

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

## Tuesday, October 1, 2019

- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:15: Trip to: Mt. Olivet Cemetery Guided Bus Tour (*Frederick, MD*)
- 9:30: IL Resident Association Council Meeting (*Event Center A @ Lodge*) **SHUTTLE**
- 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*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 10:30: Readers Theatre Rehearsal (*Classroom A @ Lodge*)
- 10:30: "Visionaires" (*Gardenview Lounge - Assisted Living @ CF*) **SHUTTLE**
- 2:00: Chair Volleyball (*WC*)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 2:30: Religious Life Committee Meeting (*MP@CF*) **SHUTTLE**
- 4:00: **SHUTTLE for DINNER! (*Between CF & LODGE*)**
- 6:45: Bridge (*MP @ CF*)
- 7:00: Top 100 Movies: 12 Angry Men (*Classroom B at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

## Wednesday, October 2, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:00: Acupuncture (*WC*)
- 9-2: Aqua Fit - Women Only (*WC Pool*)
- 9:00: Open Swim (*FC Pool*)
- 9:15: Trip to: Dr. Romane Lecture (*Thurmont Library*)
- 9:30: Campus Connection Meeting w/Karen Main  
(*MP @ CF*) SHUTTLE
- 10:30: Sittercize (*WC*)
- 11:00: Balance and Stretch (*FC*)
- 11:00: Blessing of the Pets (*Dog Park*) SHUTTLE
- 11:30: Chair Zumba (*WC*)
- 11:30: Personal Training (*Fitness Center*)
- 11:45: Trip to: Miss You Like Hell (*Baltimore Center Stage*)
- 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: Science and Technology Discussion Group  
(*Classroom B at the Lodge*)
- 3:00: Card Making Class (*ILAC@CF*)
- 3:30: Wine and Cheese (*MP@CF and Cafe*)
- 4:00: Bocce Ball at the Lodge (*Lawn besides the Pickle Ball Court*)
- 4:00: Ladies Literary Society (*Library at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

## Thursday, October 3, 2019

- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center 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: Presentation by Masters Pharmacy (*MP@CF*)  
**SHUTTLE**
- 10:00: Activity Planning Meeting (*Classroom B - Lodge*)
- 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: Noteables Rehearsal (*MP@CF*) **SHUTTLE**
- 3:00: Current Events Group (*Classroom B at the Lodge*)
- 4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**
- 5:30: Word Scramble (*Wooden Nichol Pub @ Lodge*)
- 6:15: Ladies Game Night (*ILAC@CF*)
- 7:00: Bird Club- "A Shade Grown and Bird Compatible Coffee Future" (*MP@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, October 4, 2019

- 7:45: Aqua Fit (*WC Pool*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 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*)
- 9:30: Travel Committee Meeting (*ILAC @ CF*) **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*)
- 1:15: Trip to Boscov's (*Frederick, MD*)
- 2:00: Sing-Along with the Homewood Harmonizers (*Meadows @ CF*)
- 2:00: Pre-Trip Meeting for Staunton, VA (*ILAC @ CF*)
- 3:00: Ping Pong (*FC Hallway*)
- 3:00: Pre-Trip Meeting for Capon Resort (*ILAC @ CF*)
- 7:00: Movie Night: Diner (*Classroom B at the Lodge*)

## Saturday, October 5, 2019

- 10:15: Trip to: Edward F. Fry Memorial Library - Tour (*Point of Rocks, MD*)
- 1:00: Water Exercise with Sandi Irwin (*Lodge Pool*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*Lodge Pool*) **SHUTTLE**
- 2:30: Frederick Symphony Orchestra (*MP@CF*)
- 4:00: Pub & View will be Closed
- 4:15: Trip to Catholic Mass
- 6:00: Appetizer Buffet
- 7:00: Frederick Symphony Orchestra and Fireworks Display (*Event Center @ Lodge*) **SHUTTLE**

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

7:00: Saturday Movie Night-“The Mustang” (MP @ CF)

## Sunday, October 6, 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: Cat Tales Under a Full Moon (FCC)

2:00: Trip to: Katelyn Emerson Organ Concert  
(Evangelical Lutheran Church)

