

Homewood at Frederick Independent Living Activities Calendar SEPTEMBER 2022

Thursday, September 1, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Breakfast Bus: Silver Diner (*Frederick, MD*) **SIGN UP ON APP**
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)
- 10:00: --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: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**

- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (SIGN-UP ON THE APP)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --One Day University - "From the Earth to the Moon and Beyond: The Writing and Legacy of Jules Verne" (*Channel 970*)
- 1:00: --C&O Canal Walking Trip SIGN UP ON APP
- 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 - Lewis and Clark's Brilliant Failure: An Exploration of the Famous Expedition (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (SIGN-UP ON THE APP)
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 7:00: --Bird Club Meeting – "Shorebird Identification" (*MP at CF*)

Friday, September 2, 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*)

- 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*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Bocce Ball (*Lodge Bocce Courts*)
- 11:00: --Bocce Ball (*CF Bocce Court*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
_____ : Trip to Afternoon Movie (*Westview Cinema*)
SIGN UP ON APP
- 1:00: --ALOHA Committee Meeting (*ILAC@CF*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Bingo (*MP@CF*)
- 2:00: --Free Play Pickleball (*East Cottages Cul-de-sac*)
- 4:00: --One Day University Lecture - J.R.R. Tolkien and the World of
Modern Fantasy Literature (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)

Saturday, September 3, 2022

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

- 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: --Violin Music with Bendy Goodfriend (*MP at CF/Channel 970*)
- 4:00: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 4:00: --Dinner Out (*Gladchuk Brothers*) **SIGN UP ON APP**
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) **SIGN UP ON APP**
- 4:30: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 5:00: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 5:30: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 7:00: --Saturday Night Movie - "The Best Exotic Marigold Hotel"
(*MP@CF & Channel 970*)

Sunday, September 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-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*MP/Channel 970*)

- 12:45: --Pen Mar Park (Cascade, MD) **SIGN UP ON APP**
- 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)
- 6:30: --Game Night (lodge classroom)

Monday, September 5, 2022 – LABOR DAY

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

Tuesday, September 6, 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: Giant Eagle **SIGN UP ON APP**
- 9:00: --Aquafit (Lodge)
- 9:00: --Wellness Workout (Channel 970)
- 9:45: --Water Volleyball (Lodge Pool)
- 10:00: --Knit Wits (Cafe at CF)
- 10:00: --Trip to Woodsboro Bank on East Street **SIGN UP ON APP**
- 10:00: --Dr. Romane - "Common Lab Tests" (MP at CF/Channel 970)
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Advanced Sittercize (CF Wellness Center)
- 11:00: --Sittercize and Stretches (Channel 970)
- 11:00: --Caregivers Support Group (Lodge Classroom B)
- 11:00: --Personal Training at CF (Crumland Farms Gym)
- 11:30: --Instructional Pickleball (East Cottages Culdesac)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 1:00: --Homewood Crafters - Sunprint art/cards (Lodge Classroom A)
SIGN UP ON APP
- 1:00: --Sonus Hearing – Sign-up at the Crumland Farms Reception
Desk (Conference Room @ CF)
- 1:15: --Movement with Music (Channel 970)
- 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*)
- 4:00: --One Day University Lecture – “America First? The History of an Idea” (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (*SIGN-UP ON THE APP*)
- 6:30: --Tuesday Night Bridge (*MP at CF*)

Wednesday, September 7, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip *SIGN UP ON APP*
- 7:30: --Mystery Trip! *SIGN UP ON APP*
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Groceries Trip (*WEIS ONLY*) *SIGN UP ON APP*
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)

- 11:00: --Worldly Wednesday: Israel (Armchair Travel)
(Event Center at the Lodge) **SIGN UP ON APP**
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (SIGN-UP ON THE APP)
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --Duplicate Bridge (ILAC @ CF)
- 1:00: --Chair Volleyball (CF Wellness Center)
- 1:15: --Movement with Music (Channel 970)
- 1:30: --Open Play Ping Pong (Lodge Fitness Area)
- 2:00: --Gentle Chair Yoga /Meditation Demo with Instructor from
Yogamour (CF Fitness area)
- 2:00: --Science and Technology Discussion Group With Sal
Cosentino. "Epigenetic (Evolution) in Four Dimensions"
(Lodge Event Center)
- 2:30: --Magician Mike Rose (MP at CF and Channel 970)
- 3:00: --Nous Parlons Francais (Lodge Classroom A)
- 4:00: --Ladies Literary Society (Lodge Event Center)
- 4:00: --One Day University Lecture - The Blitz of 1940: Germany's
Attacks on London (Lodge Classroom B)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (SIGN-UP ON THE APP)
- 5:00: --Trivia Night- with your team – Snacks will
be served (Wooden Nichol Bar at the Lodge)
Sign up on the APP

