

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

Wednesday, March 1, 2023 - World Compliment Day

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 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: --Aquafit (*Lodge Pool*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Quarterly Memorial Service (*Channel 970/MP ROOM*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)



Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Science and Technology Group: "Particle Colliders --- The Hunt for Fundamental Particles" Speaker: Bob Coulson. Learn how the world's largest machines are used to examine nature's smallest particles!
(*Lodge Event Center/970*) **SHUTTLE**
- 3:00: --Bingo (*MP@CF*)
- 3:00: --French Conversation Group (*3rd Floor Library at CF*)
- 4:00: --Ladies Literary Society (*Lodge Event Center*)
- 4:00: --One Day University Lecture – “Life, Music and Genius of Frank Sinatra” (*Lodge Classroom B/Channel 970*)
- 4:45: --Dinner Shuttle **Sign-Up on the APP**
- 6:30: --Movie Showing: “Victoria and Abdul”
(*Lodge Event Center*)

Thursday, March 2, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Breakfast Bus (*Spring Mills Diner, Martinsburg, WV*)
Sign-Up on the APP
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Homewood Campus Update with Karen Main (*Channel 970 AND MP Room at CF*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)
- 10-12: --Tech Help Michelle Detommaso (*Computer Lab @ CF*)
Sign-Up on the APP
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Homewood Crafters -Mini St. Patty's Day Wreath
Decoration (*Lodge Classroom A*) *Sign-Up on the APP*
- 11:00: --Spanish Conversation with Gloria Dubin (*Card/Game
Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar **MARCH 2023**

- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --Military History Roundtable: Program: Vernon Rippeon will summarize his service in the United State Navy. Additionally, George Griffin will discuss aspects of the Infamous Bataan Death March which occurred after the surrender of American and Native Philippine troops in Spring 1942, as well as what happened during the Women's Death March in January 1945 in the Philippines. Q & A afterwards. All are welcome. (*Lodge Event Center*)**SHUTTLE**
- 1:00: --One Day University – “Life, Music and Genius of Frank Sinatra” (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Walking Group Organizational Meeting (ILAC at CF)
- 2:00: --Book Club (*3rd at CF*)
- 3:00: --Current Events Group (*Lodge Event Center*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:00: --Trip to: Skerryvore, Here Come the Scots (*Weinberg Center*) *Sign-Up on the APP*
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

-7:00: --Bird Club Meeting (MP at CF)

Friday, March 3, 2023

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

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

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

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

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

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

**-9:00: --Shopping at Walmart, Wegmans, Giant
*Sign-Up on the APP***

**-9:30: --Coffee Hour - Sponsored by the Hospitality Committee
(MP at CF)**

**-10-12: --Tech Help w/Michelle Detommaso (Computer Lab @
CF) *Sign-Up on the APP***

-10:00: --Cornhole (Lodge)

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

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

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

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Making Sense of the Bible- Led by Jim Spiller
(*Classroom A and B*)
- 4:00: --One Day University Lecture – “Funny Hollywood:
Essential Comedies” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:00: --Trip to "Lucy Loves Desi: A Funny Thing Happened
On the Way to the Sitcom" (*Majestic Theatre -
Gettysburg*) *Sign-Up on the APP*

Saturday, March 4, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Trip: Downtown Drop Off- Downtown Frederick
Sign-Up on the APP
- 1:00: --Open Studio Time (*Classroom A at the Lodge*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 2:30: --Special Music -Duffy and Ro Kane (MP at CF and Channel 970) SHUTTLE
- 2:45: --Scenic Trip and Dinner (Magnolias at the Mill - Purcellville, VA) Sign-Up on the APP
- 4:15: --Trip to Catholic Mass (St. Katharine's) Sign-Up on the APP
- 7:00: --Saturday Night Movies at CF: "About Schmidt" (MP@CF & Channel 970)

Sunday, March 5, 2023

- 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 w/Holy COmmunion (MP/Channel 970) SHUTTLE
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:15: --Movement with Music (Channel 970)
- 4:00: --REPLAY - Worship Service (Channel 970)
- 6:30: --Game Night (lodge classroom)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

