

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

Friday, November 1, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:30-12: **Lion's Club Peace Poster Display** *Come and see the 30+ posters created by students in local schools (MP@CF)*
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Cornhole (*Lower Patio by the FC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:30: **Travel Meeting (Classroom A at the Lodge) SHUTTLE**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Sittercize (*WC*)
- 11:00: Bocce Ball (*Bocce Ball Court in the Green Lot*)
- 1:00: Personal Training (*WC*)
- 1:00: ALOHA Committee Meeting (*ILAC @CF*)
- 1:00: **Meeting with Candace McMullen, Vice President of Operations 2020 Rationale for Annual Rate Increase and Second Person Fee (MP@CF) SHUTTLE**
- 1:15: **Trip to Boscov's (Frederick, MD)**
- 2:00: Sing-Along with the Homewood Harmonizers (*Meadows @ CF*)
- 2:00: **Key Court Open House – Come and see Homewood's new Rehab Unit (Key Court in Healthcare Center) SHUTTLE**
- 3:00: Ping Pong (*FC Hallway*)
- 5:00: **Casino Night - RLEEF EVENT (Event Center @ Lodge) SHUTTLE**

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

Saturday, November 2, 2019 - Turn Your Clocks Back!

- 11:30: Damascus United Methodist Women Pig Out - Chesapeake Style & Holiday Bazaar (*Damascus, MD*)
- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*) **SHUTTLE**
- 1:45-5: Open Swim (*Lodge Pool*)
- 2:30: Music with Greg Lupton (*MP@CF*) **SHUTTLE**
- 3:00: Trip to Glade United Church of Christ Fall Dinner
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night – “Planes, Trains and Automobiles” (*MP @ CF*)

Sunday, November 3, 2019 - Daylight Savings Ends

- 10:00: Worship Service (*CHAPEL@CF*) **SHUTTLE**
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*Lodge Pool*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 3:15: Trip to The Seipp/Sheets Duo (*Hood College - Coffman Chapel*)
- 3:30: Family Council with Vicki Keriakos, Director of Nursing – who will explain some changes in health care regulations (*ILAC@CF*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

Monday, November 4, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:30: Mindful Meditation (*Meditation Room @ Lodge*)
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc
- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 1:00: Late Lunch: Il Forno Pizzeria (*Frederick, MD*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:45: IL Choir Rehearsal (*MP@CF*) **SHUTTLE**
- 7:00: How and Why – *The Celtic World*
(*Assisted Living Activities Room @ CF*)
- 7:00: Market Street Big Band Rehearsal (*Event Center @ Lodge*)

Tuesday, November 5, 2019

- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 8:45: Trip to: Homestead Gardens Holiday Shopping
(*Davidsonville, MD*)
- 9:00: Water Walking (*CF Pool*)
- 9:00: Interval Circuit (*Fitness Center Classroom @ Lodge*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:30-12: Open Swim (*FC Pool*)
- 10:00: Large and Loud Parkinson's Exercise Program
(*Fitness Center Classroom*)
- 10:00: Osteoporosis Exercise (*WC*)

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- 10:00: Knit Wits (*Cafe @ CF*)
- 10:00: Reflexology (*Lodge Salon*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 10:30: Readers Theatre Rehearsal (*Classroom A @ Lodge*)
- 10:30: "Visionaires" (*Gardenview Lounge - Assisted Living @ CF*) **SHUTTLE**
- 1:00: Craft: Rock Painting for Frederick Rocks (*Classroom A @ Lodge*)
- 2:00: Chair Volleyball (*WC*)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 3:15: Wine and Cheese (*MP@CF and Cafe*)
- 4:00: **SHUTTLE** for DINNER! (*Between CF & LODGE*)
- 6:45: Bridge (*MP@ CF*)
- 7:00: Top 100 Movies: You've Got Mail (*Classroom B at the Lodge*)

