

Homewood at Frederick Independent Living Activities Calendar September 2023

IMPORTANT INFORMATION REGARDING SHUTTLES BEGINNING SEPT 1

There is now a sign-up on the APP for each shuttle that is offered. You **MUST** be signed up on the APP! If there is no one signed up for a shuttle by 8am that morning, the shuttle **WILL NOT** run! This is to help our drivers plan their day.

The times for the shuttle are listed. This is also to help our drivers plan their day. Please be there by the time listed. There will only be 1 trip.

Please be patient. Our drivers may not always be there at the exact time due to driving Dr. appts or other trips. We will do the best we can – but you may have to wait.

If for some reason we find that a shuttle cannot happen - those who are signed up will be called.

Friday, September 1, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Bocce Ball (*Lodge Bocce Courts*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 9:00: --Shopping at Walmart, Wegmans, Giant
SIGN-UP ON THE APP
- 9:30: --Coffee Hour Sponsored by the Hospitality Committee
(MP at CF)
- 10-12: --Tech Help w/Michelle Detommaso (Computer Lab @ CF)
SIGN-UP ON THE APP
- 10:00: --Cornhole (Lodge)
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:00: --Bocce Ball (CF Bocce Court)
- 11:00: --Pickleball (East Cottages Culdesac)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:00: --Scenic Ride and Ice Cream (Point of Rocks and Ice
Cream at Rocky Point Creamery) SIGN-UP ON THE APP
- 1:00: --ALOHA Committee Meeting (ILAC@CF)
- 1:30: --Movement with Music (Channel 970)
- 3:00: --Bingo (MP at CF)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 2:30

Homewood at Frederick

Independent Living Activities Calendar

September 2023

-4:00: --One Day University Lecture - "The Power of Literature in Times of Crisis" (Lodge Classroom B and 970)

-4:45: --Dinner Shuttle

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

-7:00: --Thomas Pandolfi Piano Concert (Event Center @ Lodge)

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 6:30

Saturday, September 2, 2023

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

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

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

-9:45: --Trip to: National Museum of Civil War Medicine's Walking Tour (Frederick, MD) SIGN-UP ON THE APP

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

**-10:30: --Trip: Downtown Drop Off- Downtown Frederick
SIGN-UP ON THE APP**

-1:00: --Open Studio Time (Classroom A at the Lodge)

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

-1:30: --Movement with Music (Channel 970)

Homewood at Frederick Independent Living Activities Calendar September 2023

-4:15: --Trip to Catholic Mass (*St. Katharine's*)
SIGN-UP ON THE APP

Sunday, September 3, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --**Worship Service (*Lodge Event Center/Channel 970*)**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:30
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 4:15: --**Avery's Maryland Grille-Seafood Restaurant (*Frederick*)**
SIGN-UP ON THE APP
- 6:30: --Game Night (*lodge classroom*)

Monday, September 4, 2023 – LABOR DAY

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 4:00: --One Day University Lecture - "The Books that Influenced Our Greatest Presidents" (*Channel 970 ONLY*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

Tuesday, September 5, 2023

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 8:15: --Shopping: Giant Eagle **SIGN-UP ON THE APP**
- 8:15: --Trip to: National Aquarium in Baltimore Inner Harbor
Transportation ONLY ---SIGN-UP ON THE APP
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:00: --Trip to Woodsboro Bank on East Street
SIGN-UP ON THE APP
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --**Caregivers Support Group (*Library at the Lodge*)**
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --**LUNCH SHUTTLE**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --**Homewood Chimes Choir Organizational Meeting**
(*Lodge Event Center*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 1
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Mindful Meditation (*Library at the Lodge*)
- 4:00: --One Day University Lecture - "Musicals that Changed Broadway" (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 6:30: --Tuesday Night Bridge (*MP at CF*)

Wednesday, September 6, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip- Mt. Olivet, by request
SIGN-UP ON THE 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*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 9:30: --Groceries Trip (*WEIS ONLY*) SIGN-UP ON THE APP
- 10:00: --Large and Loud (Parkinsons Exercise Class)
(Lodge Fitness Classroom)
- 10:00: --Cornhole (Lodge)
- 10:00: --Willow Road Residents Association, Inc. (WRRRA)
Board Meeting (Lodge Event Center)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:30
- 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 SIGN-UP ON THE APP
- 12:30: --Duplicate Bridge (ILAC @ CF)
- 1:00: --Chair Volleyball (CF Wellness Center)
- 1:30: --Movement with Music (Channel 970)
- 2:00: --Science and Technology Group "After Oppenheimer:
The Rest of the Story" The organizers of the Science
and Technology interest group will serve as a panel to
lead a discussion of nuclear events following the
Manhattan Project, the bombing of Hiroshima and
Nagasaki. All are welcome. (Lodge Event Center/970)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 1:30