Monday, March 6, 2023 - Purim

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle *Sign-Up on the APP*
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank *Sign-Up on the APP*
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Homewood Crafters – St. Patty’s Green Shamrock or Clover Clip/Barrette for hair or to pin on your clothes (*Lodge Classroom A*) *Sign-Up on the APP*
- 10:30-2: --Taylor Marie Clothing Sale SHUTTLE From 11-12 only
- 11:00: --Trip to Early Lunch at Glory Days *Sign-Up on the APP*

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture – “Eight Books That Changed the World” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 7:00: --Great Decisions “China’s Foreign Policy” (*Classroom at the Lodge*)

Tuesday, March 7, 2023

- 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*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 9:00: --FREE AARP TAX SERVICES (*Sun Room at CF*) Sign up for an Appt by calling the CF Receptionist
- 9:45: --Grocery Shopping at The Butcher Shoppe - Chambersburg PA Sign-Up on the APP
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Caregivers Support Group (*Lodge Classroom B*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 1:00: --Assisted Living Information Session (*MP at CF and Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Gentle Chair Yoga with Deb (*CF Fitness area*)
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 4:00: --One Day University Lecture – “What's so Great About Ballet?” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Tuesday Night Bridge (*MP at CF*)

Wednesday, March 8, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --New Resident Orientation (*MP at CF*) *RSVP to Laura Whitesell 301-732-6157*
- 9:30: --Environmental Committee Meeting (*ILAC at CF*)
- 9:30: --Groceries Trip (*WEIS ONLY*) *Sign-Up on the APP*
- 9:30: --Shopping Afternoon at FSK Mall, Target, Bed, Bath and Beyond, TJ Maxx and Michael's *Sign-Up on the APP*
- 10:00: --Aquafit (*Lodge Pool*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --MAAS Opticians Visit (*Community Conference Room (CCR@CF)*)
- 4:00: --One Day University Lecture –“The Artistic Genius of DaVinci and Michelangelo” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Wednesday Night Movie: “Love Actually” Rated R (*Lodge Event Center*)

Thursday, March 9, 2023

- 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

MARCH 2023

- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Travel Committee Mtg. (*Classroom at Lodge*) **SHUTTLE**
- 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*)
- 10-12: --Tech Help w/Michelle Detommaso (*Computer Lab @ CF*) *Sign-Up on the APP*
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Spanish Conversation with Gloria Dubin (*Card/Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --One Day University - "*Edible America – How & What We Eat*" (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Card Making Class (*Cafe @CF*) *Sign-Up on the APP*
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:00: --Sound Immersion with Yoga Instructor Joan Quinlan (*Lodge Event Center*) **SHUTTLE**
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:45: --Old Fashioned Hymn Sing with Lighthouse Baptist Church (*MP at CF*)

Friday, March 10, 2023

- 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

MARCH 2023

- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant
Sign-Up on the APP
- 9:30: --CHATTER COMMITTEE MEETING (*3rd Floor at CF*)
- 10-12: --Tech Help w/ Michelle Detommaso (*Computer Lab @ CF*)
Sign-Up on the APP
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Great Decisions, “China’s Foreign Policy” (*MP at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 1:00: --BUNCO (*ILAC @ CF*)
- 1:15: --Movement with Music (*Channel 970*)
- 3:30: --Wine and Cheese (*MP at CF*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 5:45: --Trip to “The 25th Annual Putnam County Spelling Bee” (*Brunswick High*)
Sign-Up on the APP

Saturday, March 11, 2023

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:30: --Trip to Maple Syrup Festival (Catoctin Mountains)
Sign-Up on the APP
- 10:30: --Sittercize and Stretches (Channel 970)
- 1:00: --Open Studio Time (Classroom A at the Lodge)
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:15: --Movement with Music (Channel 970)
- 2:30: --Special Music “Across the Pond” featuring Dan Diviney and Maddie Yingling – Irish and Country- (MP at CF and Channel 970) **SHUTTLE**
- 4:15: --Trip to Catholic Mass (St. Katharine's)
Sign-Up on the APP
- 6:00: --Trip to Teelin Irish Dance Company (Weinberg Center)
Sign-Up on the APP
- 7:00: --Trip to Spires Brass Band (FCC) *Sign-Up on the APP*
- 7:00: --Saturday Night Movies at CF “Amadeus”
(MP@CF & Channel 970)



