:00: **Large and Loud With Weights (Parkinson's Class) *(Fitness Classroom at the Lodge)***

1:15: **Movement with Music *(Channel 970)***

Homewood at Frederick
Independent Living Activities Calendar
January 2022

2:00: **Mindful Meditation *(Library at the Lodge)***

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

2:00: **Movie Matinee - "The Journey of Natty Gann" *(MP@CF AND Channel 970)***

3:00: **Flights & Bites $ *15 per person. No carry outs. You must be seated by 3:15pm. Last day to cancel without being charged is January 7th (Bar at the Lodge)***
Sign-up on the APP SHUTTLE

4:00: **One Day University Lecture – "Cole Porter: His Music, Life, and Wit" *(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

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

Wednesday, January 12, 2022

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

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

9:00: **Beginner Balance *(Lodge Fitness Center Classroom)***

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

9:30: **Environmental Committee Meeting *(MP@CF)***

Homewood at Frederick
Independent Living Activities Calendar
January 2022

9:30: **Groceries Trip *(WEIS ONLY)* Sign-up on the APP**

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

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

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

11:00: **Advanced Balance Through Movement *(Lodge FC Classroom)***

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -* Sign-up on the APP**

11:30: **Clergy Spouse Lunch Get Together – *Bring your lunch (ILAC@CF)***

1:00: **Chair Volleyball *(CF Wellness Center)***

1:00: **Worldly Wednesday: Egypt (Armchair Travel) *(Event Center at the Lodge)* Sign-up on the APP *SHUTTLE***

1:15: **Movement with Music *(Channel 970)***

2:00: **MAAS Opticians Visit *(ILAC@CF)***

4:00: **One Day University Lecture – "The Roman Colosseum: The Building and The Grand Spectacles" *(Classroom @ Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)* Sign-up on the APP**

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Thursday, January 13, 2022

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

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

8:15: **Shopping Trip to: Trader Joe's *(Rockville)***
Sign-up on the APP

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

9:30: **Travel Committee Mtg. *(Classroom @ Lodge)***
SHUTTLE

10:00: **Intermediate Stabilization *(Wellness Center at CF)***

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

10:30: **Circuit Training *(CF Wellness Center)***

11:00: **Sittercize and Stretches *(Channel 970)***

11:00: **Spanish Conversation Gathering (Beginners level)**
with Gloria Dubin *(Classroom @ Lodge)*

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -***
Sign-up on the APP

11:00: **Personal Training at CF *(Crumland Farms Gym)***

12:00: **Personal Training at the Lodge *(Lodge Fitness Center)***

12:30: **"Friendly" Party Bridge *(The View Alcove @ Lodge)***

1:00: **Bingo: We will have regular bingo prizes and you can**

Homewood at Frederick
Independent Living Activities Calendar
January 2022

also donate NEW items that you received over the holidays that you don't need/want *(Event Center @ Lodge)*

1:00: Blood Pressure Clinic *(Home Health Office at CF)*

1:00: One Day University –"The Five Most Powerful People in the World" *(Channel 970)*

1:15: Movement with Music *(Channel 970)*

2:00: Book Club *(3rd)*

3:15: Noteables Rehearsal *(MP@CF)*

4:00: One Day University Lecture – "The Remarkable Genius and Inventions of Benjamin Franklin" *(Classroom @Lodge)*

4:30: Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)*
Sign-up on the APP

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

6:30: NEW Game Night *(ILAC@CF)*

6:45: Movie Showing w/ Jim Spiller: "The 100-Foot Journey" *(Event Center at the Lodge)*

Friday, January 14, 2022

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

9:00: **Polar Bear Plunge *(Lodge Pool)***

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

9:30: **CHATTER COMMITTEE MEETING *(3rd Floor @ CF)***

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

10:00: **Shopping at Walmart, Wegmans and Giant**
Sign-up on the APP

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

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

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF***
Sign-up on the APP

1:00: **BUNCO *(ILAC @ CF)***

1:00: **Virtual Reality-Explore the World *(Lodge Classroom)***
Sign-up on the APP

1:15: **Movement with Music *(Channel 970)***

3:30: **Wine and Cheese *(MP@CF)***

4:00: **One Day University Lecture – "Frida Kahlo: Her Art and Life" *(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Saturday, January 15, 2022