Homewood at Frederick Independent Living Activities Calendar September 2023

- 3:00: --French Conversation Group with Lillian Rohe (*3rd Floor Library at CF*)
- 4:00: --Ladies Literary Society (*Lodge Event Center*)
- 4:00: --One Day University Lecture - "Treasures of the Met, New York's Most Famous Museum" (*CHANNEL 970 only*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 5:00: --Trip to Frederick Salsa Dancing at Worman's Mill
SIGN-UP ON THE APP
- 5:00: --Chill and Grill 1st and last Wednesday of the month, call the Lodge kitchen for reservations (*Lodge Deck*)
- 6:30: --Wednesday Night Movie: "National Treasure 2: Book of Secrets" (*Event Center at the Lodge*)

Thursday, September 7, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Breakfast Bus!!! (*Golden Corral Frederick*)
SIGN-UP ON THE APP
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)

Homewood at Frederick

Independent Living Activities Calendar

September 2023

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Homewood Campus Update with Karen Main (*Channel 970 AND MP at CF*)
- 9:30: --Trip to: Frederick Walking Tour with Guide (*Frederick, MD*) **SIGN-UP ON THE APP**
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help w/ Michelle Detommaso (*Computer Lab @ CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --**LUNCH SHUTTLE**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 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: --**Military History Forum (*Lodge Event Center*)**

Homewood at Frederick Independent Living Activities Calendar September 2023

Program: Jim Hubbard will discuss the American Revolution "down south". Almost everybody knows about Bunker Hill, Valley Forge, and Saratoga. Jim will tell about Major General Nathaniel Greene and Savannah, Charleston, Camden, Cowpens, Kings Mountain, Guilford Court House, Hobkirk's Hill and Eutaw Springs. All culminating in Yorktown. Q & A afterwards. All are welcome. For more info contact Jim Hubbard 240-578-4961 or jandshubbard@comcast.net
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 12:30

-1:30: --Movement with Music (*Channel 970*)

-2:00: --Book Club (*3rd*)

-3:00: --Current Events Group (*Lodge Classroom B*)

-3:15: --Noteables Rehearsal (*Lodge Event Center*)

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3 –

This SHUTTLE is based on Driver/Bus availability- you will be contacted if it is not available.

-4:45: --Dinner SHUTTLE

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

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

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

Homewood at Frederick Independent Living Activities Calendar September 2023

Friday, September 8, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Bocce Ball (*Lodge Bocce Courts*)
- 9:00- **Drumming Class (*Lodge Fitness Classroom*)**
- 9:00: --**Hood College Alumni Coffee (*Lodge Event Center*)**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 8:30
- 9:00: --**Shopping at Walmart, Wegmans, Giant**
SIGN-UP ON THE APP
- 9:30: --**CHATTER COMMITTEE MEETING (*3rd Floor at CF*)**
- 10-12: --**Tech Help w/Michelle Detommaso (*Computer Lab @ CF*)**
SIGN-UP ON THE APP
- 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 September 2023

- 10:30: --Homewood Crafters - Create Your Own Beaded Pen
(Lodge Classroom A) SIGN-UP ON THE APP
MAKE A NOTE IF TAKING SHUTTLE AT 10:00
- 11:00: --Bocce Ball (CF Bocce Court)
- 11:00: --Pickleball (East Cottages Culdesac)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:00: --BUNCO (ILAC @ CF)
- 1:30: --Movement with Music (Channel 970)
- 1:15: --Scenic Ride and Ice Cream (Sharpsburg Area and
Nutters Ice Cream) SIGN-UP ON THE APP
- 2:30: --Sing-Along (Cafe at CF)
- 3:30: --Wine and Cheese (MP at CF)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3
- 4:00: --One Day University Lecture - "Unlocking the
Parthenon" (CHANNEL 970 only)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