Thursday, September 8, 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)
- 10:00: --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: --Tech Help with new Volunteer - Michelle Detommaso
(Computer Lab @ CF) SIGN UP ON APP
- 11:00: --Sittercize and Stretches (Channel 970)
- 11:00: --Tech Help with new Volunteer - Michelle Detommaso
(Computer Lab @ CF) SIGN UP ON APP
- 11:00: --Personal Training at CF (Crumland Farms Gym)
- 11:30: --Tech Help with new Volunteer - Michelle Detommaso
(Computer Lab @ CF) SIGN UP ON APP
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (SIGN-UP ON THE APP)
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)

- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --One Day University - "The Science of Sleep and Stress: How They Affect Creativity, Focus and Memory" (Channel 970)
- 1:15: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture - Travel in America: From Wagon Trains to Interstate Highways (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (*SIGN-UP ON THE APP*)
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to An Evening with Rick Steves (*Weinberg*)
SIGN UP ON APP

Friday, September 9, 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: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant *SIGN UP ON APP*
- 9:30: --CHATTER COMMITTEE MEETING (*3rd Floor at CF*)

- 9:30: --Homewood Campus Update with Karen Main
(Channel 970/MP Room at CF)**
- 10:00: --Cornhole (Lodge)**
- 10:30: --Sittercize (Wellness Center at CF)**
- 10:30: --Sittercize and Stretches (Channel 970)**
- 11:00: --Bocce Ball (Lodge Bocce Courts)**
- 11:00: --Bocce Ball (CF Bocce Court)**
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (SIGN-UP ON THE APP)**
- 1:00: --BUNCO (ILAC @ CF)**
- 1:15: --Movement with Music (Channel 970)**
- 2:00: --Free Play Pickleball (East Cottages Culdesac)**
- 3:30: --Wine and Cheese (MP at CF)**
- 4:00: --One Day University Lecture – “War Without the Shooting: The Olympics Past and Future” (Lodge Classroom B)**
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (SIGN-UP ON THE APP)**
- 5:15: --Trip to Murder on the Orient Express (Way Off Broadway)
SIGN UP ON APP**
- 6:30: --Daryl Davis in Concert! (Event Center at Lodge) SHUTTLE**

Saturday, September 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-8:00PM (CF Pool)**

- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:45: --Trip to Greek Fest- St Peter & Paul Greek Orthodox Church
(7th Street 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: --Music Program with Bob Strahl, The Singing Dentist
(MP at CF/Channel 970)
- 3:30: --Lucketts Bluegrass - Crandall Creek
(Lucketts Community Center) **SIGN UP ON APP**
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) **SIGN UP ON APP**

Sunday, September 11, 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*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:00: --Trip to "Rumors" by Neil Simon
(Old Opera House - Charles Town, WV) **SIGN UP ON APP**
- 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, September 12, 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: --Large and Loud - Parkinsons Exercise Class
(*Lodge Fitness Classroom*)

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

-10:00: --Tai Chi (*Lodge Fitness Center Classroom*)

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

-10:00: --Trip to Woodsboro Bank on East Street **SIGN UP ON APP**

-10:00: --**YARD SALE PLANNING MEETING (MP at CF)**

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

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

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

-12:30: --Water Volleyball (*Lodge Pool*)

-1:00: --**Bingo (Event Center at the Lodge)**

-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*)
- 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 Trojan War: Fact, Fiction, Reality and Myth (**Lodge Classroom B**)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)
- 6:30: --Monday Movie Showing: “The Bells of St. Mary’s” Starring Bing Crosby and Ingrid Bergman (**Event Center at the Lodge**)

Tuesday, September 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-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: --Grief Support Group with Chaplain Suzanne (**3rd Floor Library at CF**)
- 10:00: --Veterans Get-Together – donuts provided! (**Cafe @ CF**)

- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Wellness Center*)
- 10:30: --Senior Theatre Rehearsal (*Lodge Classroom*)
- 11:00: --Overnight Trip to Capon Springs & Farms Resort
(*Capon Springs, WV*) **SIGN UP ON APP**
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Instructional Pickleball (*East Cottages Culdesac*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 1:15: --Movement with Music (*Channel 970*)
- 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*)
- 3:15: --Noteables Rehearsal (*MP at CF*)
- 4:00: --One Day University Lecture - The Birth of Israel: The Behind-the-Scenes Story of Statehood in 1948 (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)
- 6:30: --Tuesday Night Bridge (*MP at CF*)

