

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

## Monday, May 1, 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 APP - by the day before](#))
- 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 APP - by the day before](#))
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --LUNCH SHUTTLE 11:30AM ([SIGN-UP ON APP - by the day before](#))
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Trip to Walkersville Library ([SIGN-UP ON APP](#))
- 1:15: --Movement with Music (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 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 --“Four Great Films and How They Were Made” (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 7:00: --Great Decisions: “Iran and the Gulf States” (*Lodge Classroom*)

## Tuesday, May 2, 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: --Wellness Workout (*Channel 970*)
- 9:00: --Trip to Washington County Museum of Fine Art and Lunch at Schula's Grill and Crab House (*Hagerstown*)  
(*SIGN-UP ON APP*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Caregivers Support Group (*Lodge Library*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Instructional Pickle Ball (*Cottages Cul de sac*)
- 11:30: --LUNCH SHUTTLE 11:30AM ([SIGN-UP ON APP - by the day before](#))
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Gentle Chair Yoga (*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*)
- 4:00: --One Day University Lecture – “Classic Author Series: Phillip Roth” (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle 4:45pm ([SIGN-UP ON APP - by the day before](#))
- 6:30: --Tuesday Night Bridge (*MP at CF*)

## Wednesday, May 3, 2023

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

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:30: --Wednesday Walking Club Trip (Pinecliff County Park)  
(SIGN-UP ON APP)
- 8:00: --Aquafit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Beginner Balance (Lodge Fitness Center Classroom)
- 9:00: --Wellness Workout (Channel 970)
- 9:30: --Groceries Trip (WEIS ONLY) (SIGN-UP ON APP - by the day before)
- 10:00: --Large and Loud (Parkinsons Exercise Class) (Lodge Fitness Classroom)
- 10:00: --Water Aerobics with Sandy Irwin (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)
- 11:30: --LUNCH SHUTTLE 11:30AM (SIGN-UP ON APP - by the day before)
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --Duplicate Bridge (ILAC @ CF)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Science and Technology Group: Ray Ediger will talk about his discovery of a new version of hops at his farm. (*Lodge Event Center/970*) **SHUTTLE**
- 3:00: --French Conversation Group (*3rd Floor Library at CF*)
- 4:00: --Ladies Literary Society (*Lodge Event Center*)
- 4:00: --One Day University Lecture – “Four Musical Masterpieces That Changed America” (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 6:30: --Wednesday Night Movie: “Mister Roberts” (*Lodge Event Center*)
- 7:00: --Frederick Flute Choir *Spring Concert* (*Channel 970/ MP Room at CF*) **SHUTTLE**

## Thursday, May 4, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Breakfast Bus (*Old Town Restaurant, Woodsboro*) (**SIGN-UP ON APP**)

# Homewood at Frederick Independent Living Activities Calendar MAY 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: --Homewood Campus Update with Karen Main (*Channel 970 AND MP Room at CF*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (*Computer Lab @ CF*) (*SIGN-UP ON THE APP*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Spanish Conversation with Gloria Dubin (*Card/Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)
- 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*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 1:00: --Military History Forum-Program: Jim Hubbard will review the tragic story of Benedict Arnold. Advance notice: All are welcome (*Lodge Event Center*)  
**SHUTTLE**
- 1:00: --One Day University - "The Musical Genius of Duke Ellington" (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Book Club (*3rd*)
- 3:00: --Current Events Group (*Lodge Event Center*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to FCC Handbell and Flute Ensemble Concert (*FCC*) (*SIGN-UP ON APP*)
- 7:00: --Bird Club Meeting (*MP at CF*)

## Friday, May 5, 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 MAY 2023

- 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 APP - by the day before)
- 9:30: --Coffee Hour Sponsored by the Hospitality Committee  
*Courtney Jackson, Fitness, will be the special guest  
(MP at CF)*
- 10-12: --Tech Help with Volunteer - Michelle Detommaso  
*(Computer Lab @ CF)* (SIGN-UP ON APP)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --LUNCH SHUTTLE 11:30AM (SIGN-UP ON APP - by the day before)
- 1:00: --ALOHA Committee Meeting (*ILAC@CF*)
- 1:00: --Scenic Ride and Ice Cream (*Sharpsburg Area and  
Nutters Ice Cream*) (SIGN-UP ON APP)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Pickleball (*East Cottages Cul-de-sac*)



# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 4:00: --One Day University Lecture – “Art in Times of Crisis: Despair, Hope and Healing” (*Lodge Classroom B / 970*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 5:00: --Cinco de Mayo Karaoke Night. Drinks and Food will be available for purchase. APP sign-up not required but appreciated. (*Wooden Nichol Pub*) **SHUTTLE**

## Saturday, May 6, 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 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: --Sing-Along with Linda Leach (*MP at CF /Channel 970*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) (*SIGN-UP ON APP*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

-4:45: --Hood String Ensemble (*Hood Coffman Chapel*) (**SIGN-UP ON APP**)

-7:00: --Saturday Night Movies at CF - "Fablemans" (**MP@CF & Channel 970**)

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

-10:00: --Worship Service with Holy Communion (**MP/Channel 970**) **SHUTTLE**

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

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

-1:30: --Maryland Symphony Orchestra - **DISNEY IN CONCERT** (*MD Theatre*) (**SIGN-UP ON APP**)

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

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

## Monday, May 8, 2023

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

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Aquafit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 8:15: --Shopping: Giant Eagle ([SIGN-UP ON APP - by the day before](#))
- 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 APP - by the day before](#))
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 10:30: --Special Info-Session Speaker: **Blessings in a Backpack**. Please come hear about this wonderful program that is working to feed Frederick County children. There are many ways we can help from adding encouraging positive notes to packing bags. (Lodge Event Center/ Channel 970)
- 11:30: --LUNCH SHUTTLE 11:30AM ([SIGN-UP ON APP - by the day before](#))
- 12:00: --CF Scavenger Hunt (Around the CF Pond)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 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*)
- 2:00: --Crumland Farms Food Committee Meeting- All are welcome to attend! (*MP at CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture – “What We Know About the Brain” (*970 ONLY*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)

## Tuesday, May 9, 2023

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

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:00: --Veterans Get-Together (*Cafe @ CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 10:30: --WRRA Annual Members Meeting (*Lodge Event Center*)  
*SHUTTLE*
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Instructional Pickle Ball (*Cottages Culdesac*)
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Session 1 - Mind Fit Class with TheKey – Social Cognition – focusing on how we process facial expressions, perceive emotions, and relate to others – plus other aspects of healthy aging, including physical activity, nutrition and good sleep hygiene. This is a 6 week interactive series to optimize brain health!  
(*Lodge Classroom*) *Sign up on the APP SHUTTLE*
- 2:00: --Gentle Chair Yoga Deb (*CF Fitness area*)
- 2:00: --Mindful Meditation (*Library at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 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*)
- 3:00: --Spring Styles & Smiles Fashion Show - Tea and refreshments will be served. You won't want to miss these fashions! (*MP Room at CF*) (**SIGN-UP ON APP**)  
**SHUTTLE**
- 4:00: --One Day University Lecture – “What the Founding Fathers Were Really Like” (**970 ONLY**)
- 4:45: --Dinner Shuttle 4:45pm (**SIGN-UP ON APP - by the day before**)
- 6:30: --Tuesday Night Bridge (*MP at CF*)

## Wednesday, May 10, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip (*Heritage Farm Park Walkersville*) (**SIGN-UP ON APP**)
- 8:00: --CF Scavenger Hunt (*Around the CF Pond*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