2:30: Worship Service (Virts Lounge on Willows Unit at  
Crumland Farms)

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

## Monday, October 7, 2019

7:45: Aqua Fit (WC Pool)

8-9: Lap Swim (FC 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: All You Ever Wanted To Know About  
Homewood..... Campus Amenities (MP@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

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)
- 12:45: Shopping to FSK Mall
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:45: IL Choir Rehearsal (*MP@CF*)
- 7:00: How and Why (*Assisted Living Activities Room @ CF*)
- 7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, October 8, 2019

- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)
- 9:15: Overnight Trip to Capon Springs
- 9:15: Overnight Trip: Staunton & Greenbrier
- 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*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 10:30: Readers Theatre Rehearsal (*Classroom A @ Lodge*)
- 2:00: Chair Volleyball (*WC*)
- 2:00: Woodworking Group (*Wood Shop at Crumland Farms*)
- 4:00: SHUTTLE for DINNER! (*Between CF & LODGE*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 6:45: Bridge (*MP @ CF*)
- 7:00: Top 100 Movies: Bandits (*Classroom B at the Lodge*)

## Wednesday, October 9, 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*)
- 9:15: Trip to: Dr. Romane Lecture (*Thurmont Library*)
- 10:00: Meadows Unit Workout (*Meadows @ CF*)
- 10:30: Sittercize (*WC*)
- 10:30: Catholic Rosary (*Meadows Unit @ CF*)
- 11:00: Balance and Stretch (*FC*)
- 11:00: Healthy Lunch Demonstration (*View Alcove*) Sign  
*ups required with Lindsay by Oct. 3rd*
- 11:30: Chair Zumba (*WC*)
- 11:30: Personal Training (*Fitness Center*)
- 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*)
- 5:30: Coupon Dinner: Silver Dinner

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

## Thursday, October 10, 2019

- 8:00: Aqua Fit (*FC Pool*)
- 8:45: Water Volleyball (*Fitness Center 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*)
- 10:30: Basic Arthritic Exercise (*WC*)
- 10:30: Shakespeare's Birds Presentation by Dr. Martin Hyatt (*MP@CF*) **SHUTTLE**
- 11:00: Fall Recovery with Courtney (*WC*)
- 1:00: Blood Pressure Clinic (*HHO @ CF*)
- 1:00: Craft: Fall Mason Jar Centerpiece (*Classroom A at the Lodge*) Sign up with Lindsay by Oct. 4<sup>th</sup>
- 1:30: Yoga (*Lodge Fitness Center Classroom*)
- 2:30: Resident Fitness Committee Meeting (*The Lodge Classroom*) **SHUTTLE**
- 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*)
- 7:00: Student Music Recital (*MP@CF*)
- 7:00: Game Night (*Classroom A at the Lodge*)

## Friday, October 11, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:45: Shopping Trip to: Dollar Tree & UCC Church (*Sabillasville & Thurmont*)



# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 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*)
- 11:00: Bocce Ball (*Bocce Ball Court in the Green Lot*)
- 1:00: Personal Training (*WC*)
- 2:00: **IL Bingo (*MP at CF*)**
- 3:00: Ping Pong (*FC Hallway*)
- 6:15: Pinochle (*ILAC @ CF*)
- 7:00: Movie Night: To Kill A Mockingbird (*Classroom B at the Lodge*)

## Saturday, October 12, 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*)
- 1-5: Open Swim (*Lodge Pool*) **SHUTTLE**
- 1:15: Trip to: Author led walk along the C&O Canal  
Part 1 (*Point of Rocks, MD*)
- 2:30: **Music by Don Bellew (*MP@CF*)**
- 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 “*Pitch Perfect*”(MP @ CF)
- 7:15: Trip to: Spires Brass Band – Songs and Dances  
(*FCC*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