Wednesday, November 6, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:00: Acupuncture (*WC*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:10: Brunswick Sunshine Readers
- 9:30: Campus Connection Meeting w/Karen Main (*Event Center B @ Lodge*) **SHUTTLE**
- 10:30: Sittercize (*WC*)
- 11:00: Balance and Stretch (*FC*)
- 11:30: Personal Training (*Fitness Center*)
- 12:00: Retired Clergy Spouses Luncheon (*ILPDR @ CF*) **SHUTTLE**
- 1:00: Watercolor Class (*Classroom A at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 1:30: Zumba!! (WC)
- 1:30: Active Senior Yoga (Lodge Fitness Classroom)
- 1:30: Computer Lab with Newt (Computer Lab @ CF)
- 2:00: Science and Technology Discussion Group
(Classroom B at the Lodge)
- 3:00: Card Making Class (ILAC@CF)
- 4:00: Bocce Ball at the Lodge (Lawn besides the Pickle
Ball Court)
- 4:00: Ladies Literary Society (Library at the Lodge)
- 5:15: Basket Bingo - SOLD OUT! (Independent Living
Dining Room @ CF) SHUTTLE

Thursday, November 7, 2019

- 8:00: Aqua Fit (FC Pool)
- 8:45: Water Volleyball (Fitness Center Pool)
- 9:00: Water Walking (CF Pool)
- 9:00: Open Art Class (ILAC@CF)
- 9:30: Beginner Balance (Fitness Center Classroom)
- 9:30-12: Open Swim (FC Pool)
- 9:45: Shopping at Wal-Mart ONLY
- 10:00: Personal Training (FC)
- 10:00: Osteoporosis Exercise (WC)
- 10:00: Gab with Gretchen about Exercise and Joint
Replacement (MP@CF) SHUTTLE
- 10:30: Basic Arthritic Exercise (WC)
- 1:00: Blood Pressure Clinic (HHO @ CF)
- 1:30: Yoga (Lodge Fitness Center Classroom)
- 1:45: Shopping at Giant & Wegman's
- 3:00: Current Events Group (Classroom B at the Lodge)
- 3:00: Noteables Rehearsal (MP@CF) SHUTTLE
- 4:00: Pub Night (Wooden Nichol Pub @ Lodge)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 4:00: **SHUTTLE for DINNER!** (*Between CF & LODGE*)
- 6:15: **Ladies Game Night** (*ILAC@CF*)
- 7:00: **Bird Club - "Activities of YMOS"** (*MP@CF*)
- 7:00: **Game Night** (*Classroom A at the Lodge*)

Friday, November 8, 2019

- 7:45: **Aqua Fit** (*WC Pool*)
- 7:45: **Breakfast Bus: Thurmont Kountry Kitchen**
(*Thrumont, MD*)
- 8-9: **Lap Swim** (*FC Pool*)
- 9:00: **Aqua Fit - Women Only** (*WC Pool*)
- 9:00: **Cornhole** (*Lower Patio by the FC Pool*)
- 9-2: **Open Swim** (*FC Pool*)
- 10:00: **Sittercize Arthritis Exercise** (*FC Classroom*)
- 10:30: **Sittercize** (*WC*)
- 10:30: **Dear Santa Letters with a Twist** (*Event Center B @
Lodge*)
- 11:00: **Bocce Ball** (*Bocce Ball Court in the Green Lot*)
- 1:00: **Personal Training** (*WC*)
- 1:00: **Scenic Ride to Burkittsville and Catoctin Nature
Center**
- 2:00: **IL Bingo** (*MP@CF*)
- 3:00: **Ping Pong** (*FC Hallway*)
- 6:15: **Pinochle** (*ILAC @ CF*)
- 7:00: **Movie Night: Sully** (*Classroom B at the Lodge*)
- 7:00: **Trip to: Russian Ballet - Swan Lake** (*Weinberg
Center*)

Saturday, November 9, 2019

- 9:15: **Trip to: Historical Society & Tea Lunch** (*Manchester,
MD*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