- 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: --"Recycling Mysteries -Solved!" What happens after you toss your recyclables into the big blue bins? Representatives from Frederick County's Office of Recycling reveal some of the mysteries of how we handle recycling here in Frederick County. Hands-on displays, hand-outs, and light refreshments, plus time for Q & A! There will also be display tables outside the MP Room of what can and cannot be thrown into the big blue recycling bins on campus.  
(*MP at CF /Channel 970*) **SHUTTLE**
- 9:30: --Groceries Trip (**WEIS ONLY**) (*SIGN-UP ON APP - by the day before*)
- 10:00: --Large and Loud (Parkinsons Exercise Class) (*Lodge Fitness Classroom*)
- 10:00: --Water Aerobics with Sandy Irwin (*Lodge Pool*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Scavenger Hunt Prizes (*CF Gym*)
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Tour of Kline Hospice House (*Mount Airy*) (**SIGN-UP ON APP**)
- 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 @CF*)
- 3:00 - Bingo (MP at CF)
- 4:00: --One Day University Lecture – “A Culinary History of the US” (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle 4:45pm (**SIGN-UP ON APP - by the day before**)
- 6:30: --Wednesday Night Movie: “The Sting” (*Lodge Event Center*)

## Thursday, May 11, 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*)



# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 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 APP**)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso (*Computer Lab @ CF*) (**SIGN-UP ON APP**)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Spanish Conversation with Gloria Dubin (*Card/Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --**LUNCH SHUTTLE 11:30AM** (**SIGN-UP ON APP - by the day before**)
- 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 - " Managing Stress: The Power of Mindset" (*Channel 970*)**
- 1:15: --Movement with Music (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:00: --Sound Immersion with Yoga Instructor Joan Quinlan  
(*Lodge Event Center*) **SHUTTLE**
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 5:00: --Trivia Night: Drinks and Food will be available for  
purchase. (*Wooden Nichol Pub*) (*SIGN-UP ON APP*)  
**SHUTTLE**
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

## Friday, May 12, 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 APP - by the day before*)
- 9:30: --CHATTER COMMITTEE MEETING (*3rd Floor at CF*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 10-12: --Tech Help with Volunteer - Michelle Detommaso  
(Computer Lab @ CF) (SIGN-UP ON APP)
- 10:00: --Cornhole (Lodge)
- 10:00: --Great Decisions Iran and the Gulf States (MP at CF)
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:30: --LUNCH SHUTTLE 11:30AM (SIGN-UP ON APP - by the day before)
- 1:00: --BUNCO (ILAC @ CF)
- 1:15: --Movement with Music (Channel 970)
- 2:00: --Pickleball (East Cottages Culdesac)
- 3:00: --RLEEF EVENT – “Tribute” – Southern Gospel Concert  
*Assisted Living and Health Care residents will attend  
this concert – IL residents are welcome to fill in any  
extra seats (MP at CF/Channel 970)*
- 4:00: --One Day University Lecture – “Can Creativity Be  
Taught?” (970 ONLY)
- 4:45: --Dinner Shuttle 4:45pm (SIGN-UP ON APP - by the day before)
- 7:00: --RLEEF EVENT - “Tribute” – Southern Gospel Concert  
(MP at CF) SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

## Saturday, May 13, 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*)
- 9-11: --Tech Help with Phineas (*Conference Room @ CF*)  
(*SIGN-UP ON APP*)
- 9:00: --Trip: Drop Off in Harper's Ferry, WV (*SIGN-UP ON 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*)
- 2:00: --Trip to Choral Arts Society Concert – FCC  
(*SIGN-UP ON APP*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*)  
(*SIGN-UP ON APP*)
- 7:00: --Saturday Night Movies at CF - "Black Panther –  
Wakanda" (*MP@CF & Channel 970*)

## Sunday, May 14, 2023 Mother's Day

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

# Homewood at Frederick Independent Living Activities Calendar MAY 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 with Choir (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)

## Monday, May 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)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 8:15: --Shopping: Giant Eagle ([SIGN-UP ON APP - by the day before](#))
- 9:00: --Wellness Workout (Channel 970)
- 9:00: --Yoga with Yogamour (Lodge Fitness Classroom)
- 10:00: --Large and Loud - Parkinsons Exercise Class (Lodge)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