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

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

10:00: **Trip to Downtown Frederick Sign-up on the APP**

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

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -* Sign-up on the APP**

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

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

1:15: **Movement with Music *(Channel 970***

2:30: **Music with Jeff Taulton and Dr. Brian Bonham *(CHANNEL 970 only)***

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

6:30: **Saturday Night Movie - "The Electrical Life of Luis Wain" *(MP@CF & Channel 970)***

Sunday, January 16, 2022

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
January 2022

10:00: Worship Service *(MP/Channel 970)*

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

1:15: Movement with Music *(Channel 970)*

2:00: Favorite Piano Hymns *(Channel 970)*

4:00: REPLAY - Worship Service *(Channel 970)*

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

Monday, January 17, 2022

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

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

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

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

9:00: Large and Loud (Parkinson's Exercise Class) *(Lodge Fitness Classroom)*

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

10:00: Tai Chi *(Lodge Fitness Center Classroom)*

10:00: Cornhole *(Lodge)*

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

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -***
Sign-up on the APP

12:30: **Water Volleyball *(Lodge Pool)***

1:15: **Movement with Music *(Channel 970)***

1:30: **Virtual Reality - Explore the World *(Cafe @ CF)***
Sign-up on the APP

1:30: **Open Craft/Painting Studio *(Classroom A @ Lodge)***

2:00: **Bible Study *(3rd Floor @ CF)***

2:45: **Men's Choir Rehearsal *(MP@CF)***

3:30: **Choir Rehearsal *(MP@CF)***

4:00: **One Day University Lecture – "Martin Luther King: A Legacy Revisited" *(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

Tuesday, January 18, 2022

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

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

8:00: **Pool Open 8:00-12:00 *(Lodge Pool)***

Homewood at Frederick
Independent Living Activities Calendar
January 2022

9:00: **Aquafit *(Lodge)***

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

9:30: **Yoga *(Channel 970)***

9:30: **Trip to Delaplaine Arts Center *(Frederick)***
Sign-up on the APP

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

10:00: **Knit Wits *(ILAC @CF)***

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

10:30: **Advanced Sittercise *(CF Wellness Center)***

11:00: **Sittercize and Stretches *(Channel 970)***

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -***
Sign-up on the APP

11:00: **Personal Training at CF *(Crumland Farms Gym)***

1:00: **Large and Loud With Weights (Parkinson's Class)**
(Fitness Classroom at the Lodge)

1:15: **Movement with Music *(Channel 970)***

2:00: **Mindful Meditation *(Library at the Lodge)***

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

2:00: **Movie Matinee - "Selma"**
(MP@CF AND Channel 970)

Homewood at Frederick
Independent Living Activities Calendar
January 2022

3:30: **Wine and Cheese *(Lodge Event Center)***

4:00: **One Day University Lecture – "A History of Fame: The Power of Celebrity" *(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

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

Wednesday, January 19, 2022

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

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

8:00: **Pool Open 8:00-2:00 *(Lodge 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: **Cornhole *(Lodge)***

10-12: **Old Towne Jewelers *(ILAC @ CF)***

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

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

11:00: **Advanced Balance Through Movement *(Lodge FC Classroom)***

Homewood at Frederick
Independent Living Activities Calendar
January 2022

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -***
Sign-up on the APP

1:00: **Chair Volleyball *(CF Wellness Center)***

1:15: **Movement with Music *(Channel 970)***

2:00: **Tea with Paulella Burchill *(MP@CF)***
Sign-up on the APP SHUTTLE

4:00: **One Day University Lecture – "London Underground: The Story of the World's First Subway System" *(Classroom at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

5:00: **Trivia Night-Please put team members in the notes section on the app *(Wooden Nichol Bar at the Lodge)***
Sign-up on the APP

Thursday, January 20, 2022

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

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

8:00: **Pool Open 8:00-12:00 *(Lodge Pool)***

9:00: **Aquafit *(Lodge)***

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

9:30: **Homewood Campus Update with Karen Main *(MP Room and Channel 970)***

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

9:45: **Trip to Shopping at Boscov's Sign-up on the APP**

10:00: **Intermediate Stabilization *(Wellness Center at CF)***

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

10:30: **Circuit Training *(CF Wellness Center)***

11:00: **Sittercize and Stretches *(Channel 970)***

11:00: **Spanish Conversation Gathering (Beginners level) with Gloria Dubin *(Classroom @ Lodge)***