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

1:00: Frederick Genealogical Society Meeting (Classroom A & B at the Lodge)

1-5: CF Pool Weekend Hours (WC Pool) SHUTTLE

1:45-5: Open Swim (Lodge Pool)

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

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

4:15: Trip to Catholic Mass

7:00: Saturday Movie Night – “Green Book” (MP @ CF)

Sunday, November 10, 2019

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

1-5: CF Pool Weekend Hours (WC Pool)

1-5: Open Swim (Lodge Pool)

2:00: Trip to: Piano Faculty Recital (Frederick Community College - JBK Theatre)

2:30: Worship Service (CHAPEL @CF)

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

Monday, November 11, 2019

7:45: Aqua Fit (WC Pool)

8-9: Lap Swim (FC Pool)

8:00: Veteran's Day Breakfast (Tuscarora Dining Room) SHUTTLE

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

9-2: Open Swim (FC Pool)

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

9:30: Mindful Meditation (Meditation Room @ Lodge)

9:30: Groceries Trip (WEIS ONLY)

10:00: Sittercize Arthritis Exercise (FC Classroom)

10:30: Beginner Tai Chi (Lodge Fitness Classroom)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 10:30: **Sittercize (WC)**
- 10:30: **Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc**
- 12:45: **"Friendly" Party Bridge (The View Alcove @ Lodge)**
- 1:00: **National Sundae Day (Great Room at the Lodge)**
- 1:00: **Trip to: Christmas Tree Shop (Hagerstown, MD)**
- 1:30: **Advanced Balance (WC)**
- 3:30: **Veteran's Day Concert Presented by IL Chorus (MP@CF) SHUTTLE**
- 7:00: **How and Why – The Celtic World (Assisted Living Activities Room @ CF)**
- 7:00: **Market Street Big Band Rehearsal (Event Center @ Lodge)**

Tuesday, November 12, 2019

- 7:45: **Trip to DC Drop-off - Smithsonian Mall (Washington D.C.)**
- 8:00: **Aqua Fit (FC Pool)**
- 8:45: **Water Volleyball (Fitness Center Pool)**
- 9:00: **Water Walking (CF Pool)**
- 9:00: **Interval Circuit (Fitness Center Classroom @ Lodge)**
- 9:00: **Massage (Fitness Center & Wellness Center)**
- 9:30: **Coffee Hour (ILDR @CF)**
- 9:30-12: **Open Swim (FC Pool)**
- 10:00: **Large and Loud Parkinson's Exercise Program (Fitness Center Classroom)**
- 10:00: **Osteoporosis Exercise (WC)**
- 10:00: **Knit Wits (Cafe @ CF)**
- 10:00: **Reflexology (Lodge Salon)**
- 10:30: **Basic Arthritic Exercise (WC)**
- 10:30: **Readers Theatre Rehearsal (Classroom A @ Lodge)**

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 11:00:** Fire Safety Information Session with Greg Lescalleet (MP@CF) **SHUTTLE**
- 2:00:** Chair Volleyball (WC)
- 2:00:** Woodworking Group (Wood Shop at Crumland Farms)
- 2:00:** Bingo (Event Center A - Lodge)
- 3:30:** Movie: Lawrence of Arabia (Event Center A @ Lodge)
- 4:00:** **SHUTTLE** for DINNER! (Between CF & LODGE)
- 6:45:** Bridge (MP@ CF)
- 7:00:** Top 100 Movies: Lawrence of Arabia (Event Center A @ The Lodge)