*Fitness Classroom)*

- 10:00: --Cornhole (*Lodge*)
- 10:00: --Homewood APP 101 (*Classroom B at the Lodge*)
- 10:00: --Trip to Woodsboro Bank (*SIGN-UP ON APP - by the day before*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Lunch Out -Pistarro's(*SIGN-UP ON APP*)
- 11:00: --Overnight Trip to Capon Springs & Farms Resort,  
Capon Springs, WV
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Crumland Farms Buddy Meeting (*MP at CF*)
- 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*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture – “Success and Luck.  
Good Fortune and the Myth of Meritocracy” (*Lodge  
Classroom B and 970*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

**-4:45: --Dinner Shuttle 4:45pm** ([SIGN-UP ON APP - by the day before](#))

**-7:00: --Accelerando Handbell Choir**  
**(MP at CF and Channel 970) SHUTTLE**

**-7:00: --Great Decisions: Climate Migration (Lodge Classroom )**

## Tuesday, May 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)**

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

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

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

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

**-10:00: --Intermediate Stabilization (CF Gym)**

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

**-10:30: --Circuit Training (CF Gym)**

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

**-11:00: --Dr. Romane - Lungs Part II (MP at CF and Channel 970)**

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:00: --Trip: Bingo and Lunch at the Elk's Club  
(*SIGN-UP ON APP*)
- 11:30: --Instructional Pickle Ball (*Cottages Cul-de-sac*)
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Card Making Class with Jennifer French (dgtr of Maxine French) (*Cafe at CF*) (*SIGN-UP ON APP*)
- 1:30: --Session 2- Mind Fit Class with TheKey – Executive Functioning. Fun group exercises to support better problem solving, flexible thinking, memory , organization, and concentration skills. This is a 6 week interactive series to optimize brain health! (*Lodge Classroom*) *Sign up on the APP SHUTTLE*
- 2:00: --Gentle Chair Yoga (*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*)
- 4:00: --One Day University Lecture – “Deck the Walls: The Art of Curating” (*970 ONLY*)



# Homewood at Frederick Independent Living Activities Calendar MAY 2023

-4:45: --Dinner Shuttle 4:45pm (SIGN-UP ON APP - by the day before)

-6:30: --Tuesday Night Bridge (MP at CF)

## Wednesday, May 17, 2023

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

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

-7:30: --Wednesday Walking Club Trip (Baker Park)  
(SIGN-UP ON APP)

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

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

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

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

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

-9:30: --Groceries Trip (WEIS ONLY) (SIGN-UP ON APP - by the day before)

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

-10:00: --Water Aerobics with Sandy Irwin (Lodge Pool)

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

-10:00: --Cornhole (Lodge)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 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 11:30AM (*SIGN-UP ON APP - by the day before*)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Tour of Kline Hospice House (*Mount Airy*) (*SIGN-UP ON APP*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:30: --Piano and Organ Concert with Hood College Students including Mark Lea-Wilson (*MP at CF and Channel 970*)  
SHUTTLE
- 3:00: --French Conversation Group (*3rd Floor Library at CF*)
- 4:00: --One Day University Lecture – “Our Broken Two-Party System” (*970 ONLY*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 6:30: --Wednesday Night Movie: “The Sound of Music” (*Event Center at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

## Thursday, May 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-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping Trip to: Trader Joe's (*Rockville*)  
(*SIGN-UP ON APP*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Homewood Campus Update with Karen Main (*Channel 970 AND In-Person in MP Room at CF*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with Volunteer - Michelle Detommaso  
(*Computer Lab @ CF*) (*SIGN-UP ON APP*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)
- 11:00: Therapy Presentation – Come and meet new Speech Pathologist Kaitlin Tuffy – May is Better Speech and Hearing Month! (*MP at CF and Channel 970*)

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

- 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 11:30AM (*SIGN-UP ON APP - by the day before*)
- 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 - "Winston Churchill: His Life and Times" (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 3:00: --Current Events Group (*Classroom B*)
- 3:15: --Noteables Rehearsal (*Lodge Event Center*)
- 3:30: --Wine and Cheese (*MP at CF*)
- 4:00: --Trip to Brewer's Alley Lobster Night (*SIGN-UP ON APP*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