Saturday, September 9, 2023

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 6:45: --Trip to: Maryland's Eastern Shore
SIGN-UP ON THE APP
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)
- 9:45: --Farmer's Market Gavigan's Parking Lot on the Golden Mile
SIGN-UP ON THE APP
- 10:30: --Sittercize and Stretches (Channel 970)
- 1:00: --Open Studio Time (Classroom A at the Lodge)
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)
- 1:30: --Movement with Music (Channel 970)
- 4:15: --Trip to Catholic Mass (St. Katharine's)
SIGN-UP ON THE APP
- 4:45: --Mission of Mercy's 23rd Annual Gala-Transportation ONLY (Talley Recreation Center Frederick Armory)
SIGN-UP ON THE APP
- 6:30: --Movie Night - Pink Panther (Lodge Classroom B)

Sunday, September 10, 2023

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*Lodge Event Center/Channel 970*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:30
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Trip to: The Knotwork Band (*Calvary United Methodist Church*) SIGN-UP ON THE APP
- 2:30: --Trip to: Tommy James and the Shondelles (*Weinberg Center*) SIGN-UP ON THE APP
- 6:30: --Game Night (*lodge classroom*)

Monday, September 11, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle SIGN-UP ON THE APP
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 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 THE APP
- 10:00: --September 11 Remembrance (Lodge Event Center)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:30
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 10:30: --Floral Design Demo with Tasker's Chance Garden Club
(Classroom B at the Lodge)
ONLY SIGN UP FOR SHUTTLE
MAKE A NOTE ON APP IF TAKING SHUTTLE AT 10
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 11:30: --Lunch Out - Ricci's at Worman's Mill
SIGN-UP ON THE APP
- 12:30: --Water Volleyball (Lodge Pool)
- 1:00: --Diabetes Prevention Program Class - For those who
are screened and approved only (CF Wellness Center)
- 1:15: --Trip to Walkersville Library SIGN-UP ON THE APP

Homewood at Frederick Independent Living Activities Calendar September 2023

- 1:30: --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 (*ILAC at CF*)
- 2:30: --Ice Cream Social (*Lodge Great Room*)
- 3:30: --Choir Rehearsal (*Lodge Event Center*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3 –
This SHUTTLE is based on Driver/Bus availability- you will be contacted if it is not available.
- 4:00: --One Day University Lecture - " Art in Times of Crisis"
(*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

Tuesday, September 12, 2023

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --New Resident Orientation RSVP to Laura Whitesell:
301-732-6157 (*Lodge Event Center*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:00: --Veterans Get-Together (*Cafe @ CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Card Making Class with Jennifer French (*ILAC @CF*)
SIGN-UP ON THE APP
MAKE NOTE ON THE APP IF TAKING SHUTTLE AT 9:30
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Mindful Meditation (*Library at the Lodge*)
- 2:30: --Trip to Rockwell Brewery, Monocacy Blvd.
SIGN-UP ON THE APP
- 4:00: --One Day University Lecture - "What is Emotional Intelligence" (*970 ONLY*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 5:30: --Trip to Moulin Rouge (*Kennedy Center*)
SIGN-UP ON THE APP
- 6:30: --Tuesday Night Bridge (*ILAC at CF*)

Wednesday, September 13, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip-FCC
SIGN-UP ON THE APP
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Beginner Balance (*Lodge Fitness Center Classroom*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Environmental Committee Meeting (*ILAC*)
- 9:30: --Groceries Trip (*WEIS ONLY*) SIGN-UP ON THE APP
- 10:00: --Large and Loud (Parkinsons Exercise Class)
(*Lodge Fitness Classroom*)
- 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: --Dr. Romane - Parkinson's Disease (*Lodge Classroom B
and Channel 970*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 10:30
- 11-2: --Taylor Marie Clothing Sale (*Lodge Event Center*)
SHUTTLE FROM 11-12 only
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 12:30: --Duplicate Bridge (*ILAC @ CF*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --MAAS Opticians Visit (*Community Conference Room @CF*)
- 3:00 Flights and Bites (*Wooden Nichol Pub at the Lodge*)
Make a reservation through the kitchen; they will let you know the total cost charged to your account.
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 2:30
- 3:45: --Dinner at Chili's/Westview Summer Concert Series
Hard Swimming Fish **SIGN-UP ON THE APP**
- 4:00: --One Day University Lecture - "Virginia Woolf: Birth of Modern Women's History" (*CHANNEL 970 only*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 6:30: --Wednesday Night Movie: "Meet the Fockers" (*Event Center at the Lodge*)