Sunday, March 12, 2023- Daylight Savings Time Begins

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 10:00: --Worship Service w/Choir (MP/Channel 970)SHUTTLE
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:15: --Trip to “The Life Span of a Fact” and Dinner (Old Opera House - Charles Town, WV and Dinner at Mountain View Diner) Sign-Up on the APP
- 1:15: --Movement with Music (Channel 970)
- 2:00: --Trip to Concert Series - Ronn McFarlane, lute, and Carolyn Surrick, viola de gamba (Calvary UMC) Sign-Up on the APP
- 4:00: --REPLAY - Worship Service (Channel 970)
- 6:30: --Game Night (lodge classroom)

Monday, March 13, 2023

- 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

MARCH 2023

- 8:15: --Shopping: Giant Eagle *Sign-Up on the APP*
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Homewood APP 101 (*Classroom B at the Lodge AND in the MP Room at CF*)
- 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 the APP*
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Trip to Walkersville Library *Sign-Up on the APP*
- 1:00: --Bingo (*Lodge Event Center*)
- 1:15: --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 (*MP @CF*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

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

-4:00: --One Day University Lecture – “Strategic Thinking and Thinking Big” (*Lodge Classroom B/970*)

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

Tuesday, March 14, 2023

-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: --FREE AARP TAX SERVICES (*Sun Room at CF*) *Sign up for an Appt by calling the CF Receptionist*

-9:45: --Low Vision Support Group - St. Katharine's
Sign-Up on the APP SHUTTLE

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

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

-10:00: --Veterans Get-Together (*Cafe @ CF*)

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:30: --Advanced Sittercize (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --**LUNCH SHUTTLE** *Sign-Up on the APP*
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Gentle Chair Yoga with Deb (*CF Fitness area*)
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --**Patty Carver – Leading Ladies Musical Presentation**
(*MP at CF AND Channel 970*)
- 2:30: --**Blood Pressure Clinic** (*Game Room @ The Lodge*)
- 4:45: --**Dinner Shuttle** *Sign-Up on the APP*
- 6:30: --Tuesday Night Bridge (*MP at CF*)

Wednesday, March 15, 2023

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Groceries Trip (*WEIS ONLY*) *Sign-Up on the APP*
- 10:00: --Aquafit (*Lodge Pool*)
- 10:00: --"Visionaires" - Low Vision Support Group facilitated by Marilyn Ward (MP at CF) *SHUTTLE*
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Old Towne Jewelers (*ILAC @ CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Late Lunch Out at Mission BBQ *Sign-Up on the APP*
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 3:00: --French Conversation Group (*3rd FI Library at CF*)
- 4:00: --One Day University Lecture – “Reducing Stress”
(*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Wednesday Night Movie: “The Philadelphia Story”
(*Lodge Event Center*)

Thursday, March 16, 2023

- 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 the APP*
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Homewood Campus Update with Karen Main (*Channel 970 AND In-Person and in MP Room at CF*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10-12: --Tech Help w/ Michelle Detommaso (Computer Lab @ CF) Sign-Up on the APP
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Circuit Training (CF Wellness Center)
- 10:30: --Therapy Presentation -Topic TBA (MP at CF and 970)
- 11:00: --Sittercize and Stretches (Channel 970)
- 11:00: --Spanish Conversation with Gloria Dubin (Card/Game Room at the Lodge)
- 11:00: --Personal Training at CF (Crumland Farms Gym)
- 11:30: --LUNCH SHUTTLE Sign-Up on the APP
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --"Friendly" Party Bridge (The View Alcove at the Lodge)
- 1:00: --Blood Pressure Clinic (Home Health Office at CF)
- 1:00: --One Day University - "The Constitution: Enduring Myths and Hidden Truths" (Channel 970)
- 1:15: --Movement with Music (Channel 970)
- 3:00: --Current Events Group (Lodge Event Center)
- 3:15: --Noteables Rehearsal (MP@CF)
- 4:45: --Dinner Shuttle Sign-Up on the APP.