## Sunday, October 13, 2019

- 10:00: Worship Service (*CHAPEL @CF*) **SHUTTLE**
- 10:45: Trip to: 2019 Alzheimer's Walk at the Frederick Fairgrounds
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*Lodge Pool*)
- 2:30: Worship Service (*CHAPEL @CF*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, October 14, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC 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*)
- 10:30: 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*)
- 1:30: Advanced Balance (*WC*)
- 2:00: Bible Study (*ILAC - CF*)
- 3:45: IL Choir Rehearsal (*MP@CF*)
- 7:00: How and Why (*Assisted Living Activities Room @ CF*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

**7:00:** Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, October 15, 2019

**8:00:** Aqua Fit (*FC Pool*)

**8:45:** Water Volleyball (*Fitness Center Pool*)

**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*)

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

**10:30:** Basic Arthritic Exercise (*WC*)

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

**10:45:** Trip to: National Cathedral - Tea & Tour

**11:30:** LUNCH BUNCH - *What is Your Favorite Halloween Costume You Have Ever Worn?*  
(*MP @ CF*) SHUTTLE

**2:00:** Chair Volleyball (*WC*)

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

**3:30:** Movie: *Gone with the Wind Part 1* (*Event Center A @ Lodge*)

**3:45:** Happy 1/2 Hour (*Café @ CF*)

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

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

**7:00:** Top 100 Movies: *Gone with the Wind Part 2*  
(*Event Center A at the Lodge*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

## Wednesday, October 16, 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*)
- 9:15: Trip to: Dr. Romane Lecture (*Thurmont Library*)
- 10:00: Healthy Breakfast Demonstration (*View Alcove*)  
*Sign up with Lindsay required by Oct. 11th*
- 10:00: Old Towne Jewelers (*ILAC @ CF*)
- 10:30: Sittercize (*WC*)
- 10:30: Whosoever Will - Gospel Music (*MP @ CF*)  
**SHUTTLE**
- 11:00: Balance and Stretch (*FC*)
- 11:30: Chair Zumba (*WC*)
- 11:30: Personal Training (*Fitness Center*)
- 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*)
- 3:00: Noteables Rehearsal (*MP@CF*) **SHUTTLE**
- 3:00: Homewood Crafters - Call Julie to Reserve a Spot! (*ILAC@CF*)
- 3:45: Trip to: Upscale Dinner (*Clyde's Willow Creek Farm*)
- 4:00: Bocce Ball at the Lodge (*Lawn besides the Pickle Ball Court*)

## Thursday, October 17, 2019

- 8:00: Aqua Fit (*FC Pool*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 8:45: Water Volleyball (*Fitness Center 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: Water Volleyball Tournament (*Lodge Pool*)  
10:15: Trip to Amish Market (*Hagerstown, MD*)  
10:30: Basic Arthritic Exercise (*WC*)  
12:00: HOBO Luncheon – Dr. George Smith – “What’s New in Medicine” (*Event Center A @ Lodge*)  
**SHUTTLE**  
1:00: Blood Pressure Clinic (*HHO @ CF*)  
1:00: Art Show - Hosted by Marketing (*Great Room @ Lodge*) **SHUTTLE**  
1:30: Yoga (*Lodge Fitness Center Classroom*)  
1:45: Shopping at Giant & Wegman's  
2:30: Harvest Home - Music with Suzanne and Jim (*MP @ CF*) George Smith, “What’s New in Medicine,”  
3:00: Current Events Group (*Classroom B at the Lodge*)  
4:00: Pub Night (*Wooden Nichol Pub @ Lodge*)  
4:00: **SHUTTLE for DINNER! (Between CF & LODGE)**  
5:30: Trivia Night (*Wooden Nichol Pub @ Lodge*)  
6:15: Ladies Game Night (*ILAC@CF*)  
7:00: Game Night (*Classroom A at the Lodge*)