11:00: **Therapy Presentation - "The Seven Dimensions of Wellness. It's a New Year, A New You!!" (*MP@CF/Channel 970)***

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -* Sign-up on the APP**

11:00: **Personal Training at CF *(Crumland Farms Gym)***

12:00: **Personal Training at the Lodge *(Lodge Fitness Cente***

12:30: **"Friendly" Party Bridge *(The View Alcove @ Lodge)***

1:00: **Blood Pressure Clinic *(Home Health Office at CF)***

1:00: **One Day University – "What is Money? From the**

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Beginning to the Bitcoin" *(Channel 970)*

1:15: Movement with Music *(Channel 970)*

3:00: Current Events Group *(Event Center @ Lodge)*

3:15: Noteables Rehearsal *(MP@CF)*

4:00: One Day University Lecture – "What's So Great About Ballet?" *(Classroom at the Lodge)*

4:30: Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)*
SIGN UP ON THE APP

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

6:30: NEW Game Night *(ILAC@CF)*

6:30: REPLAY - Therapy Presentation - "The Seven Dimensions of Wellness. It's a New Year, A New You!!" (*MP@CF/Channel 970)*

6:45: Movie Showing w/ Jim Spiller: "The Monuments Men" *(Event Center at the Lodge)*

Friday, January 21, 2022

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

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

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

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

10:00: **Shopping at Walmart, Wegmans and Giant**
Sign-up on the APP

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

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

10:30: **Hospitality Committee Meeting *(MP@CF)* *SHUTTLE***

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF***
Sign-up on the APP

1:15: **Movement with Music *(Channel 970)***

2:00: **Birthday Party – *Sponsored by Hospitality Committee (MP@CF)***

4:00: **One Day University Lecture – "Poetry 101: Great, Good, Bad, and Terrible" *(Classroom B at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

5:15: **Trip to Meshuggah Nuns *(Way Off Broadway)***
Sign-up on the APP

6:30: **Jazz with Prophets of the Abstract Truth**
(Event Center at the Lodge)* *SHUTTLE

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Saturday, January 22, 2022

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

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

8-10: **Tech Classes with Phineas Sign-up on the APP**

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

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -* Sign-up on the APP**

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

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

1:15: **Movement with Music *(Channel 970)***

2:30: **Violin Recital with Zhenya *(MP@CF and Channel 970)***

3:00: **Dinner Out at Fratelli's *(Middletown)***
Sign-up on the APP

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

6:30: **Saturday Night Movie – "Sully - Miracle on the Hudson" *(MP@CF & Channel 970)***

Sunday, January 23, 2022

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

10:00: **Worship Service *(MP/Channel 970)***

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

1:15: **Movement with Music *(Channel 970)***

2:00: **Favorite Piano Hymns *(Channel 970)***

2:15: **Trip to Brian Ganz - Pianist *(Calvary UMC)***
Sign-up on the APP

4:00: **REPLAY - Worship Service *(Channel 970)***

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

Monday, January 24, 2022

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

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

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

8:15: **Shopping: Giant Eagle Sign-up on the APP**

9:00: **Large and Loud (Parkinsons Exercise Class)**
(Lodge Fitness Classroom)

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

10:00: **Tai Chi *(Lodge Fitness Center Classroom)***

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

10:00: **Trip to Woodsboro Bank on East Street**
Sign-up on the APP

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

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

10:30: **Catholic Mass *(CHAPEL@CF/Channel 970)***

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -***
Sign-up on the APP

12:30: **Water Volleyball *(Lodge Pool)***

1:00: **Ancestry Class - Organizing Your Genealogy Research *(4th Floor Library @ CF)***

1:15: **Movement with Music *(Channel 970)***

1:30: **Open Craft/Painting Studio *(Classroom @ Lodge)***

2:00: **Bible Study *(3rd Floor @ CF)***

2:00: **Hot Chocolate Bar**
(Community Center at CF AND Lodge Great Room)