Wednesday, September 14, 2022

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

- 8:00: --Interval Walking Course (*Bolling Nature Trail/Around CF Pond*)
- 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*)
- 8:30: --Trip to United States Holocaust Memorial Museum
(*Washington, D.C.*) **SIGN UP ON APP**
- 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: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Watercolor Class with Mary Klotz (*Classroom A at the Lodge*)
\$120 for all six sessions or \$25 per class checks made out to Mary
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Relax and Revive (*CF Wellness Center*)

- 2:00: --Tea with Paulella Burchill (*MP at CF*) **SIGN UP ON APP**
- 2:00: --MAAS Opticians Visit (*Community Conference Room @CF*)
- 4:00: --One Day University Lecture - What Can 'Downton Abbey' Teach Us About History? (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)

Thursday, September 15, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Interval Walking Course (*Bolling Nature Trail and Around CF Pond*)
- 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*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)
- 10:00: --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: --Tech Help with new Volunteer - Michelle Detommaso (*Computer Lab @ CF*) **SIGN UP ON APP**

- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --Paint & Sip (Pottery Painting Social) (*Classroom at the Lodge*)
SIGN UP ON APP
- 1:00: --Scenic Ride to Mt. Airy/Jimmie Cone for ice cream
SIGN UP ON APP
- 1:15: --Movement with Music (*Channel 970*)
- 3:00: --Current Events Group (*Lodge Event Center*)
- 4:00: --One Day University Lecture - The War of 1812: Redefining
North America (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Friday, September 16, 2022

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

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 8:00: --Interval Walking Course (Bolling Nature Trail and Around CF Pond)
- 8:00: --Aquafit (CF Pool)
- 8:00: --Pool Open 8:00AM-2:00PM (Lodge Pool)
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:00: --Wellness Workout (Channel 970)
- 9:00: --Shopping at Walmart, Wegmans, Giant **SIGN UP ON APP**
- 10:00: --"WW II Military Paper Money & U.S. Paper Money That is Not Quite Right" (MP at CF and Channel 970)
- 10:00: --Cornhole (Lodge)
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 10:30: --Hospitality Committee Meeting (ILAC at CF) **SHUTTLE**
- 11:00: --Bocce Ball (Lodge Bocce Courts)
- 11:00: --Bocce Ball (CF Bocce Court)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 1:15: --Movement with Music (Channel 970)
- 2:00: --Birthday Party (MP at CF)
- 2:00: --Free Play Pickleball (East Cottages Culdesac)
- 4:00: --One Day University Lecture - Pirates: Separating Fact From Fiction (Lodge Classroom B)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)
- 6:00: --Trip to Sweet Honey In the Rock at Strathmore

(North Bethesda, MD) SIGN UP ON APP

Saturday, September 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-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/MP Room*)
- 4:00: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) *SIGN UP ON APP*
- 4:30: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 5:00: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 5:15: --Elvis Tribute Concert (*The Eichelberger Performing Arts Theatre Hanover, PA*) *SIGN UP ON APP*
- 5:30: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 7:00: --Saturday Night Movies at CF - Young Frankenstein
(*MP@CF & Channel 970*)

Sunday, September 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-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*MP/Channel 970*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:45: --Trip to Maryland Symphony Orchestra "Aretha: The Queen of Soul" (*MD Theatre*) **SIGN UP ON APP**
- 2:00: --Hymns and Gospel Music with Cindy (*Channel 970*)
- 2:30: --Pianist Solomon Eichner in Concert (*MP at CF/Channel 970*)
- 4:00: --REPLAY - Worship Service (*Channel 970*)
- 6:30: --Game Night (*lodge classroom*)

Monday, September 19, 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: --Large and Loud - Parkinsons Exercise Class

(Lodge Fitness Classroom)

- 9:00: --Wellness Workout (*Channel 970*)**
- 10:00: --Tai Chi (*Lodge Fitness Center Classroom*)**
- 10:00: --Cornhole (*Lodge*)**
- 10:00: --Retired Clergy Meeting (*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*)**
- 11:15: --Trip to Great Frederick Fair *SIGN UP ON APP***
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (*SIGN-UP ON THE APP*)**
- 12:30: --Water Volleyball (*Lodge Pool*)**
- 1:00: --Learn About the Pools and Spas You Swim In
*(Lodge Fitness Classroom)***
- 1:15: --Movement with Music (*Channel 970*)**
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)**
- 2:00: --Bible Study (*3rd Floor @ CF*)**
- 2:30: --Ice Cream (*Lodge Great Room and CF Community Center*)**
- 3:30: --Choir Rehearsal (*MP@CF*)**
- 4:00: --One Day University Lecture - Shakespeare's Greatest Hits:
Words and Phrases We Still Use Today (*Lodge Classroom B*)**
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (*SIGN-UP ON THE APP*)**
- 6:30: --Monday Movie Showing: "The Notebook" starring: Ryan
Gosling, Rachel McAdams, James Garner and Gena Rowlands**