## Friday, October 18, 2019

- 7:45: Aqua Fit (*WC Pool*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 7:45:** Breakfast Bus: Airways Inn of Frederick  
(Frederick Airport)
- 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)
- 9:30:** CHATTER Meeting (3rd Floor Library at CF)
- 9:45:** Trip to: National Capital Trolley Museum  
(Colesville, MD)
- 10:00:** Sittercize Arthritis Exercise (FC Classroom)
- 10:30:** Sittercize (WC)
- 10:30:** Hospitality Committee Meeting (Classroom A @  
Lodge) SHUTTLE
- 11:00:** Bocce Ball (Bocce Ball Court in the Green Lot)
- 1:00:** Personal Training (WC)
- 2:00:** Birthday Party (MP@CF)
- 3:00:** Ping Pong (FC Hallway)
- 3:15:** Short Scenic Ride: Raptor Cage @ Cunningham  
Falls & Candyland
- 7:00:** Bingo - Sponsored by Johnsville 4-H (MP @ CF)
- 7:00:** Movie Night: The Secret Scripture (Classroom B  
at the Lodge)

## Saturday, October 19, 2019

- 8:00:** Trip to: Potomac Boat Ride & Lunch @ the  
Wharf (Alexandria, VA & Washington D.C.)
- 1:00:** Water Exercise with Sandi Irwin (Lodge Pool)
- 1-5:** CF Pool Weekend Hours (WC Pool)
- 1-5:** Open Swim (Lodge Pool) SHUTTLE

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 1:15: Trip to: Author led walk along the C&O Canal Part 2 (*Point of Rocks, MD*)
- 2:30: Red Dirt Country- Featuring Jeff Taulton (*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
- 4:45: Trip to National Christian Choir (*First Baptist Church of Frederick*)
- 6:45: Trip to: Frederick Symphony Orchestra – Dmitri’s Fable (*FCC*)
- 7:00: Saturday Movie Night “*Crocodile Dundee*” (*MP @ CF*)

## Sunday, October 20, 2019

- 10:00: Worship Service (*CHAPEL @CF*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*Lodge Pool*)
- 1:00: Trip to: Perfect Arrangement (*Old Opera House- Charles Town , WV*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, October 21, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 9:00: Aqua Fit - Women Only (*WC Pool*)
- 9-2: Open Swim (*FC Pool*)
- 9:00: Massage (*Fitness Center & Wellness Center*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 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*)  
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*)  
1:30: Advanced Balance (*WC*)  
2:00: Bible Study (*ILAC - CF*)  
3:00: Early Dinner: Hofbrauhaus Restaurant (*Abbottstown, PA*)  
3:45: IL Choir Rehearsal (*MP@CF*)  
6:30: Trip to: The Thirteen - Vocal Ensemble (*Hood College - Brodbeck Hall*)  
7:00: How and Why (*Assisted Living Activities Room @ CF*)  
7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, October 22, 2019

- 8:00: Aqua Fit (*FC Pool*)  
8:45: Water Volleyball (*Fitness Center Pool*)  
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*)



# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 10:00:** **AMVETS Visits (Cafe@CF)**  
**10:00:** **Knit Wits (Cafe @ CF)**  
**10:30:** **Basic Arthritic Exercise (WC)**  
**10:30:** **Readers Theatre Rehearsal (Classroom A @ Lodge)**  
**11:00:** **Preventing Falls Through Exercise (Event Center A at the Lodge)**  
**12:45:** **Trip to: Hollabaugh Farms Tour (Biglerville, PA)**  
**2:00:** **Chair Volleyball (WC)**  
**2:00:** **Woodworking Group (Wood Shop at Crumland Farms)**  
**2:00:** **Bingo (Event Center B - Lodge)**  
**2:30:** **Blood Pressure Clinic (Game Room at the Lodge)**  
**4:00:** **SHUTTLE for DINNER! (Between CF & LODGE)**  
**5:00:** **Trip to: Cirque Mechanics (The Majestic Theatre)**  
**6:45:** **Bridge (MP@ CF)**  
**7:00:** **Top 100 Movies: Gravity (Classroom B at the Lodge)**

## Wednesday, October 23, 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)**  
**9:15:** **Trip to: Dr. Romane Lecture (Thurmont Library)**  
**10:30:** **Sittercize (WC)**  
**11:00:** **Balance and Stretch (FC)**

