

# Homewood at Frederick Independent Living Activities Calendar November 2022

## Tuesday, November 1, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-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: --Quarterly Memorial Service (*Channel 970/MP ROOM*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Wellness Center*)
- 10:30: --Trip to: North Gate Fire Station (*Frederick, MD*)  
*SIGN-UP ON APP*
- 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 11:30AM-1PM *SIGN-UP ON APP*
- 1:15: --Movement with Music (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 2:00: --Chair Yoga with Yogamour \$ (CF Wellness Center)
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Grief Support Group with Frederick Health Hospice (*ILAC at CF*)
- 4:00: --One Day University Lecture -Salem Witch Trials: What Really Happened and Why? (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 6:30: --Tuesday Night Bridge (*MP at CF*)

## Wednesday, November 2, 2022

- 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*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 9:30: --Groceries Trip (*WEIS ONLY*) *SIGN-UP ON APP*
- 10:00: --Aquafit (*Lodge Pool*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Fall WRRRA Meeting (*CHANNEL 970 and MP at CF*)  
*SHUTTLE*
- 10:30: --Sittercize (*Wellness Center at CF*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM *SIGN-UP ON 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*)
- 1:30: --Chair Yoga with Yogamour (*Fee-Lodge Fitness Center*)
- 1:30: --Scenic Ride (*Thurmont area for leaf peeping!*)  
*SIGN-UP ON APP*
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Science and Technology Group: We invite you to join us at a birthday party to celebrate the November birthday of Marie Curie. You will be amazed at the life she led and her pioneering accomplishments, not only

# Homewood at Frederick Independent Living Activities Calendar November 2022

in science but also in leading the way in many women's issues. (*Lodge Event Center*)

-3:00: --Bingo (*MP@CF*)

-3:00: --French Conversation Group (*Lodge Classroom A*)

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

-4:00: --One Day University Lecture - The 1920 Presidential Race: The Important Election Most Americans Know Nothing About (*Lodge Classroom B*)

-4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**

## Thursday, November 3, 2022

-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 and Kitchen's Farm Market (*Martinsburg, WV*) **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*)

# Homewood at Frederick

## Independent Living Activities Calendar

### November 2022

- 9:30: --Homewood Campus Update with Karen Main with Natelli Update (*Channel 970 AND In-Person in MP Room at CF*) **SHUTTLE**
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso (*Computer Lab @ CF*) **SIGN-UP ON APP**
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Wellness Center*)
- 10:30: --Helping Hands-Help make centerpieces for Health Care Dining areas (*ILAC - CF*)
- 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-1PM SIGN-UP ON 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*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 1:00: --One Day University - "Tapestry of the World: Behind the Scenes at the International Quilt Museum"  
(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)
- 4:00: --One Day University Lecture - Great Wines of Napa Valley (Lodge Classroom B)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 6:30: --Game Night (lodge classroom)
- 6:30: --NEW Game Night (ILAC@CF)
- 7:00: --Bird Club Meeting (MP at CF)

## Friday, November 4, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Aquafit (CF Pool)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant  
*SIGN-UP ON APP*
- 9:30: --Coffee Hour - Sponsored by the Hospitality Committee  
(*MP@CF*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Homewood Crafters Woven Newspaper Baskets  
(*Lodge Classroom*) *SIGN-UP ON APP*
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Every Dance You Need to Know for a Wedding (*Lodge  
Fitness Classroom*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM *SIGN-UP ON APP*
- 12:30: --Trip to: North Gate Fire Station *SIGN-UP ON APP*
- 1:00: --ALOHA Committee Meeting (*ILAC@CF*)
- 1:15: --Movement with Music (*Channel 970*)
- 3:00: --Senior Theatre Performance (*CHANNEL 970 and  
MP@CF*) *SHUTTLE*
- 3:30: --Trip to Turkey Oyster Ham Dinner (*Walkersville Fire  
Hall*) *SIGN-UP ON APP*