## Friday, May 19, 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: --Special Ball Drumming Exercise Class!  
(*Lodge Fitness Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant  
(*SIGN-UP ON APP - by the day before*)
- 10-12 --Tech Help with Volunteer - Michelle Detommaso  
(*Computer Lab @ CF*) (*SIGN-UP ON APP*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Hospitality Committee Meeting (*ILAC@CF*) **SHUTTLE**
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)
- 12:45: --Trip to Heritage Frederick (*SIGN-UP ON APP*)
- 1:00: --Willow Ponds Food Committee Mtg.

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

*(Lodge Classroom)*

- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --**Birthday Party (MP at CF)**
- 2:00: --Pickleball (*East Cottages Cul-de-sac*)
- 4:00: --**One Day University Lecture – “Game Over: When All Sports Stop” (Lodge Classroom B and 970)**
- 4:30: --**Trip: Worman's Mill Concert Series (SIGN-UP ON APP)**
- 4:45: --**Dinner Shuttle 4:45pm (SIGN-UP ON APP - by the day before)**

## Saturday, May 20, 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*)
- 10:45: --**Trip to LIVE MET Opera- Don Giovanni-Majestic Theatre (SIGN-UP ON APP)**
- 1:00: --Open Studio Time (*Classroom A at the Lodge*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:30: --**Vintage Guitar Concert with Ken Lelen (MP at CF AND**

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

## *Channel 970) SHUTTLE*

- 4:15: --Trip to Catholic Mass (St. Katharine's)  
(SIGN-UP ON APP)
- 7:00: --Saturday Night Movies at CF - "The Banshees of  
Inisherin" (MP@CF & Channel 970)
- 7:00: --Trip to Spires Brass Band Concert (FCC)  
(SIGN-UP ON APP)

## Sunday, May 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-8:00PM (CF Pool)
- 10:00: --Worship Service (MP/Channel 970) SHUTTLE
- 11:15: --Trip to Maryland Iron Festival, Thurmont (SIGN-UP ON  
APP)
- 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)
- 7:00: --Emmitsburg Community Chorus Spring Concert (MP at

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

*CF and Channel 970) SHUTTLE*

## Monday, May 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*)
- 8:15: --Shopping: Giant Eagle ([SIGN-UP ON APP - by the day before](#))
- 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 APP - by the day before](#))
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Catholic Mass (*Chapel at CF/Channel 970*)
- 11:30: --LUNCH SHUTTLE 11:30AM ([SIGN-UP ON APP - by the day before](#))



# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Genealogy Discussion (*MP @ CF*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 2:30: --Ice Cream Social (*Lodge Great Room*)
- 2:30: --Ice Cream Sundaes (*Community Center at CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture – “Teatime: Exploring the World's Most Popular Drink” (*Lodge Classroom B/ 970*)
- 4:45: --Dinner Shuttle 4:45 (*SIGN-UP ON APP - by the day before*)
- 6:30: --Trivia Night (*MP at CF*) (*SIGN-UP ON APP*)
- 6:30: --Trip to Frederick Chorale (*Evangelical Lutheran Church*) (*SIGN-UP ON APP*)

## Tuesday, May 23, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Breakfast Bus: Kountry Kitchen, Thurmont

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

*(SIGN-UP ON APP)*

- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Instructional Pickle Ball (*Cottages Culdesac*)
- 11:30: --LUNCH SHUTTLE 11:30AM *(SIGN-UP ON APP - by the day before)*
- 12:00: --Trip to Brookside Gardens (*Wheaton*) *(SIGN-UP ON APP)*
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Session 3 - Mind Fit Class with TheKey – Leaning and Memory – We will play trivia games and Name That Tune and do other activities that flex our learning ,

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

memory, and social engagement muscles. This is a 6 week interactive series to optimize brain health!  
*(Lodge Classroom) Sign up on the APP SHUTTLE*