Thursday, September 14, 2023

- 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*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Travel Committee Mtg. (*Lodge Classroom A*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:15
- 9:45: --Water Volleyball (*Lodge Pool*)
- 9:45: --Trip to Shopping at Boscov's SIGN-UP ON THE APP
- 10-12: --Tech Help w/Michelle Detommaso (*Computer Lab @ CF*)
SIGN-UP ON THE APP
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercise (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --EQUAL TEMPERAMENT: A Pitch about the Invention of
a Harmonious New Musical Scale Presented by Frank
Sledge, Ph.D. (*Lodge Classroom B*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 10:30
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30

Homewood at Frederick Independent Living Activities Calendar September 2023

- 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*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*Lodge Event Center*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3 –
This SHUTTLE is based on Driver/Bus availability- you
will be contacted if it is not available.
- 4:00: --Sound Immersion with Yoga Instructor Joan Quinlan
(*Lodge FITNESS Classroom- NEW LOCATION!*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3:30
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 5:00: --Trivia Night (*Wooden Nichol Pub*) Reservations are
made through the Lodge kitchen .
SIGN-UP ON THE APP ONLY IF TAKING SHUTTLE AT 4:30
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Friday, September 15, 2023

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)
- 7:30: --Breakfast Bus!!! (Cracker Barrel Frederick)
SIGN-UP ON THE APP
- 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: --Bocce Ball (Lodge Bocce Courts)
- 9:00: --Shopping at Walmart, Wegmans, Giant
SIGN-UP ON THE APP
- 9:30: --Diabetes Prevention Program Class - For those who are screened and approved only (Lodge Fitness Classroom)
- 10-12: --Tech Help w/ Michelle Detommaso (Computer Lab @ CF)
SIGN-UP ON THE APP
- 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 September 2023

- 10:30: --Hospitality Committee Meeting (*ILAC@CF*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 10
- 11:00: --Bocce Ball (*CF Bocce Court*)
- 11:00: --Pickleball (*East Cottages Culdesac*)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:00: --Scenic Ride around Frederick County with a Stop at Rita's Italian Ice SIGN-UP ON THE APP
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Birthday Party (*IL Dining Room at CF*)
- 4:00: --One Day University Lecture - "Broadway Close Up: Oscar Hammerstein" (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 6:30: --Maryland Symphony Orchestra Strings Concert (*Lodge Event Center and Channel 970*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 6

Saturday, September 16, 2023

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 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-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*)
- 1:30: --Movement with Music (*Channel 970*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*)
SIGN-UP ON THE APP
- 4:45: --Trip to: Rowdy Acres (*Shafer Park, Boonsboro, MD*)
SIGN-UP ON THE APP
- 5:15: --Trip to Andre Rieu - Capital One Arena
SIGN-UP ON THE APP
- 6:30: --Movie Night - *Around the World in 80 Days* (*Lodge Classroom B*)

Sunday, September 17, 2023

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*Lodge Event Center/Channel 970*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:30
- 10:45: --Trip to Orioles Vs Tampa Bay at Camden Yards
SIGN-UP ON THE APP
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:30: --Movement with Music (*Channel 970*)
- 6:30: --Game Night (*Lodge Classroom*)

Monday, September 18, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle SIGN-UP ON THE APP
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 10:00: --Large and Loud - Parkinsons Exercise Class
(*Lodge Fitness Classroom*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 10:00: --Basket Bingo Committee Meeting (*Lodge Classroom A*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank on East Street
SIGN-UP ON THE APP
- 10:00: --Retired Clergy (*ILAC at CF*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:30
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:15: --Trip to Great Frederick Fair SIGN-UP ON THE APP
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:00: --Diabetes Prevention Program Class - For those who
are screened and approved only (*CF Wellness Center*)
- 1:00: --Bingo (*Lodge Event Center*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 12:30
- 1:30: --Movement with Music (*Channel 970*)
- 1:15: --Trip to Dollar Store and Gabe's-Jefferson Street
(*Frederick, MD*) SIGN-UP ON THE APP
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 2:00: --Bible Study (*3rd Floor @ CF*)
- 3:30: --Choir Rehearsal (*Lodge Event Center*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3 –
This SHUTTLE is based on Driver/Bus availability- you will be contacted if it is not available.
- 4:00: --One Day University Lecture - "The Art of Aging" (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