2:45: **Men's Choir Rehearsal *(MP@CF)***

3:30: **Choir Rehearsal *(MP@CF)***

4:00: **One Day University Lecture – "Ada Lovelace: Computing Pioneer, Little Known Genius"**

Homewood at Frederick
Independent Living Activities Calendar
January 2022

(Classroom B @ Lodge)

4:30: Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)*
Sign-up on the APP

Tuesday, January 25, 2022

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

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

8:00: Pool Open 8:00-12:00 *(Lodge Pool)*

9:00: Aquafit *(Lodge)*

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

9:30: Yoga *(Channel 970)*

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

10:00: Knit Wits *(ILAC @CF)*

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

10:30: Advanced Sittercise *(CF Wellness Center)*

10:30: Craft: 3D Paper Snowflakes *(Lodge Classroom A)*
Sign-up on the APP

11:00: Sittercize and Stretches *(Channel 970)*

11:00: Writing Your Family's Stories *(Game Room @Lodge)*

Homewood at Frederick
Independent Living Activities Calendar
January 2022

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -***
Sign-up on the APP

11:00: **Personal Training at CF *(Crumland Farms Gym)***

1:00: **Large and Loud With Weights (Parkinson's Class)**
(Fitness Classroom at the Lodge)

1:15: **Movement with Music *(Channel 970)***

2:00: **Mindful Meditation *(Library at the Lodge)***

2:00: **Valentine Card Making Class *(ILAC @ CF)***
Sign-up on the APP

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

2:30: **Blood Pressure Clinic *(Game Room @ The Lodge)***

3:30: **Part I of the movie "Ghandi" followed by an Indian Cuisine Dinner followed by part II of the movie and discussion with Jim Spiller. $14 LAST DAY TO CANCEL WITHOUT BEING CHARGED IS 1/18. You MUST sign up on the APP for Dinner only *(Event Center at the Lodge) SHUTTLE***

4:00: **One Day University Lecture – "Henry Ford: Genius of Mass Production" *(Classroom B at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

Wednesday, January 26, 2022

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

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

8:00: Pool Open 8:00-2:00 *(Lodge 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: Quarterly Memorial Service
(MP Room @ CF and Channel 970)

10:00: Cornhole *(Lodge)*

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

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

11:00: Advanced Balance Through Movement
(Lodge FC Classroom)

11:00: LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -*
Sign-up on the APP

1:00: Chair Volleyball *(CF Wellness Center)*

1:15: Movement with Music *(Channel 970)*

Homewood at Frederick
Independent Living Activities Calendar
January 2022

2:00: **Technology Education Workshop**
(MP@ CF and Channel 970) **Sign-up on the APP**
SHUTTLE

2:00: **MAAS Opticians Visit *(ILAC@CF)***

4:00: **One Day University Lecture – "The Artistic Genius of Michelangelo" *(Classroom B at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

6:30: **REPLAY - Technology Education Workshop**
(Channel 970)

Thursday, January 27, 2022

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

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

7:45: **Trip to Amish Market *(Hagerstown)***
Sign-up on the APP

8:00: **Pool Open 8:00-12:00 *(Lodge Pool)***

9:00: **Aquafit *(Lodge)***

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

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

10:00: Intermediate Stabilization *(Wellness Center at CF)*

10:00: Let's Talk with Sharron Smith: "My Epiphany" *(Event Center at the Lodge)* SHUTTLE

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

10:30: Circuit Training *(CF Wellness Center)*

11:00: Sittercize and Stretches *(Channel 970)*

11:00: Spanish Conversation Gathering (Beginners level) with Gloria Dubin *(Classroom @ Lodge)*

11:00: LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -* Sign-up on the APP

11:00: Personal Training at CF *(Crumland Farms Gym)*

12:00: Personal Training at the Lodge *(Lodge Fitness Center)*

12:30: "Friendly" Party Bridge *(The View Alcove @ Lodge)*

1:00: Blood Pressure Clinic *(Home Health Office at CF)*

1:00: One Day University –"The Joy of Coffee: From Tiny Seeds to Your Morning Cup" *(Channel 970)*