Wednesday, November 13, 2019

- 7:45:** Aqua Fit (WC Pool)
- 8-9:** Lap Swim (FC Pool)
- 8:00:** Acupuncture (WC)
- 8:30:** Environmental Committee Meeting (ILAC@CF) **SHUTTLE**
- 9:00:** Aqua Fit - Women Only (WC Pool)
- 9-2:** Open Swim (FC Pool)
- 9:10:** Brunswick Sunshine Readers
- 10:00:** Hearing Loss Association of America Presentation (Classroom A @ Lodge) **SHUTTLE**
- 10:00:** FREE HOLIDAY CARDS & MORE! Come and get your Holiday Cards! (MP@CF)
- 10:30:** Sittercize (WC)
- 10:30:** Catholic Rosary (Meadows Unit @ CF)
- 11:00:** Balance and Stretch (FC)
- 11:00:** Trip to: Aging Brain Series: It's Not All Bad New! (Walkersville, MD)
- 11:30:** Personal Training (Fitness Center)
- 1:00:** Watercolor Class (Classroom A at the Lodge)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 1:30: Zumba!! (WC)
- 1:30: Active Senior Yoga (Lodge Fitness Classroom)
- 1:30: Computer Lab with Newt (Computer Lab @ CF)
- 2:00: **Crumland Farms Food Committee Meeting (ILPDR @ CF)**
- 2:00: **MAAS Opticians (ILAC @ CF)**
- 4:00: Bocce Ball at the Lodge (Lawn besides the Pickle Ball Court)
- 5:30: Coupon Dinner: Taco Daddy Cantina & Tequila Bar (Frederick, MD)
- 6:00: Hospice Speaker Series – Surviving the Holidays – w/Bereavement Team (MP@CF) **SHUTTLE**
- 6:30: Redemption Road Concert with Wine & Cheese (Event Center at the Lodge) **SHUTTLE**

Thursday, November 14, 2019

- 8:00: Aqua Fit (FC Pool)
- 8:45: Water Volleyball (Fitness Center Pool)
- 9:00: Water Walking (CF Pool)
- 9:00: Open Art Class (ILAC@CF)
- 9:30: Beginner Balance (Fitness Center Classroom)
- 9:30-12: Open Swim (FC Pool)
- 10:00: Personal Training (FC)
- 10:00: Osteoporosis Exercise (WC)
- 10:00: **Ugandan Jewish Spiritual Leaders Presentation**
Speaker: Shadrach Mugoya Levi, spiritual leader of Jews (Abayudaya) of Namutumba, Uganda - customs, practices and challenges of his community (MP@CF) SHUTTLE
- 10:15: Trip to Amish Market (Hagerstown, MD)
- 10:30: Basic Arthritic Exercise (WC)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 11:00:** Fall Risk Assessments (*Lodge Fitness Center Classroom*)
- 12:30:** Fall Risk Assessments (*WC*)
- 1:00:** Blood Pressure Clinic (*HHO @ CF*)
- 1:30:** Yoga (*Lodge Fitness Center Classroom*)
- 2:00:** Scenic Ride to: Loudoun County, Charles Town, with a stop in Lucketts (*Virginia*)
- 3:00:** Noteables Rehearsal (*MP@CF*) **SHUTTLE**
- 4:00:** Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00:** **SHUTTLE** for DINNER! (*Between CF & LODGE*)
- 5:30:** Readers Theatre Rehearsal (*MP@CF*)
- 5:30:** Trivia Night (*Wooden Nichol Pub @ Lodge*) **SHUTTLE**
- 6:15:** Ladies Game Night (*ILAC@CF*)
- 6:15:** Trip to: Beekeeping 101 (*Thurmont Regional Public Library*)
- 7:00:** Game Night (*Classroom A at the Lodge*)

Friday, November 15, 2019

- 7:45:** Aqua Fit (*WC Pool*)
- 8-9:** Lap Swim (*FC Pool*)
- 8:45:** Shopping Trip to: Dollar Tree & UCC Church (*Sabillasville & Thurmont*)
- 9:00:** Aqua Fit - Women Only (*WC Pool*)
- 9:00:** Cornhole (*Lower Patio by the FC Pool*)
- 9-2:** Open Swim (*FC Pool*)
- 9:30:** **CHATTER** Meeting (*3rd Floor Library at CF*)
- 10:00:** Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30:** Sittercize (*WC*)
- 10:30:** Hospitality Committee Meeting (*Classroom A @ Lodge*) **SHUTTLE**