# Homewood at Frederick Independent Living Activities Calendar November 2022

**-4:00: --One Day University Lecture -The Sum of Our Dreams:  
Five Books That Changed American History (Lodge  
Classroom B)**

**-4:30: --Dinner Shuttle 4:45PM-6:30PM SIGN-UP ON APP**

## Saturday, November 5, 2022

### TURN CLOCKS BACK TONIGHT!

- 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: 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: --Patsy Cline and Friends- A Tribute to the Legends  
(Channel 970 and MP Room at CF) SHUTTLE**
- 4:15: --Trip to Catholic Mass (St. Katharine's)  
SIGN-UP ON APP**



# Homewood at Frederick Independent Living Activities Calendar November 2022

**-7:00: --Saturday Night Movies at CF - "Driving Miss Daisy"  
(MP at CF & Channel 970)**

## Sunday, November 6, 2022

### DAYLIGHT SAVINGS TIME ENDS

- 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*)
- 2:00: --Hymns and Gospel Music with Cindy (*Channel 970*)
- 2:00: --Trip to Calvary UMC Concert Series-North Meets South  
Duo Concert SIGN-UP ON APP**
- 4:00: --REPLAY - Worship Service (*Channel 970*)
- 6:30: --Game Night (*lodge classroom*)

## Monday, November 7, 2022

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

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 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**
- 9:00: --Wellness Workout (Channel 970)
- 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 APP**
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:00: --Homewood APP 101 (Classroom B at the Lodge)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM **SIGN-UP ON APP**
- 12:30: --Water Volleyball (Lodge Pool)
- 1:15: --Movement with Music (Channel 970)
- 1:15: --Trip to Walkersville Library **SIGN-UP ON APP**
- 1:30: --Open Craft/Painting Studio (Classroom A at the Lodge)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 2:00: --Bible Study (*3rd Floor @ CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture - The Rise and Fall of the British Empire (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 6:30: --Monday Movie Showing: "Love Story" (*Event Center at the Lodge*)

## Tuesday, November 8, 2022 ELECTION DAY

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Improve Your Swim Skills with Ronnie (*Lodge Pool*)
- 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: --Trip to Voting Polls - Election Day (*Monocacy Elementary*) **SIGN-UP ON APP**
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 10:00: --Veterans Get-Together (*Cafe @ CF*)
- 10-1: --FREE HOLIDAY CARDS & MORE! (*MP@CF*)  
*SHUTTLE 10-12 ONLY*
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercise (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:00: --Trip to Uncle Julio's Fine Mexican Food restaurant  
(*Gaithersburg, MD*) *SIGN-UP ON APP*
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM *SIGN-UP ON APP*
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Chair Yoga with Yogamour (Fee) (*CF Wellness Center*)
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Grief Support Group with Frederick Health Hospice  
(*ILAC at CF*)
- 4:00: --One Day University Lecture -The Suez Canal: Its  
History and Impact on the World (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM *SIGN-UP ON APP*

# Homewood at Frederick Independent Living Activities Calendar November 2022

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

## Wednesday, November 9, 2022

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

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

-8-12: --**FALL CLOTHING & SHOE DRIVE** (*Lodge Main Entrance & CF Main Entrance*)

-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: --**Environmental Committee Meeting** (*MP at CF*)

-9:30: --**Groceries Trip (WEIS ONLY) SIGN-UP ON APP**

-10:00: --Aquafit (*Lodge Pool*)

-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 November 2022

- 10:30: --Watercolor Class with Mary Klotz (*Classroom A at the Lodge*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM SIGN-UP ON 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*)
- 1:30: --Chair Yoga with Yogamour (*Fee-Lodge Fitness Center*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --MAAS Opticians Visit (*Community Conference Room @CF*)
- 4:00: --One Day University Lecture - Mental Health: What We Know Now (and What We Don't) (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM SIGN-UP ON APP
- 5:00: --Trivia Night (*Event Center at the Lodge*)  
SIGN-UP ON APP
- 6:00: --Trip to Swan Lake Ballet - Maryland Theatre  
SIGN-UP ON APP