Tuesday, September 19, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Trip to Goddard Space Flight Center
SIGN-UP ON THE APP
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:45: --Water Volleyball (*Lodge Pool*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Mindful Meditation (*Library at the Lodge*)
- 4:00: --One Day University Lecture - "What Can We Learn from the Ancient Philosophers" (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 6:00: --Trip to Secrets of Site "R" Thurmont Library
SIGN-UP ON THE APP

Homewood at Frederick Independent Living Activities Calendar September 2023

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

Wednesday, September 20, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 7:30: --Wednesday Walking Club Trip- Walkersville
SIGN-UP ON THE 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 THE APP**
- 10:00: --Large and Loud (Parkinsons Exercise Class)
(*Lodge Fitness Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Lodge Resident Neighborhood Meeting
(*Lodge Event Center*)
- 10:00: --Old Towne Jewelers (*ILAC at CF*)

Homewood at Frederick

Independent Living Activities Calendar

September 2023

- 10:30: --"Visionaires" - Low Vision Support Group
(Gardenview Lounge in Assisted Living at CF)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 10
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 11:00: --Advanced Balance (Lodge FC Classroom)
- 11:15: --Trip to Great Frederick Fair **SIGN-UP ON THE APP**
- 11:30: --**LUNCH SHUTTLE**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 12:30: --Duplicate Bridge (ILAC @ CF)
- 1:00: --Chair Volleyball (CF Wellness Center)
- 1:30: --Movement with Music (Channel 970)
- 2:00: --Teaching Kitchen- learn how to make a dish and enjoy a sample. (Lodge Event Center)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 1:30
- 3:00: --French Conversation Group with Lillian Rohe (3rd Floor Library at CF)
- 4:00: --One Day University Lecture - "The Great Depression and the New Deal" (CHANNEL 970 only)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

Homewood at Frederick Independent Living Activities Calendar September 2023

**-6:30: --Wednesday Night Movie: "Where the Crawdads Sing"
(Event Center at the Lodge)**

Thursday, September 21, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)**
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)**
- 8:00: --Pool Open 8:00AM-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 THE APP**
- 9:00: --Aquafit (Lodge)**
- 9:00: --Wellness Workout (Channel 970)**
- 9:45: --Water Volleyball (Lodge Pool)**
- 10-12: --Tech Help w/ Michelle Detommaso (Computer Lab @ CF)
SIGN-UP ON THE APP**
- 10:15: --Sittercize (FC Classroom @ Lodge)**
- 10:30: --Advanced Sittercize (CF Gym)**
- 11:00: --Sittercize and Stretches (Channel 970)**
- 11:00: --Personal Training at CF (Crumland Farms Gym)**

Homewood at Frederick Independent Living Activities Calendar September 2023

- 11:15: --Trip to Great Frederick Fair **SIGN-UP ON THE APP**
- 11:30: --**LUNCH SHUTTLE**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 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*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:00: --Current Events Group (*Lodge Classroom B*)
- 3:15: --Noteables Rehearsal (*Lodge Event Center*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3 –
This SHUTTLE is based on Driver/Bus availability- you
will be contacted if it is not available.
- 4:30: --**Karaoke Night (*Wooden Nichol Pub*)** Make a
reservation with the kitchen
SIGN-UP ON THE APP ONLY IF TAKING SHUTTLE AT 4
- 4:45: --**Dinner Shuttle**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 6:00: --Trip to Amy Grant (*MD Theatre, Hagerstown, MD*)
SIGN-UP ON THE APP
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Homewood at Frederick Independent Living Activities Calendar September 2023

Friday, September 22, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Bocce Ball (*Lodge Bocce Courts*)
- 9:00: --Shopping at Walmart, Wegmans, Giant
SIGN-UP ON THE APP
- 9:30: --Diabetes Prevention Program Class - For those who
are screened and approved only (*Lodge Fitness
Classroom*)
- 10-12: --Tech Help w/ Michelle Detommaso (*Computer Lab @ CF*)
SIGN-UP ON THE APP
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Bocce Ball (*CF Bocce Court*)

Homewood at Frederick Independent Living Activities Calendar September 2023

-11:00: --Pickleball (*East Cottages Culdesac*)