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 10:30: **Going Green presentation by Poolesville Green (Classroom B @ Lodge) SHUTTLE**
- 11:00: **Bocce Ball (Bocce Ball Court in the Green Lot)**
- 1:00: **Personal Training (WC)**
- 2:00: **Birthday Party (MP@CF)**
- 2:30: **Willow Ponds Food Committee Meeting (Classroom A - Lodge)**
- 3:00: **Ping Pong (FC Hallway)**
- 7:00: **Movie Night: Pirates of the Caribbean: The Curse of the Black Pearl (Classroom B at the Lodge)**

Saturday, November 16, 2019

- 9:00: **Trip to: Gate House Museum (Sykesville, MD)**
- 11:00: **Trip to: Pepperland - Beatles (Kennedy Center)**
- 12:30: **Trip to: Monocacy Brewing Company (Frederick, MD)**
- 1:00: **Water Exercise with Sandi Irwin (Lodge Pool)**
- 1-5: **CF Pool Weekend Hours (WC Pool) SHUTTLE**
- 1:45-5: **Open Swim (Lodge Pool)**
- 1:30: **Student Piano Recital (Event Center @ Lodge)**
- 2:30: **Rohrersville Band Concert – several IL residents are part of this group !(MP @ CF) SHUTTLE**
- 4:00: **Pub Night (Wooden Nichol Pub @ Lodge)**
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 4:15: **Trip to Catholic Mass**
- 7:00: **Saturday Movie Night – “Bringing Up Baby” (MP @ CF)**

Sunday, November 17, 2019

- 10:00: **Worship Service (CHAPEL @CF) SHUTTLE**
- 12:00: **Trip to: Singin' in the Rain (Olney Theatre - Main Stage)**

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*Lodge Pool*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 3:00: Trip to: FCC Flute Ensemble - New Year's Eve in Vienna (*Frederick Community College - JBK Theatre*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

Monday, November 18, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:00: When Turkeys Swim!! (*Lodge Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:30: Mindful Meditation (*Meditation Room @ Lodge*)
- 9:30: Groceries Trip (*WEIS ONLY*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:00: Retired Clergy Meeting (*ILAC@CF*) SHUTTLE
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)
- 10:30: Sittercize (*WC*)
- 10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc
- 12:00: When Turkeys Swim!! (*Lodge Pool*)
- 12:45: "Friendly" Party Bridge (*The View Alcove @ Lodge*)
- 1:00: Craft: Laminated Snow Globe – bring a copy of a picture to be cut out (*Classroom A @ Lodge*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 2:30: Readers Theatre Performance (*MP@CF*) SHUTTLE
- 3:45: IL Choir Rehearsal ILAC@CF - SHUTTLE

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4:30: Trip to Columbia Mall

7:00: How and Why – *The Celtic World*
(Assisted Living Activities Room @ CF)

7:00: Readers Theatre Performance (MP@CF) SHUTTLE

7:00: Market Street Big Band Rehearsal (Event Center @
Lodge)

Tuesday, November 19, 2019

8:00: Aqua Fit (FC Pool)

8:00: Trip to: Rocky Gap Casino Resort & Spa (Flintstone,
MD)

8:30: When Turkeys Swim!! (Lodge Pool)

9:00: Water Walking (CF Pool)

9:00: Interval Circuit (Fitness Center Classroom @ Lodge)

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

9:30-12: Open Swim (FC Pool)

10:00: Osteoporosis Exercise (WC)

10:00: Everything You Need to Know About the Walkersville
Library (MP@CF) SHUTTLE

10:00: Knit Wits (Cafe @ CF)

10:00: Reflexology (Lodge Salon)

10:30: Basic Arthritic Exercise (WC)

10:30: Basket Bingo Meeting (ILAC@CF)

10:30: Readers Theatre Rehearsal (Classroom A @ Lodge)

10:45: Trip to: 'A Teachable Moment': Stroke Awareness
Film & Discussion (Walkersville Library)