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

5:00: --Trivia Night (Wooden Nichol Pub) Place your dinner order for 4:45 pm pick-up time and bring your dinner to the pub if you'd lik *Sign-Up on the APP SHUTTLE*

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

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



Friday, March 17, 2023 - ST PATRICK'S DAY

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

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

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

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

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

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

9:00: --Shopping at Walmart, Wegmans, Giant
Sign-Up on the APP

10-12: --Tech Help w/ Michelle Detommaso (*Computer Lab @ CF*) *Sign-Up on the APP*

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

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

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:30: --Hospitality Committee Meeting (*ILAC@CF*) *SHUTTLE*
- 11:00: --Every Dance You Need to Know at a Wedding (*Lodge Classroom*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 1:00: --St Patrick's Day Ice Cream Treat (*Lodge Great Room*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Making Sense of the Bible Led by Jim Spiller (*Classroom A and B*)
- 2:00: --Birthday Party (*MP at CF*)
- 4:00: --One Day University Lecture – “Woodrow Wilson: A Complicated Presidency” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*

Saturday, March 18, 2023

- 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*)
- 8-11: --Tech Help with Phineas (*Conference Room @ CF*)
Sign-Up on the APP
- 10:30: --Sittercize and Stretches (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 1:00: --Open Studio Time (*Classroom A at the Lodge*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:30: -Music with Don Bellew (MP at CF and 970)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*)
Sign-Up on the APP
- 6:30: --Showtime Singers Concert (*Event Center at the Lodge*)
- 6:30: --Trip to Frederick Symphony Orchestra (*FCC*)
Sign-Up on the APP
- 7:00: --Saturday Night Movies at CF - “Blind Side – Michael Oher Story” (*MP@CF & Channel 970*)

Sunday, March 19, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*MP/Channel 970*) **SHUTTLE**
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:45: --Trip to U.S. Army Concert Band (*Weinberg Center*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

Sign-Up on the APP

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

Monday, March 20, 2023 1st Day of SPRING



- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle *Sign-Up on the APP*
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Prophetic Voices Series – “Backs Against the Wall – The Howard Truman Story” (*MP at CF*)
- 10:00: --Trip to Woodsboro Bank on East Street
Sign-Up on the APP
- 10:15: --Trip to iFLY Indoor Skydiving *Sign-Up on the APP*

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Lunch at Callahan's Seafood Bar and Grill
Sign-Up on the APP
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Caregiver Support Group Speaker Series (*MP at CF and Channel 970*) SHUTTLE
- 1:15: --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: --Banana Splits – Celebrate Spring! (*CC at CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture –“Edible America: How and What We Eat” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:00: --REPLAY - Worship Service 3/19/23 (*Channel 970*)
- 7:00: --Great Decisions, “Economic Warfare” (*Classroom at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

Tuesday, March 21, 2023

- 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: --**FREE AARP TAX SERVICES** (*Sun Room at CF*)
Sign up for an Appt by calling the CF Receptionist
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --**Basket Bingo Committee Meeting** (*MP at CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --**LUNCH SHUTTLE** *Sign-Up on the APP*
- 1:00: --**Lodge Resident Neighborhood Meeting** (*Lodge Event Center*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Gentle Chair Yoga Deb (*CF Fitness area*)
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:00: --Movie Matinee – “*One Night with the King*”
(*MP at CF AND Channel 970*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 4:00: --One Day University Lecture – “*Living and Dying in America: Politics in Healthcare*” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Tuesday Night Bridge (*MP at CF*)

Wednesday, March 22, 2023

- 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

MARCH 2023

- 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: --Aquafit (*Lodge Pool*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:00: --Dr. Romane - Stroke (*MP at CF and Channel 97*)
SHUTTLE
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:00: --Let's Talk with: Gail Slezak (*970/Lodge Event Center*)
SHUTTLE
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --MAAS Opticians Visit (*Community Conference Room @CF*)