(Event Center at the Lodge)

-6:30: --Trivia Night with your team – snacks provided (MP at CF)
SIGN UP ON APP

Tuesday, September 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-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: --Who Wrote Shakespeare with Dr. Martin Hyatt
(MP at CF and Channel 970)**
- 10:15: --Sittercize (FC Classroom @ Lodge)**
- 10:30: --Advanced Sittercize (CF Wellness Center)**
- 10:30: --Senior Theatre Rehearsal (Lodge Classroom)**
- 11:00: --Sittercize and Stretches (Channel 970)**
- 11:00: --Personal Training at CF (Crumland Farms Gym)**
- 11:30: --Instructional Pickleball (East Cottages Culdesac)**
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (SIGN-UP ON THE APP)**
- 1:15: --Movement with Music (Channel 970)**

- 2:00: --Caregiver Support Group Speaker Series "Frederick Co. Fire and Rescue" (MP at CF and Channel 970)
- 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)
- 3:30: --Wine and Cheese (Lodge Event Center)
- 4:00: --One Day University Lecture - Albert Camus and the Philosophy of Absurdism (Lodge Classroom B)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (SIGN-UP ON THE APP)
- 5:00: --Trip to Straight No Chaser (Maryland Theatre - Hagerstown)
SIGN UP ON APP
- 6:30: --Tuesday Night Bridge (MP at CF)

Wednesday, September 21, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:30: --Wednesday Walking Club Trip
- 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: --Cornhole (*Lodge*)
- 10:00: --Old Towne Jewelers (*ILAC @ CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --The Good Deed Project (Peanut Butter and Jelly Sandwich making for the Frederick Rescue Mission, Supplies generously provided by Alice Haber) (*lodge classroom*)
SIGN UP ON APP
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:15: --Trip to Great Frederick Fair *SIGN UP ON APP*
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (*SIGN-UP ON THE APP*)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Open Play Ping Pong (*Lodge Fitness Area*)
- 1:30: --Yoga Demonstration with instructor from Yogamour (*Lodge Fitness Classroom*)
- 2:00: --Relax and Revive (*CF Wellness Center*)
- 3:00: --Nous Parlons Francais (*Lodge Classroom A*)
- 4:00: --One Day University Lecture - The Last Days of Dinosaurs (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (*SIGN-UP ON THE APP*)

Thursday, September 22, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:45: --Trip to Amish Market (*Hagerstown*) **SIGN UP ON APP**
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:30: --Trip to Amish Market (*Hagerstown*) **SIGN UP ON APP**
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Homewood Campus Update with Karen Main
(*Channel 970/MP Room at CF*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Intermediate Stabilization (*Wellness Center at CF*)
- 10:00: --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: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 11:00: --Let's Talk with: (*Event Center at the Lodge*)

- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:15: --Trip to Duck Pin Bowling - Walkersville **SIGN UP ON APP**
- 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 - " 6000 Years of Religion in 60 Minutes"
(*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture -How Music Makes Food Taste
Better: Psychology and the Senses (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)
- 6:30: -- Accordion Performance by Sta Venglevski
(*Event Center @ Lodge*) **SHUTTLE**
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Friday, September 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: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant **SIGN UP ON APP**
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Bocce Ball (*Lodge Bocce Courts*)
- 11:00: --Bocce Ball (*CF Bocce Court*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --ALOHA - ANDREW OCH, THE FIRST LADIES MAN
(*MP at CF and Channel 970*) **SIGN (SIGN-UP ON THE APP)**
SHUTTLE
- 2:00: --Free Play Pickleball (*East Cottages Culdesac*)
- 4:00: --One Day University Lecture - JFK's Presidency:
Understanding Camelot and It's Legacies (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)

Saturday, September 24, 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: --Song Chasers Music Program with Suzanne and Jim
(*MP at CF and Channel 970*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) **SIGN UP ON APP**
- 5:00: --Dinner Out - Dutch's Daughter-Frederick **SIGN UP ON APP**
- 7:00: --Saturday Night Movies at CF - Where Eagles Dare
(*MP@CF & Channel 970*)