- 2:00: --Gentle Chair Yoga (*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 – “80 for Brady”  
*(MP at CF / Channel 970)*
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 4:00: --One Day University Lecture – “Edouard Manet: Father of Modern Painting” (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 6:30: --Tuesday Night Bridge (*MP at CF*)

## Wednesday, May 24, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip (*FCC Walking Trail*)  
*(SIGN-UP ON APP)*

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 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*)
- 9-12: --Senior Fitness Testing (*Lodge Fitness Area*) **SHUTTLE**
- 9:30: --Groceries Trip (**WEIS ONLY**) (SIGN-UP ON APP - by the day before)
- 10:00: --Water Aerobics with Sandy Irwin (*Lodge Pool*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: **DIY Fairy Plant Garden (\$5 fee charged to your account) Deadline to sign up/cancel is May 19<sup>th</sup>.  
(SIGN-UP ON APP)**
- 11:30: --LUNCH SHUTTLE 11:30AM (SIGN-UP ON APP - by the day before)
- 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: --An Afternoon at the Opera - "The Magic Flute"  
(*MP/Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --MAAS Opticians Visit (*Community Conference Room @CF*)
- 4:00: --One Day University Lecture – "Gershwin, Ellington:

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

**Search for the American Sound” (Lodge Classroom B and 970)**

**-4:45: --Dinner Shuttle 4:45pm** ([SIGN-UP ON APP - by the day before](#))

**-4:45: --Dinner out to May's Seafood Restaurant (Frederick)**  
**(SIGN-UP ON APP)**

**-6:30: --Wednesday Night Movie: “Seabiscuit”**  
**(Lodge Event Center)**

### Thursday, May 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-12:00PM (Lodge Pool)**

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

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

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

**-9:15: --Trip to Dutch Market (Germantown) (SIGN-UP ON APP)**

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

**-10-12: --Tech Help with Volunteer - Michelle Detommaso**  
**(Computer Lab @ CF) (SIGN-UP ON APP)**

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

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

- 10:30: --Advanced Sittercise (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 97*)
- 11:00: --Brunswick Elementary School Chorus (*MP at CF/970*)  
**SHUTTLE**
- 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 11:30AM (*SIGN-UP ON APP - by the day before*)
- 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: --Let's Talk with: Kathy Dollar and her hobby: bicycling  
(*Event Center at the Lodge/970*)
- 1:00: --One Day University - "What Scientists Still Don't Know" (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:15: --Trip to Dollar Store and Gabe's-Jefferson Street  
(*Frederick, MD*) (*SIGN-UP ON APP*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

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

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

## Friday, May 26, 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 APP - by the day before)

10-12: --Tech Help with Volunteer - Michelle Detommaso  
(*Computer Lab @ CF*) (SIGN-UP ON APP)

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

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

-10:00: --Great Decisions: Climate Migration (*MP at CF*)

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

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

-11:30: --LUNCH SHUTTLE 11:30AM (SIGN-UP ON APP - by the day before)

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

- 1:00:** --Scenic Ride and Ice Cream (*Jefferson area and stop at the Little Red Barn for ice cream*) (**SIGN-UP ON APP**)
- 1:15:** --Movement with Music (*Channel 970*)
- 1:30:** --ALOHA – “HOW HOLLYWOOD HELPED WIN WORLD WAR II” Have you ever heard of the First Motion Picture Unit (FMPU), a group of trained film production professionals, recruited to create training and propaganda films during WWII? Katherine Orloff, a Homewood resident and daughter of an FMPU screenwriter, will offer a presentation about the FMPU and its under appreciated contribution to the WW II effort. Refreshments served at 1:30 – Program begins at 2pm (*MP at CF/Channel 970*) **SHUTTLE**
- 2:00:** --Pickleball (*East Cottages Cul-de-sac*) (**SIGN-UP ON APP**)
- 4:00:** --One Day University Lecture – “The Literary Genius of Toni Morrison” (*Lodge Classroom B and 970*)
- 4:45:** --Dinner Shuttle 4:45pm (**SIGN-UP ON APP - by the day before**)