-11:30: --LUNCH SHUTTLE

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30

-1:00: --Scenic Ride to Smithsburg area with ice cream stop at Misty Meadows Creamery SIGN-UP ON THE APP

-1:30: --ALOHA-Frederick Catoctones Quartet (*Lodge Event Center/Channel 970*) SIGN-UP ON THE APP
MAKE NOTE ON THE APP IF TAKING SHUTTLE AT 1

-4:00: --One Day University Lecture - "The Genius and Rivalry of Tesla and Edison" (*Lodge Classroom B and 970*)

-4:45: --Dinner Shuttle

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

Saturday, September 23, 2023

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

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

-8-10: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN-UP ON THE APP

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

-10:15: --Trip to Fall Fest - Calvary Evangelical Lutheran Church
-Howard County SIGN-UP ON THE APP

Homewood at Frederick Independent Living Activities Calendar September 2023

- 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*)
- 1:30: --Movement with Music (*Channel 970*)
- 1:30: --Movie Matinee - Time Machine (*Lodge Classroom B*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*)
SIGN-UP ON THE APP
- 4:15: --Trip to The Eagles -- Tarara Winery TRANSPORTATION
ONLY - Loudon County, VA **SIGN-UP ON THE APP**
- 7:00: --Trip to The Music of ABBA Weinberg
SIGN-UP ON THE APP

Sunday, September 24, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 10:00: --Worship Service (*Lodge Event Center/Channel 970*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 9:30
- 11:45: --Trip to Carillon Concert in Baker Park and Lunch at UP
on Market **SIGN-UP ON THE APP**

Homewood at Frederick Independent Living Activities Calendar September 2023

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

-1:30: --Movement with Music (*Channel 970*)

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

Monday, September 25, 2023

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

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

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

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

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

-8:15: --Shopping: Giant Eagle **SIGN-UP ON THE APP**

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

-9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)

-9:30: --Coffee Hour - Sponsored by the Hospitality Committee
(*Event Center at the Lodge*)

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

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

-10:00: --Trip to Woodsboro Bank on East Street

Homewood at Frederick Independent Living Activities Calendar September 2023

SIGN-UP ON THE APP

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

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

-10:30: --Catholic Mass (*Gardenview Lounge in Assisted Living/Channel 970*)

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 10

-11-1:30: Strength Competition with the Dynamometer
(CF see Courtney at Wellness Office)

-11:30: --LUNCH SHUTTLE

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30

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

-1:00: --Diabetes Prevention Program Class - For those who
are screened and approved only (CF Wellness Center)

-1:00: --Genealogy Discussion (*ILAC @ CF*)

-1:30: --Movement with Music (*Channel 970*)

-1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)

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

-3:15: --Trip to Black Ankle Winery Mt. Airy

SIGN-UP ON THE APP

-3:30: --Choir Rehearsal (*Lodge Event Center*)

Homewood at Frederick Independent Living Activities Calendar September 2023

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3 –

This SHUTTLE is based on Driver/Bus availability- you will be contacted if it is not available.

- 4:00: --One Day University Lecture - "Reading Dante: Exploring Grief, Healing and Love"" (Lodge Classroom B and 970)**
- 4:45: --Dinner Shuttle**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 6:30: --Trivia Night (Cafe at CF)**

Tuesday, September 26, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)**
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)**
- 8:00: --Pool Open 8:00AM-12:00PM (Lodge Pool)**
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)**
- 9:00: --Aquafit (Lodge)**
- 9:00: --Wellness Workout (Channel 970)**
- 9:30-10: Strength Competition with the Dynamometer (Lodge see Gretchen at Fitness Office)**
- 9:45: --Water Volleyball (Lodge Pool)**

Homewood at Frederick Independent Living Activities Calendar September 2023

- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 10:45-1:30: **Strength Competition with the Dynamometer
(Lodge see Gretchen at Fitness Office)**
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:00: --Trip: Bingo and Lunch at the Elk's Club
SIGN-UP ON THE APP
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:30: --Movement with Music (*Channel 970*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 2:30: --Mindful Meditation (*Library at the Lodge*)
- 3:15: --Trip to Orioles Vs Nationals at Camden Yards
SIGN-UP ON THE APP
- 3:30: --Wine and Cheese (*Lodge Event Center*)