Sunday, September 25, 2022

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Breakfast Bus: New Midway Volunteer Fire Company
SIGN UP ON APP
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Trip to "Saturday Night Fever" (*Dutch Apple Dinner Theatre*)
SIGN UP ON APP
- 10:00: --Worship Service (*MP/Channel 970*)
- 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 Concert -Local Chorus directed by Terry Sparks (*MP Room @ CF*) **SHUTTLE**
- 4:00: --REPLAY - Worship Service (*Channel 970*)
- 6:30: --Game Night (*lodge classroom*)

Monday, September 26, 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: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Coffee Hour - Sponsored by the Hospitality Committee (*Event Center at the Lodge*)
- 10:00: --Tai Chi (*Lodge Fitness Center 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*)

- 10:30: --Catholic Mass (*Chapel at CF/Channel 970*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (*SIGN-UP ON THE APP*)
- 11:45: --Lunch Out -Pistarro's *SIGN UP ON APP*
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Ancestry Class - Organizing Your Genealogy Research
(*MP @ CF*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture - The National Parks in American
History: Vistas of Democracy (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (*SIGN-UP ON THE APP*)
- 6:30: --Monday Movie Showing: "The Way We Were" Starring:
Barbara Streisand and Robert Redford(*Lodge Event Center*)

Tuesday, September 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-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*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Wellness Center*)
- 10:30: --Senior Theatre Rehearsal (*lodge classroom*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Writing Your Family's Stories (*Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --Instructional Pickleball (*East Cottages Culdesac*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (*SIGN-UP ON THE APP*)
- 1:15: --Movement with Music (*Channel 970*)
- 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: --Trip to Frederick Social (*only credit cards accepted*)
SIGN UP ON APP
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (*SIGN-UP ON THE APP*)

Wednesday, September 28, 2022

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

- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Groceries Trip (*WEIS ONLY*) SIGN UP ON APP
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Watercolor Class with Mary Klotz - \$120 for all six sessions or \$25 per class checks made out to Mary (*Classroom A -Lodge*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (SIGN-UP ON THE APP)
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Relax and Revive (*CF Wellness Center*)
- 2:00: --Technology Education Workshop (*Classroom at Lodge*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (SIGN-UP ON THE APP)

Thursday, September 29, 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: --Intermediate Stabilization (Wellness Center at CF)
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 10:30: --Circuit Training (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 THE APP)
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --"Friendly" Party Bridge (The View Alcove at the Lodge)
- 1:00: --Blood Pressure Clinic (Home Health Office at CF)
- 1:15: --Movement with Music (Channel 970)
- 4:00: --One Day University Lecture - Julius Caesar: What's Fact and What's Fiction? (Lodge Classroom B)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (SIGN-UP ON THE APP)
- 6:30: --Game Night (lodge classroom)
- 6:30: --NEW Game Night (ILAC@CF)

Friday, September 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: --Wellness Workout (*Channel 970*)
- 9:00: --Shopping at Walmart, Wegmans, Giant **SIGN UP ON APP**
- 10:00: --"The Gratitude Pilgrims" (*Classroom B at the Lodge*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Bocce Ball (*Lodge Bocce Courts*)
- 11:00: --Bocce Ball (*CF Bocce Court*)
- 11:30: --LUNCH SHUTTLE 11:30AM-1PM (**SIGN-UP ON THE APP**)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Free Play Pickleball (*East Cottages Culdesac*)
- 4:00: --One Day University Lecture - The Exceptional Life of Mahatma Gandhi (*Lodge Classroom B*)
- 4:45: --Dinner Shuttle 4:45PM-6:30PM (**SIGN-UP ON THE APP**)
- 7:00: --"It Don't Mean a Thing If It Ain't Got That Swing" Piano Concert by Bethany James (*Channel 970*)

ROOM KEY

(3rd) = 3rd Floor Library @ CF

(4th) = 4th Floor Library @ CF

(ALACT) = Assisted Living Activity Room @ CF

(ALGVL) = Assisted Living Gardenview Lounge @ CF

(ALMVL) = Assisted Living Mountainview Lounge @ CF

(Cafe) = Café @ CF

(CH) = Chapel @CF

(CC) = CF Community Center

(CF) = Crumland Farms

(HHO) = Home Health Office

(ILAC) = Independent Living Activities Room

(ILDR) = Independent Living Dining Room @ CF

(ILPDR) = IL Private Dining Room

(FC) = Fitness Center @ Lodge

(MCTDR) = Meadows Court Dining Room

(MP) = Multi-Purpose Room

(WC) = Wellness Center @ CF