# Homewood at Frederick Independent Living Activities Calendar November 2022

## Thursday, November 10, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-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. (*Lodge Classroom*)**SHUTTLE**
- 9:45: --Water Volleyball (*Lodge Pool*)
- 9:45: --Trip to Shopping at Boscov's **SIGN-UP ON APP**
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso  
(*Computer Lab @ CF*) **SIGN-UP ON 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*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 11:30: --LUNCH SHUTTLE 11:30AM-1PM **SIGN-UP ON 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 Four Phases of Retirement...and the Psychological Changes" (*Channel 970*)
- 1:00: --Trip to: Tour of Mt. Olivet with Chris Haugh (*Frederick, MD*) **SIGN-UP ON APP**
- 1:15: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture - Uncle Sam Wants You! American Soldiers in the Great War (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 5:45: --Trip to the US Air Force Concert Band (*Weinberg*) **SIGN-UP ON APP**
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 8:00: --Thursday Night Football on the Big Screen! (*MP at CF*)



# Homewood at Frederick Independent Living Activities Calendar November 2022

## Friday, November 11, 2022

### **VETERAN'S DAY – 137 Homewood veterans!**

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --**Veteran's Day Breakfast-By Invitation (*Tuscarora Dining Room at CF*) SHUTTLE**
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant
- 9:30: --**CHATTER COMMITTEE MEETING (*3rd Floor at CF*)**
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --**LUNCH SHUTTLE 11:30AM-1PM SIGN-UP ON APP**
- 1:00: --BUNCO (*ILAC @ CF*)
- 1:15: --Movement with Music (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 3:00: --Patriotic Concert by the Chapel Choir (*MP and Channel 970*) **SHUTTLE**
- 4:00: --One Day University Lecture - Vietnam: Looking Back at America's (Second) Longest War (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 7:00: --Veteran's Day Concert with Bethany James (*Channel 970 Only*)

## Saturday, November 12, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11-1: --Food Truck Uncle Moe's Soul Food (*Lodge Parking Lot*) **SHUTTLE**
- 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 Program with Bob Strahl, The Singing Dentist (*MP at CF and Channel 970*) **SHUTTLE**
- 4:15: --Trip to Catholic Mass (*St. Katharine's*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

***SIGN-UP ON APP***

**-7:00: --Saturday Night Movies at CF - "A League of Their Own"  
(MP at CF & Channel 970)**

## **Sunday, November 13, 2022**

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

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

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

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

**-12:00: --The Hair Fairy is Coming! Contact Pat Curchin to sign up. Appointments are 15 min and the price is \$2 per strand up to 20 strands. Payment via cash, check or charge. Tipping is not required but neither is it discouraged. Pat is providing snacks! Deb Ehart will also be attending and will have Color Street Nail Polish Strips available for demo and purchase. (Lodge Great Room)**

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

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

**-1:30: --Trip to Maryland Symphony Orchestra (Maryland Theatre, Hagerstown) SIGN-UP ON APP**

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 2:30: --March Forth Southern Gospel Quartet (*MP at CF and Channel 970*) **SHUTTLE**
- 4:00: --REPLAY - Worship Service (*Channel 970*)
- 6:30: --Game Night (*lodge classroom*)

## Monday, November 14, 2022

- 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**
- 9:00: --Wellness Workout (*Channel 970*)
- 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 APP**
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 11:00: --Joy Bells Handbell Choir (*MP at CF and Channel 970*)**SHUTTLE**
- 11:15: --Shopping Christmas Tree Shop and Lunch at Golden Corral (*Hagerstown*) **SIGN-UP ON APP**
- 11:30: --**LUNCH SHUTTLE 11:30AM-1PM SIGN-UP ON APP**
- 12:30: --Water Volleyball (*Lodge Pool*)
- 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*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture - The Timeless Comedies From Almost 100 Years Ago (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 6:30: --Monday Movie Showing: Murphy's Romance (*Event Center at the Lodge*)
- 6:30: --"John Denver" in Concert (*Lodge Event Center*)  
**SHUTTLE**