### Saturday, May 27, 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 MAY 2023

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --Frederick County Fire & Rescue Museum and Stop at Carriage House (*Emmitsburg, MD*) (**SIGN-UP ON 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 - Vintage Entertainment (*MP at CF and Channel 970*) **SHUTTLE**
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) (**SIGN-UP ON APP**)
- 6:30: --Saturday Night Movies at CF - "Avatar: The Way of Water" (*MP@CF & Channel 970*)

## Sunday, May 28, 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*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 1:15: --Movement with Music (*Channel 970*)
- 4:00: --REPLAY - Worship Service (*Channel 970*)
- 6:30: --Game Night (*lodge classroom*)

## Monday, May 29, 2023      **MEMORIAL DAY**

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 9:30: --Coffee Hour - Sponsored by the Hospitality Committee  
(*Event Center at the Lodge*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

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

-4:00: --One Day University Lecture – “Five Turning Points in American History” (970 ONLY)

-4:45: --Dinner Shuttle 4:45pm ([SIGN-UP ON APP - by the day before](#))

## Tuesday, May 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)

-8:15: --Shopping: Giant Eagle ([SIGN-UP ON APP - by the day before](#))

-9:00: --Aquafit (Lodge)

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

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

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

-10:00: --Intermediate Stabilization (CF Gym)

-10:00: --Trip to Woodsboro Bank ([SIGN-UP ON APP - by the day before](#))

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

-10:30: --Circuit Training (CF Gym)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Instructional Pickle Ball (*Cottages Culdesac*)
- 11:30: --LUNCH SHUTTLE 11:30AM (*SIGN-UP ON APP - by the day before*)
- 12:15: --Trip to "Honky Tonk Angels" (*Totem Pole Playhouse*)  
(*SIGN-UP ON APP*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Session 4 - Mind Fit Class with TheKey – Language – Exercises designed to help language skills and play Sentence Scrabble, Word Bingo and Alphabet Soup. This is a 6 week interactive series to optimize brain health! (*Lodge Classroom*) *Sign up on the APP*  
*SHUTTLE*
- 2:00: --Gentle Chair Yoga (*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 -"Shepherd - The Story of a Hero Dog"  
(*MP at CF AND Channel 970*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 3:30: --Wine and Cheese (*Lodge Event Center*)

# Homewood at Frederick

## Independent Living Activities Calendar

### MAY 2023

- 4:00: --One Day University Lecture – “The Women Who Ruled the World 3500 Years Ago” (970 ONLY)
- 4:45: --Dinner Shuttle 4:45pm ([SIGN-UP ON APP - by the day before](#))
- 6:30: --Tuesday Night Bridge (MP at CF)

### Wednesday, May 31, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:30: --Wednesday Walking Club Trip (Carroll Creek) ([SIGN-UP APP](#))
- 8:00: --Aquafit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Beginner Balance (Lodge Fitness Center Classroom)
- 9:00: --Wellness Workout (Channel 970)
- 9:30: --Groceries Trip (WEIS ONLY) ([SIGN-UP ON APP - by the day before](#))
- 10:00: --Large and Loud (Parkinsons Exercise Class) (Lodge Fitness Classroom)
- 10:00: --Water Aerobics with Sandy Irwin (Lodge Pool)
- 10:00: --Cornhole (Lodge)

# Homewood at Frederick Independent Living Activities Calendar MAY 2023

- 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 11:30AM (*SIGN-UP ON APP - by the day before*)
- 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*)
- 4:00: --One Day University Lecture - Four Films That Changed America (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle 4:45pm (*SIGN-UP ON APP - by the day before*)
- 6:30: --Wednesday Night Movie: Dances with Wolves (*Lodge Event Center*)

# **Homewood at Frederick**

## **Independent Living Activities Calendar**

### **MAY 2023**

#### **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 Room**

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

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

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