1:30: Healthy Turkey Day Side – sign up with Lindsay by
Nov. 15th (View Alcove)

2:00: Chair Volleyball (WC)

2:00: Woodworking Group (Wood Shop at Crumland Farms)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 2:00:** Safety and Security Committee Mtg (*Classroom B @ Lodge*) **SHUTTLE**
- 3:45:** Happy 1/2 Hour (*CC@CF*)
- 4:00:** SHUTTLE for DINNER! (*Between CF & LODGE*)
- 6:45:** Bridge (*Cafe @ CF*)
- 6:45:** Trip to: Hood Wind Ensemble Concept (*Hood College - Coffman Chapel*)
- 7:00:** Claire McCardell Project Information Session (*MP@CF*) **SHUTTLE**
- 7:00:** Top 100 Movies: Young Frankenstein (*Classroom B at the Lodge*)

Wednesday, November 20, 2019

- 7:45:** Aqua Fit (*WC Pool*)
- 8-9:** Lap Swim (*FC Pool*)
- 8:00:** Acupuncture (*WC*)
- 9:00:** Aqua Fit - Women Only (*WC Pool*)
- 9:00:** Apple Bake Off (*Classroom A @ the Lodge*)
- 9-2:** Open Swim (*FC Pool*)
- 9:10:** Brunswick Sunshine Readers
- 9:30:** Coffee at the Lodge (*Event Center @ Lodge*)
- 9:30:** IL Resident Association Meeting (*MP@CF*) **SHUTTLE**
- 10:00:** When Turkeys Swim Award Presentation (*Lodge Pool Deck*)
- 10:00:** Old Towne Jewelers (*ILAC @ CF*)
- 10:30:** Sittercize (*WC*)
- 11:00:** Balance and Stretch (*FC*)
- 11:00:** Physical Therapy Presentation of Dementia and Alzheimer's (*Wellness Center at CF*) **SHUTTLE**
- 11:00:** Trip to: Aging Brain Series: It's Not All Bad New! (*Walkersville, MD*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 11:30: Personal Training (*Fitness Center*)
1:00: Watercolor Class (*Classroom A @ Lodge*)
1:30: Zumba!! (*WC*)
1:30: Active Senior Yoga (*Lodge Fitness Classroom*)
1:30: Computer Lab with Newt (*Computer Lab @ CF*)
3:00: **Book Signing - I Thought Mommy Didn't Want Me Anymore with IL resident Mr. Robert Peters discussion, book sale and signing (*Event Center B @ Lodge*) SHUTTLE**
3:00: **Homewood Crafters - Angel craft – Call Julie to sign-up (*ILAC@CF*)**
3:45: **Happy Half Hour: Apple bake off awards and book signing continue (*Great Room @ Lodge*)**
4:00: **Bocce Ball at the Lodge (*Lawn besides the Pickle Ball Court*)**
6:45: **Trip to Hood Choir and Chamber Singers Concert (*Hood College - Brodbeck Hall*)**

Thursday, November 21, 2019

- 8:00: Aqua Fit (*FC Pool*)
8:45: Water Volleyball (*Fitness Center Pool*)
9:00: Water Walking (*CF Pool*)
9:00: Open Art Class (*ILAC@CF*)
9:30: Beginner Balance (*Fitness Center Classroom*)
9:30-12: Open Swim (*FC Pool*)
9:45: **Shopping at Wal-Mart ONLY**
10:00: Personal Training (*FC*)
10:00: Osteoporosis Exercise (*WC*)
10:30: Basic Arthritic Exercise (*WC*)
12:00: **HOBO Luncheon - Ed Edder – Adventures in Wood Turning (*MP@CF*) SHUTTLE**