# Homewood at Frederick Independent Living Activities Calendar November 2022

## Tuesday, November 15, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Mystery Trip! **SIGN-UP ON APP**
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Turkey Swim (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Presentation by Patti Redmond on her new book (*MP at CF and Channel 970*) **SHUTTLE**
- 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 11:30AM-1PM **SIGN-UP ON APP**
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Chair Yoga with Yogamour (Fee) (*CF Wellness Center*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 2:00: --Caregiver Support Group Speaker Series – *Michael Day Speaker (MP at CF and Channel 970) SHUTTLE*
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Grief Support Group with Frederick Health Hospice (*ILAC at CF*)
- 4:00: --One Day University Lecture - A Brief History of Cookbooks and Recipes (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM *SIGN-UP ON APP*
- 6:30: --Hymn Sing with Good News Presbyterian Women's Fellowship (*Cafe at CF*)
- 6:30: --Tuesday Night Bridge (*MP at CF*)
- 6:30: --Trip to: Wind Ensemble Concert (*Hood College - Coffman Chapel*) *SIGN-UP ON APP*

## Wednesday, November 16, 2022

- 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 November 2022

- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Mystery Trip! **SIGN-UP ON APP**
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Turkey Swim Awards (*Lodge Pool Deck*)
- 9:30: --Groceries Trip (**WEIS ONLY**) **SIGN-UP ON APP**
- 10:00: --Aquafit (*Lodge Pool*)
- 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*)
- 11:00: --Worldly Wednesday: Romania (Armchair Travel) (*Event Center at the Lodge*) **SIGN-UP ON APP**
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM **SIGN-UP ON 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 November 2022

- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Chair Yoga with Yogamour \$ (*Lodge Fitness Center*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:30: --Magician Mike Rose (*MP at CF and Channel 970*)  
*SHUTTLE*
- 3:00: --French Conversation Group (*3rd Floor Library at CF*)
- 4:00: --One Day University Lecture -What's So Great About Learning Latin (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM *SIGN-UP ON APP*
- 7:00: --FREE Sound Immersion with Yoga Instructor Joan Quinlan (*Lodge Event Center*) *SHUTTLE*

## Thursday, November 17, 2022

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

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 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*)
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso (*Computer Lab @ CF*) **SIGN-UP ON 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 11:30AM-1PM **SIGN-UP ON 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: --Willow Ponds Food Committee (*Lodge Classroom*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 1:00: --One Day University - "Elizabeth II, The Platinum Queen: 70 Years of British History" (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Let's Talk with: Reggie Barbour. *She will be speaking about her experience as a Navy Officer and Nurse Corp Officer. This is a different presentation than the one she gave to the retired nurses group. (Event Center at the Lodge)*
- 3:00: --Current Events Group (*Lodge Event Center*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 3:15: --Trip to Brewer's Alley Lobster Night *SIGN-UP ON APP*
- 4:00: --One Day University Lecture - 12 Extraordinary Greek Gods and Goddesses (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM *SIGN-UP ON APP*
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to Free Jazz Ensemble Concert (*FCC*)  
*SIGN-UP ON APP*
- 6:30: --Trip to: Hood College Choir and Chamber Singers Concert (*Hood College - Coffman Chapel*)  
*SIGN-UP ON APP*

# Homewood at Frederick Independent Living Activities Calendar November 2022

**-8:00: --Thursday Night Football on the Big Screen! (MP at CF)**

## Friday, November 18, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant  
**SIGN-UP ON APP**
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Virtual Reality-Explore the World (*Lodge Card/Game Room*)  
**SIGN-UP ON APP**
- 10:00: --Maryland State BoyChoir Fall Tour Performance (MP at CF)
- 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-1PM **SIGN-UP ON APP**