Homewood at Frederick Independent Living Activities Calendar **MARCH 2023**

-4:00: --One Day University Lecture --“2030 How Today's Trends Will Shape the Future” (Lodge Classroom B/970)

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

-6:30: --Wednesday Night Movie: “Brokeback Mountain” (Lodge Event Center)

Thursday, March 23, 2023

-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: --Lancaster County Dutch Market (Germantown, MD)
*Sign-Up on the APP***

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

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

-10-12: --Tech Help w/ Michelle Detommaso (Computer Lab @ CF) *Sign-Up on the APP*

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Spanish Conversation with Gloria Dubin (*Card/Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --One Day University - "The Future of Higher Education"
(*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:00: --Trinity Irish Dancers (*Majestic Theatre - Gettysburg*)
Sign-Up on the APP
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

Friday, March 24, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant
Sign-Up on the APP
- 10:00: --Tech Help w/ Michelle Detommaso (*Computer Lab @ CF*)
Sign-Up on the APP
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Great Decisions, “Economic Warfare” (*MP at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --ALOHA Presents - John Fieseler: “Reflections on 43 years in Frederick...on the radio and at tourism”
(*MP at CF/Channel 970*) *Sign-Up on the APP SHUTTLE*

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 4:00: --One Day University Lecture – “Reel Justice: Truth and Trickery in Courtroom Movies”
(Lodge Classroom B/970)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Market Street Big Band Performance
(Event Center at the Lodge) **SHUTTLE**

Saturday, March 25, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 10:30: --Sittercize and Stretches (Channel 970)
- 1:00: --Trip to “Beauty and the Beast” (Thomas Johnson High School) *Sign-Up on the APP*
- 1:00: --Tech Help with Phineas (Conference Room @ CF)
Sign-Up on the APP
- 1:00: --Open Studio Time (Classroom A at the Lodge)
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:15: --Movement with Music (Channel 970)
- 2:30: --Special Music - Bobby Lyle (MP at CF/Channel 970)
SHUTTLE

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 4:15: --Trip to Catholic Mass (St. Katharine's)
Sign-Up on the APP
- 5:15: --Trip to Lucketts Bluegrass *Sign-Up on the APP*
- 7:00: --Saturday Night Movies at CF "Chariots of Fire"
(MP@CF & Channel 970)

Sunday, March 26, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:45: --Breakfast Bus: Mountain Gate Family Restaurant
Sign-Up on the APP
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 10:00: --Worship Service (MP/Channel 970) SHUTTLE
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:15: --Movement with Music (Channel 970)
- 1:30: --Trip to "Northern Lights" - MSO (Maryland Theatre,
Hagerstown) *Sign-Up on the APP*
- 2:00: --Cathedral Classics Concert (Hood Coffman Chapel)
Sign-Up on the APP
- 4:00: --REPLAY - Worship Service (Channel 970)

Homewood at Frederick Independent Living Activities Calendar **MARCH 2023**

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

Monday, March 27, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle *Sign-Up on the APP*
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 9:30: --Coffee Hour - Sponsored by the Hospitality Committee (*Event Center at the Lodge*)
- 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 the APP
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:30: --Catholic Mass (*Chapel at CF/Channel 970*)
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Wellness Presentation on Cold Immersion (*Channel 970*)
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --C Burr Artz Library (*Downtown Frederick*) *Sign-Up on the APP*
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Ancestry Discussion - Organizing Your Genealogy Research (*MP @ CF*)
- 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 --“The Literacy Genius of Shakespeare” (*Lodge Classroom B/970*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*