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 11:30: Chair Zumba (WC)
- 11:30: Personal Training (Fitness Center)
- 1:00: Dog Park Grand Opening (Dog Park at Crumland Farms) SHUTTLE
- 1:00: Watercolor Class (Classroom A at the Lodge)
- 1:00: Taste of Fall: Fundraiser for Auxiliary (Community Center @ CF) SHUTTLE
- 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)
- 2:00: Taste of Fall: Fundraiser for Auxiliary (Great Room @ Lodge)
- 4:00: Bocce Ball at the Lodge (Lawn besides the Pickle Ball Court)

## Thursday, October 24, 2019

- 8:00: Aqua Fit (FC Pool)
- 8:45: Water Volleyball (Fitness Center Pool)
- 9:00: Open Art Class (ILAC@CF)
- 9:30: Beginner Balance (Fitness Center Classroom)
- 9:30: Pumpkin Bake Off - Entry Turn In (Classroom A at the Lodge)
- 9:30-12: Open Swim (FC Pool)
- 10:00: Personal Training (FC)
- 10:00: Osteoporosis Exercise (WC)
- 10:00: Willow Ponds Library Committee Meeting (Library at the Lodge)
- 10:30: Basic Arthritic Exercise (WC)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 10:30:** Meadows and Assisted Living Quarterly Memorial Service (*ALACT @ CF*)
- 1:00:** Blood Pressure Clinic (*HHO @ CF*)
- 1:30:** Yoga (*Lodge Fitness Center Classroom*)
- 2:30:** Community Bingo (*MP @ CF*)
- 3:00:** Noteables Rehearsal (*Event Center @ Lodge*)  
**SHUTTLE**
- 3:00:** Pumpkin Pie Party (*Great Room @ Lodge*)  
**SHUTTLE**
- 4:00:** Pub Night (*Wooden Nichol Pub @ Lodge*)
- 4:00:** **SHUTTLE for DINNER! (*Between CF & LODGE*)**
- 4:45:** Trip to: Lobster Night (*Brewer's Alley*)
- 6:15:** Ladies Game Night (*ILAC@CF*)
- 7:00:** Game Night (*Classroom A at the Lodge*)

## Friday, October 25, 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*)
- 10:00:** "The Gratitude Pilgrims" (*Classroom A at the Lodge*)
- 10:30:** Sittercize (*WC*)
- 11:00:** Bocce Ball (*Bocce Ball Court in the Green Lot*)
- 12:00:** ALOHA LUNCHEON – Dr. Larry Romane,  
"Medical Marijuana – Yea or Nay"  
(*MP@CF*)**SHUTTLE**

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 1:00: Personal Training (WC)
- 1:00: Scenic Ride to: New Eastern Market (York County, PA)
- 2:00: Pre-Trip Meeting for Monticello & Montpelier (CF ILAC)
- 3:00: Ping Pong (FC Hallway)
- 6:15: Pinochle (ILAC @ CF)
- 7:00: Movie Night: Young Frankenstein (Classroom B at the Lodge)

## Saturday, October 26, 2019

- 9:00: Trip to: The Will Rogers Follies (Dutch Apple Dinner Theatre)
- 10:30: Trick or Treat (Community Center @ CF)
- 1:00: Water Exercise with Sandi Irwin (Lodge Pool)
- 1:00: FREE iPad Class- everyone is welcome! (ILAC@CF)
- 1-5: CF Pool Weekend Hours (WC Pool)
- 1-5: Open Swim (Lodge Pool) SHUTTLE
- 2:30: Early Music Lecture/Recital – Early music specialist Dr. Vera Kochanowsky will play harpsichord works by English, Dutch and Italian composers of the sixteenth and seventeenth centuries (MP@CF) SHUTTLE
- 3:00: Trip to Graceham Turkey and Oyster 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 “Lovely Still” (MP @ CF)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

## Sunday, October 27, 2019

- 10:00: Worship Service (*CHAPEL @CF*) **SHUTTLE**
- 12:00: Trip to: Matilda (*Other Voices Theatre*)
- 1-5: CF Pool Weekend Hours (*WC Pool*)
- 1-5: Open Swim (*Lodge Pool*)
- 2:00: Trip: to Hunchback of Notre Dame (*Weinberg Center*)
- 2:00: Trip to: The Knotwork Band (*Calvary United Methodist Church*)
- 2:30: Worship Service (*Virts Lounge on Willows Unit at Crumland Farms*)
- 7:00: Sunday Game Night (*Classroom A at the Lodge*)