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 1:00: --Paint & Sip (Pottery Painting Social) (Classroom at the Lodge) **SIGN-UP ON APP**
- 1:15: --Movement with Music (Channel 970)
- 2:00: --Birthday Party-Sponsored by the Hospitality Committee (MP at CF)
- 4:00: --One Day University Lecture - The Gettysburg Address: Lincoln's Most Famous Speech (Lodge Classroom B)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**

## Saturday, November 19, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 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: --Music with Frank Plumer and Family (Channel 970 and MP Room )**SHUTTLE**
- 4:15: --Trip to Catholic Mass (St. Katharine's)

# Homewood at Frederick Independent Living Activities Calendar November 2022

**SIGN-UP ON APP**

**-4:15: --Trip to "Celebrate Christmas" National Christian Choir  
(International Community Church - Frederick)**

**SIGN-UP ON APP**

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

## Sunday, November 20, 2022

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

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

**-8:00: --Pool Open 8:00AM-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)**

**-2:00: --Hymns and Gospel Music with Cindy (Channel 970)**

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

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

## Monday, November 21, 2022

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

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 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**
- 9:00: --Wellness Workout (Channel 970)
- 10:00: --Large and Loud - Parkinsons Exercise Class  
(Lodge Fitness Classroom)
- 10:00: --Cornhole (Lodge)
- 10:00: --Retired Clergy Meeting – Spiritual Audacity – The  
Abraham Joshua Heschel Story (MP 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 11:30AM-1PM **SIGN-UP ON 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)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 2:00: --Bible Study (*3rd Floor @ CF*)
- 2:30: --Ice Cream Sundaes (*Community Center at CF*)
- 2:30: --Pumpkin Pie Party (*Lodge Great Room*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture - Five Things You Probably Never Knew About Benjamin Franklin (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 6:00: --Trip to "Soweto Gospel Choir" (*Majestic Theatre - Gettysburg*) **SIGN-UP ON APP**
- 6:30: --Monday Movie Showing: Shawshank Redemption (*Event Center at the Lodge*)
- 6:30: --Trivia Night (*MP at CF*) **SIGN-UP ON APP**

## Tuesday, November 22, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)



# Homewood at Frederick Independent Living Activities Calendar November 2022

- 8:15: --Trip to Beyond King Tut: The Immersive Experience-  
National Geographic Museum (*Washington D.C.*)  
**SIGN-UP ON APP**
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercise (*CF Wellness Center*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM **SIGN-UP ON APP**
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Chair Yoga with Yogamour (Fee) (*CF Wellness Center*)
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Grief Support Group with Frederick Health Hospice  
(*ILAC at CF*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

**-4:00: --One Day University Lecture - The Universal  
Timekeeper: Reconstructing History Atom by Atom  
(Lodge Classroom B)**

**-4:30: --Dinner Shuttle 4:45PM-6:30PM SIGN-UP ON APP**

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

## Wednesday, November 23, 2022

**-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)**

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

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

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 10:30: --Watercolor Class with Mary Klotz (*Lodge Classroom A*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM SIGN-UP ON 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*)
- 1:30: --Chair Yoga with Yogamour (*Fee-Lodge Fitness Center*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --MAAS Opticians Visit (*Community Conference Room @CF*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM SIGN-UP ON APP

## Thursday, November 24, 2022

### HAPPY THANKSGIVING!

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 9:00: --Wellness Workout (*Channel 970*)
- 11:00: --Sittercize and Stretches (*Channel 970*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

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

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

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

## Friday, November 25, 2022

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

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

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

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

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

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

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

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

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

-11:00: -- General Knee Pain; Including How to Use KT Tape  
with Gretchen (*Channel 970*)