1:15: Movement with Music *(Channel 970)*

3:15: Noteables Rehearsal *(MP@CF)*

4:00: One Day University Lecture – "The Musical Genius of Mozart" *(Classroom B at the Lodge)*

Homewood at Frederick
Independent Living Activities Calendar
January 2022

4:30: **Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)***
Sign-up on the APP

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

6:30: **NEW Game Night *(ILAC@CF)***

Friday, January 28, 2022

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

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

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

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

10:00: **"The Gratitude Pilgrims" *(Classroom B at the Lodge)***

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

10:00: **Shopping at Walmart, Wegmans and Giant**
Sign-up on the APP

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

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

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -***
Sign-up on the APP

1:15: **Movement with Music *(Channel 970)***

1:15: **ALOHA - Refreshments at 1:15pm. Program at 2pm**

Homewood at Frederick
Independent Living Activities Calendar
January 2022

"The Delaplaine Arts Center: Adapting a Landmark Building into a Vital Community Resource" ***(MP@CF and Channel 970)*** **Sign-up on the APP**
SHUTTLE

4:00: **One Day University Lecture – "Albert Einstein: The Man Behind the Math"** ***(Classroom B at the Lodge)***

4:30: **Dinner Shuttle 4:30-6:30pm** ***(Between Lodge & CF)***
Sign-up on the APP

6:30: **REPLAY - ALOHA - "The Delaplaine Arts Center: Adapting a Landmark Building into a Vital Community Resource"** ***(Channel 970)***

Saturday, January 29, 2022

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

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

8-10: **Tech Classes with Phineas Sign-up on the APP**

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

11:00: **LUNCH SHUTTLE 11am-1pm** ***(Between Lodge & CF***
Sign-up on the APP

11:30: **Trip to "Rigoletto" MET in HD** ***(Majestic Theatre – Gettysburg***

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

1:15: **Movement with Music *(Channel 970)***

2:30: **Walk Down Memory Lane Piano Concert by Bethany James *(CHANNEL 970 only)***

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

6:30: **Saturday Night Movie - "The Boy Who Harnessed the Wind" *(MP@CF & Channel 970)***

Sunday, January 30, 2022

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

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

10:00: **Worship Service with Men's Choir *(MP/Channel 970)***

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

1:00: **Maryland Symphony Orchestra**
(Maryland Theatre, Hagerstown) **Sign-up on the APP**

1:15: **Movement with Music *(Channel 970)***

2:00: **Favorite Piano Hymns *(Channel 970)***

4:00: **REPLAY - Worship Service *(Channel 970)***

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

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Monday, January 31, 2022

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

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

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

8:15: **Shopping: Giant Eagle Sign-up on the APP**

9:00: **Large and Loud (Parkinson's Exercise Class) *(Lodge Fitness Classroom)***

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

9:30: **Coffee Hour *(Lodge Event Center)***

10:00: **Tai Chi *(Lodge Fitness Center Classroom)***

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

10:00: **Trip to Woodsboro Bank on East Street Sign-up on the APP**

10:30: **Sittercize *(Wellness Center @ CF)***

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

11:00: **LUNCH SHUTTLE 11am-1pm *(Between Lodge & CF -* Sign-up on the APP**

12:30: **Water Volleyball *(Lodge Pool)***

1:15: **Movement with Music *(Channel 970)***

1:30: **Virtual Reality - Explore the World *(Cafe @ CF)***

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Sign-up on the APP

1:30: Open Craft/Painting Studio *(Classroom A at the Lodge)*

2:00: Bible Study *(3rd Floor @ CF)*

3:30: Choir Rehearsal *(MP@CF)*

4:00: One Day University Lecture – "World War I : What We Know Now*"(Classroom B at the Lodge)*

4:30: Dinner Shuttle 4:30-6:30pm *(Between Lodge & CF)*
Sign-up on the APP

Homewood at Frederick
Independent Living Activities Calendar
January 2022

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

(ILPDR) = IL Private Dining Room

(FC) = Fitness Center @ Lodge

(MCTDR) = Meadows Court Dining

Homewood at Frederick
Independent Living Activities Calendar
January 2022

Room (MP) = Multi-Purpose Room

(WC) = Wellness Center @ CF