## Monday, October 28, 2019

- 7:45: Aqua Fit (*WC Pool*)
- 8-9: Lap Swim (*FC Pool*)
- 8:45: Overnight Trip: Montpelier & Monticello
- 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: Catholic Mass (*CHAPEL @CF*)
- 10:30: Shopping: Giant Eagle - also...Pet Valu, Capital One Bank, Staples, Post Office, etc

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 12:45: "Friendly" Party Bridge (*The View Alcove @ the Lodge*)  
1:30: Advanced Balance (*WC*)  
2:00: Willows Quarterly Memorial Service (*Willows Unit @ CF*)  
2:00: Bible Study (*ILAC - CF*)  
2:30: Sing-Along with Gil Caballero & Ice Cream (*Café @ CF*)  
3:45: IL Choir Rehearsal (*MP@CF*)  
7:00: How and Why (*Assisted Living Activities Room @ CF*)  
7:00: Market Street Big Band Rehearsal (*Event Center at the Lodge*)

## Tuesday, October 29, 2019

- 8:00: Aqua Fit (*FC Pool*)  
8:45: Water Volleyball (*Fitness Center Pool*)  
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*)  
10:00: Knit Wits (*Cafe @ CF*)  
10:30: Basic Arthritic Exercise (*WC*)  
10:30: Readers Theatre Rehearsal (*Classroom A @ Lodge*)  
11:00: Memories Writing Group (*Library at the Lodge*)  
2:00: Chair Volleyball (*WC*)  
2:00: Woodworking Group (*Wood Shop at Crumland Farms*)

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 3:45: Early Dinner: Avery's Maryland Grille  
(Frederick, MD)
- 4:00: SHUTTLE for DINNER! (Between CF & LODGE)
- 6:45: Bridge (MP@ CF)
- 7:00: Top 100 Movies: E.T. The Extra Terrestrial  
(Classroom B at the Lodge)

## Wednesday, October 30, 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: Coffee at the Lodge (Event Center at the Lodge)
- 10:30: Sittercize (WC)
- 10:30: MOLST Workshop (Event Center at the Lodge)  
SHUTTLE
- 11:00: Balance and Stretch (FC)
- 11:30: Chair Zumba (WC)
- 11:30: Personal Training (Fitness Center)
- 11:45: Trip to: Thoughts of a Colored Man (Baltimore  
Center Stage)
- 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)
- 1:30: Decorate your own Haunted House (View  
Alcove) Sign-ups with Lindsay required by Oct. 19th

# Homewood at Frederick Independent Living Activities Calendar OCTOBER 2019

- 3:00:** NUTRITION SERIES led by University of Maryland Extension Educator Deborah Rhoades, a licensed registered dietitian  
*.(MP@CF) SHUTTLE*
- 4:00:** Bocce Ball at the Lodge (*Lawn besides the Pickle Ball Court*)

## Thursday, October 31, 2019

- 8:00:** Aqua Fit (*FC Pool*)
- 8:45:** Water Volleyball (*Fitness Center 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*)
- 10:30:** Basic Arthritic Exercise (*WC*)
- 1:00:** Blood Pressure Clinic (*HHO @ CF*)
- 1:00:** Staff Halloween Event and Parade  
(*Multi-Purpose Room at Crumland Farms*)
- 1:30:** Yoga (*Lodge Fitness Center Classroom*)
- 3:30:** Halloween Happy Hour Costume Party (*Great Room at the Lodge*) SHUTTLE
- 4:00:** SHUTTLE for DINNER! (*Between CF & LODGE*)
- 5:00:** Pub Night Opening late from Happy Hour  
(*Wooden Nichol Pub @ Lodge*)
- 6:15:** Ladies Game Night (*ILAC@CF*)
- 7:00:** Game Night (*Classroom A at the Lodge*)
- 7:00:** Halloween Party at Crumland Farms  
(*MP @ CF*) SHUTTLE



# Homewood at Frederick Independent Living Activities Calendar OCTOBER 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

(ILDNR) = 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