Tuesday, March 28, 2023

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 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: --FREE AARP TAX SERVICES (Sun Room at CF) Sign up for an Appt by calling the CF Receptionist
- 9:15: --National Postal Museum (Washington D.C.)
Sign-Up on the APP
- 9:45: --Water Volleyball (Lodge Pool)
- 10:00: --Knit Wits (ILAC at CF)
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Advanced Sittercize (CF Wellness Center)
- 11:00: --Sittercize and Stretches (Channel 970)
- 11:00: --Personal Training at CF (Crumland Farms Gym)
- 11:30: --LUNCH SHUTTLE SIGN-UP ON THE APP
- 1:15: --Movement with Music (Channel 970)
- 2:00: --Wellness Presentation on Cold Immersion (Channel 970)
- 2:00: --Gentle Chair Yoga with Deb (CF Fitness area)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:00: --Movie Matinee – “Fanny’s Journey (*MP at CF AND Channel 970*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 3:30: --Wine and Cheese (*Lodge Event Center*)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Tuesday Night Bridge (*MP at CF*)

Wednesday, March 29, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Groceries Trip (*WEIS ONLY*) *Sign-Up on the APP*

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:00: --Aquafit (*Lodge Pool*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Nutrition Month Presentation with Homewood Dietician Adam Miller (MP at CF and Channel 970)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:00: --Lunch Out - Lucky Corner *Sign-Up on the APP*
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP*
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: Tech Workshop with Prelude and Michael Kolia – Virtual Meetings (MP at CF and 970) *Sign-Up on the APP*
- 4:00: --Wellness Presentation on Cold Immersion (*Channel 970*)
- 4:00: --One Day University Lecture –“Musicals That Changed Broadway” (*Lodge Classroom B/970*)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 4:45: --Dinner Shuttle *Sign-Up on the APP*
- 6:30: --Wednesday Night Movie: "To Kill A Mockingbird"
(Event Center at the Lodge)
- 6:30: --Trivia Night (MP at CF) *Sign-Up on the APP*

Thursday, March 30, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-12:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Aquafit (Lodge)
- 9:00: --Wellness Workout (Channel 970)
- 9:45: --Water Volleyball (Lodge Pool)
- 10:00: --Intermediate Stabilization (Wellness Center at CF)
- 10-12: --Tech Help w/ - Michelle Detommaso (Computer Lab @
CF) *Sign-Up on the APP*
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Circuit Training (CF Wellness Center)

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 10:30: -Card Class - Spring Iris Folding Technique *Sign-Up on the APP***
- 11:00: --Sittercize and Stretches (*Channel 970*)**
- 11:00: --Spanish Conversation with Gloria Dubin (*Card/Game Room at the Lodge*)**
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)**
- 11:30: --LUNCH SHUTTLE *Sign-Up on the APP***
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)**
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)**
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)**
- 1:00: --One Day University - "Global Warming – Understanding the Facts" (*Channel 970*)**
- 1:15: --Movement with Music (*Channel 970*)**
- 3:15: --Noteables Rehearsal (*MP@CF*)**
- 4:45: --Dinner Shuttle *Sign-Up on the APP***
- 6:30: --Game Night (*lodge classroom*)**
- 6:30: --NEW Game Night (*ILAC@CF*)**

Friday, March 31, 2023

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

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Trip to Museum of the Bible (Washington, D. C.)
Sign-Up on the APP
- 8:00: --Aquafit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Wellness Workout (Channel 970)
- 9:00: --Shopping at Walmart, Wegmans, Giant
Sign-Up on the APP
- 10-12: --Tech Help w/ - Michelle Detommaso (Computer Lab @
CF) *Sign-Up on the APP*
- 10:00: --"The Gratitude Pilgrims" (Classroom B at the Lodge)
- 10:00: --Cornhole (Lodge)
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:30: --LUNCH SHUTTLE *SIGN-UP ON THE APP*
- 1:15: --Movement with Music (Channel 970)
- 4:00: --One Day University Lecture -Leonard Bernstein: A
American Icon (Lodge Classroom B/970)
- 4:45: --Dinner Shuttle *Sign-Up on the APP*

Homewood at Frederick Independent Living Activities Calendar

MARCH 2023

-6:30: --Pianist Solomon Eichner in Concert (*Lodge Event Center*) Shuttle

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

Homewood at Frederick Independent Living Activities Calendar **MARCH 2023**

(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 Room

(MP) = Multi-Purpose Room

(WC) = Wellness Center @ CF