-11:30: --LUNCH SHUTTLE 11:30AM-1PM **SIGN-UP ON APP**

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

# Homewood at Frederick Independent Living Activities Calendar November 2022

**-4:30: --Dinner Shuttle 4:45PM-6:30PM SIGN-UP ON APP**

## Saturday, November 26, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)**
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)**
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)**
- 10:30: --Sittercize and Stretches (Channel 970)**
- 11:00: --Trip to: Tuba Christmas (Weinberg Center)  
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)**
- 4:15: --Trip to Catholic Mass (St. Katharine's)  
SIGN-UP ON APP**

## Sunday, November 27, 2022

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

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 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)
- 2:00: --Hymns and Gospel Music with Cindy (Channel 970)
- 3:00: --One God One Voice Holiday Concert (MP Room at CF and Channel 970) SHUTTLE
- 4:00: --REPLAY - Worship Service (Channel 970)
- 6:30: --Game Night (Lodge Classroom)

## Monday, November 28, 2022

- 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
- 9:00: --Wellness Workout (Channel 970)
- 9:30: --Coffee Hour - Sponsored by the Hospitality Committee (Event Center at the Lodge)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 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 APP*
- 10:00: --Homewood Garden Club Free Houseplant Giveaway  
(*Great Room at the Lodge*)
- 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-1PM *SIGN-UP ON APP*
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Ancestry Class – DNA program (*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*)
- 3:45: --Scenic Trip and Dinner (*Magnolias at the Mill - Purcellville, VA*) *SIGN-UP ON APP*

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 4:00: --One Day University Lecture - The First American Pandemic (Over 200 Years Ago) (Lodge Classroom B)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**
- 6:30: --Monday Movie Showing: The Black Swan (Event Center at the Lodge)

## Tuesday, November 29, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Breakfast Bus: Bob Evans (Frederick, MD)  
**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: --Crumland Farms Buddy Meeting (MP at CF)
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Advanced Sittercize (CF Wellness Center)



# Homewood at Frederick Independent Living Activities Calendar November 2022

- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM SIGN-UP ON APP
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Chair Yoga with Yogamour (Fee) (*CF Wellness Center*)
- 2:00: --Mindful Meditation (*Library at the Lodge*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:00: --Movie Matinee – “Where the Crawdads Sing” (*MP at CF AND Channel 970*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Grief Support Group with Frederick Health Hospice (*ILAC at CF*)
- 3:30: --Wine and Cheese (*Lodge Event Center*)
- 4:00: --One Day University Lecture - Inside the Supreme Court: How They Decide (we think) (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM SIGN-UP ON APP
- 6:30: Trip to FCC Handbell Concert – FCC SIGN-UP ON APP
- 6:30: --Tuesday Night Bridge (*MP at CF*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

## Wednesday, November 30, 2022

- 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: --Lodge Resident's Association Meeting (*Lodge Event Center*)**
- 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-1PM **SIGN-UP ON APP**
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)

# Homewood at Frederick Independent Living Activities Calendar November 2022

- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Chair Yoga with Yogamour (*Fee-Lodge Fitness Center*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Technology Education Workshop - Computer Settings  
(*MP at CF*) **SIGN-UP ON APP**
- 4:00: --One Day University Lecture -King Arthur: History and  
Legend (*Lodge Classroom B*)
- 4:30: --Dinner Shuttle 4:45PM-6:30PM **SIGN-UP ON APP**

# **Homewood at Frederick Independent Living Activities Calendar November 2022**

## **ROOM KEY**

**(3rd) = 3rd Floor Library @ CF**

**(4th) = 4th Floor Library @ CF**

**(ALACT) = Assisted Living Activity Room @ CF**

**(ALGVL) = Assisted Living Gardenview Lounge @ CF**

**(ALMVL) = Assisted Living Mountainview Lounge @ CF**

**(Cafe) = Café @ CF**

**(CH) = Chapel @CF**

**(CC) = CF Community Center**

**(CF) = Crumland Farms**

# **Homewood at Frederick Independent Living Activities Calendar November 2022**

**(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**