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 1:00: Blood Pressure Clinic (*HHO @ CF*)
- 1:30: Yoga (*Lodge Fitness Center Classroom*)
- 1:30: **Craft: Beaded Snowflake –sign up with Lindsay by Nov. 15th (Classroom A at the Lodge)**
- 1:45: Shopping at Giant & Wegman's
- 3:00: Current Events Group (*Classroom B at the Lodge*)
- 3:00: Noteables Rehearsal (*MP@CF*) **SHUTTLE**
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 6:15: Ladies Game Night (*ILAC@CF*)
- 6:30: Trip to Bossa, Bebop, and Basie (*Frederick Community College - JBK Theatre*)
- 7:00: Game Night (*Classroom A at the Lodge*)

Friday, November 22, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Cornhole (*Lower Patio by the FC Pool*)
- 9:00: **Shopping Trip to: Trader Joe's (Columbia, MD)**
- 9-2: Open Swim (*FC Pool*)
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)
- 10:30: Sittercize (*WC*)
- 11:00: Bocce Ball (*Bocce Ball Court in the Green Lot*)
- 2:00: **Scenic Ride: Rock Hill Orchard & Woodbourne Creamery (Carroll County, MD)**
- 1:00: Personal Training (*WC*)
- 3:00: Ping Pong (*FC Hallway*)
- 6:15: Pinochle (*ILAC @ CF*)
- 7:00: Movie Night: Must Love Dogs (*Classroom B @ Lodge*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

Saturday, November 23, 2019

- 8:45: Trip to: Hampstead Train Station (*Hampstead, MD*)
- 1:00: Trip to: National Christian Choir (*International Community Church*)
- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1:45-5: Open Swim (*Lodge Pool*)
- 2:30: Jazz Trio with Christiana Drapkin (*MP@CF*)
SHUTTLE
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER!** (*Between CF & LODGE*)
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night “*Just Go For It*” (*MP @ CF*)

Sunday, November 24, 2019

- 10:00: Worship Service (*CHAPEL@CF*) **SHUTTLE**
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*Lodge Pool*)
- 1:15: Trip to Midtown Men (*Majestic Theatre*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 3:00: Showtime Singers Concert (*Event Center at the Lodge*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

Monday, November 25, 2019

DEADLINE FOR THANKSGIVING BUFFET RESERVATIONS!!

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 9:00: National Parfait Day (*Great Room @ Lodge*)**
- 9-2: Open Swim (*FC Pool*)**
- 9:00: Massage (*Fitness Center & Wellness Center*)**
- 9:30: Mindful Meditation (*Meditation Room @ Lodge*)**
- 9:30: Groceries Trip (*WEIS ONLY*)**
- 10:00: Sittercize Arthritis Exercise (*FC Classroom*)**
- 10:30: Beginner Tai Chi (*Lodge Fitness Classroom*)**
- 10:30: Sittercize (*WC*)**
- 10:30: Catholic Mass (*CHAPEL @CF*)**
- 10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc**
- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)**
- 1:30: Advanced Balance (*WC*)**
- 2:00: Bible Study (*ILAC - CF*)**
- 2:30: Sing-Along & Ice Cream – Come and say a BIG Thank You to our Chaplains – Suzanne and Shelly (*Cafe@CF*)**
- 3:45: IL Choir Rehearsal (*MP@CF*) *SHUTTLE***
- 7:00: How and Why – *the Celtic World* (*Assisted Living Activities Room @ CF*)**
- 7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)**

Tuesday, November 26, 2019

- 8:00: Aqua Fit (*FC Pool*)**
- 8:45: Water Volleyball (*Fitness Center Pool*)**
- 9:00: Water Walking (*CF Pool*)**
- 9:00: Interval Circuit (*Fitness Center Classroom @ Lodge*)**
- 9:00: Massage (*Fitness Center & Wellness Center*)**
- 9:30-12: Open Swim (*FC Pool*)**

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 10:00: Large and Loud Parkinson's Exercise Program
(*Fitness Center Classroom*)
- 10:00: Osteoporosis Exercise (WC)
- 10:00: **AMVETS Visits (Cafe@CF)**
- 10:00: Knit Wits (*Cafe @ CF*)
- 10:00: Reflexology (*Lodge Salon*)
- 10:30: Basic Arthritic Exercise (WC)
- 11:00: Memories Writing Group (*Library at the Lodge*)
- 2:00: Chair Volleyball (WC)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 2:30: Blood Pressure Clinic (*Game Room at the Lodge*)
- 2:30: **Community Bingo (MP @ CF)**
- 3:00: **Noteables Rehearsal (Event Center @ Lodge)**
- SHUTTLE**
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 6:30: **Jazz Connection (Cafe @ CF)**
- 6:45: Bridge (MP@ CF)
- 7:00: Top 100 Movies: Rio Bravo (*Classroom B @ Lodge*)

Wednesday, November 27, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:00: Acupuncture (WC)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:30: **Trip to: Great Falls Tavern Visitor Center (Potomac, MD)**
- 10:30: Sittercize (WC)
- 10:30: **Thanksgiving Eve Service (Chapel @ CF) SHUTTLE**
- 11:00: Balance and Stretch (FC)
- 11:30: Personal Training (*Fitness Center*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

- 1:00: Watercolor Class (*Classroom A at the Lodge*)
- 1:30: Zumba!! (*WC*)
- 1:30: Active Senior Yoga (*Lodge Fitness Classroom*)
- 1:30: Computer Lab with Newt (*Computer Lab @ CF*)
- 2:00: MAAS Opticians (*ILAC @ CF*)
- 4:00: Bocce Ball at the Lodge (*Lawn besides the Pickle Ball Court*)

Thursday, November 28, 2019

HAPPY THANKSGIVING



- 9:00: Water Walking (*CF Pool*)
- 11:30-2 Thanksgiving Buffet (*The View @ Lodge*)
RESERVATIONS REQUIRED!! DEADLINE 11/25!
- 11:45-1:30: Thanksgiving Buffet (*ILDR @CF*)
RESERVATIONS REQUIRED!! DEADLINE 11/25!
- 6:15: Ladies Game Night (*ILAC@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

Friday, November 29, 2019

- 8-9: Lap Swim (*FC Pool*)
- 9:00: Cornhole (*Lower Patio by the FC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 10:00: "The Gratitude Pilgrims" (*Classroom A at the Lodge*)
- 11:00: Bocce Ball (*Bocce Ball Court in the Green Lot*)
- 3:00: Ping Pong (*FC Hallway*)
- 5:30: Trip to: The Christmas Experience (*Antietam Entertainment - Hagerstown, MD*)
- 7:00: Movie Night: To Catch a Thief (*Classroom B @ Lodge*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

Saturday, November 30, 2019

- 10:45: Trip to: The Nutcracker - Atlanta Ballet (*Kennedy Center*)
- 10:45: Trip to: Tuba Christmas (*Weinberg Center*)
- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1:45-5: Open Swim (*Lodge Pool*)
- 2:30: Bluegrass Music with the Longmeadow Mining Company (*MP@CF*) SHUTTLE
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)
- 4:15: Trip to Catholic Mass
- 7:00: Saturday Movie Night (*MP @ CF*)

Homewood at Frederick Independent Living Activities Calendar NOVEMBER 2019

ROOM KEY

(3rd) = 3rd Floor Library @CF

(4th) = 4th Floor Library @CF

(ALACT) = Assisted Living Activity Room @CF

(ALGVL) = Assisted Living Gardenview Lounge @CF

(ALMVL) = Assisted Living Mountainview Lounge @CF

(Cafe) = Café @ CF

(CH) = Chapel @CF

(CC) = Community Center @ CF

CF = Crumland Farms

(HHO) = Home Health Office

(ILAC) = Independent Living Activities Room

(ILDR) = Independent Living Dining Room @CF

(ILPDR) = Independent Living Private Dining Room

(FC) = Fitness Center @ Lodge

(MCTDR) = Meadows Court Dining Room

(MP) = Multi-Purpose Room

(WC) = Wellness Center @ CF