Homewood at Frederick Independent Living Activities Calendar September 2023

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3

-4:00: --One Day University Lecture - "The Olympics in Ancient Greece" (CHANNEL 970 only)

-4:45: --Dinner Shuttle

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

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

Wednesday, September 27, 2023

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

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

-7:30: --Wednesday Walking Club Trip- Thurmont

SIGN-UP ON THE 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)

-8:30: --Trip to Van Gogh: The Immersive Experience - Rhode Island Center - DC SIGN-UP ON THE APP

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

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

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

Homewood at Frederick Independent Living Activities Calendar September 2023

- 10:00: --Large and Loud (Parkinsons Exercise Class)
(Lodge Fitness Classroom)
- 10:00: --Cornhole (Lodge)
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 10:30: --Blessings in a Backpack Event- We'll be packing weekend food for children (Lodge Classrooms)
SIGN-UP ON THE APP TO PARTICIPATE.
MAKE A NOTE ON THE APP IF TAKING SHUTTLE AT 10:00
- 11:00: --Advanced Balance (Lodge FC Classroom)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 12:30: --Duplicate Bridge (ILAC @ CF)
- 1:00: --Chair Volleyball (CF Wellness Center)
- 1:30: --Movement with Music (Channel 970)
- 2:00: --Technology Education Workshop - Hands on Tech support (Lodge Classroom and 970)
SIGN-UP ON THE APP
MAKE NOTE ON THE APP IF TAKING SHUTTLE AT 1:30
- 2:00: --MAAS Opticians Visit (Community Conference Room @CF)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 4:00: --One Day University Lecture - "Changing Conceptions of the End of Life" (*CHANNEL 970 only*)
- 4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45
- 5:00: --Chill and Grill 1st and last Wednesday of the month, call the Lodge kitchen for reservations (Lodge Deck)
- 6:30: --Wednesday Night Movie: "Jesus Revolution" (*Event Center at the Lodge*)

Thursday, September 28, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8:00: --Pool Open 8:00AM-12:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Trip to Dutch Market (*Hagerstown*)
SIGN-UP ON THE APP
- 8:45: --Walking Trip with Courtney - Great Falls
SIGN-UP ON THE APP
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar September 2023

- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help w/ Michelle Detommaso (*Computer Lab @ CF*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Let's Talk with: Mary Bowman Kruhm. Mary will speak about her trip to Kenya and book about the Leakeys. (*Lodge Event Center and 970*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 10
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 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*)
- 1:30: --Movement with Music (*Channel 970*)
- 3:15: --Noteables Rehearsal (*Lodge Event Center*)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 3 –
This SHUTTLE is based on Driver/Bus availability- you will be contacted if it is not available.
- 4:00: --Trip to Brewer's Alley Lobster Night
SIGN-UP ON THE APP

Homewood at Frederick Independent Living Activities Calendar September 2023

-4:45: --Dinner Shuttle

SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

**-6:00: --Trip to Legacy Reunion-Earth, Wind and Fire Alumni
Legacy Reunion (MD Theatre, Hagerstown, MD)**

SIGN-UP ON THE APP

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

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

Friday, September 29, 2023

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

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

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

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

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

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

-9:00: --Bocce Ball (Lodge Bocce Courts)

**-9:00: --Shopping at Walmart, Wegmans, Giant
SIGN-UP ON THE APP**

Homewood at Frederick

Independent Living Activities Calendar

September 2023

- 9:30: -Diabetes Prevention Program Class - For those who are screened and approved only (Lodge Fitness Classroom)
- 10-12 --Tech Help w/ Michelle Detommaso (*Computer Lab @ CF*)
SIGN-UP ON THE 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 (*CF Bocce Court*)
- 11:00: --Pickleball (*East Cottages Culdesac*)
- 11:30: --**LUNCH SHUTTLE**
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 11:30
- 1:00: --Scenic Ride to Burkittsville, Boonsboro, Pleasant Valley with Ice cream stop at Peace Hollow Farm Market **SIGN-UP ON THE APP**
- 1:30: --Movement with Music (*Channel 970*)
- 4:00: --One Day University Lecture - "Broadway: Stephen Schwartz from Godspell to Wicked" (*Lodge Classroom B and 970*)

Homewood at Frederick Independent Living Activities Calendar September 2023

-4:30: --Trip to Heather Aubrey Lloyd Concert (*Worman's Mill*)
SIGN-UP ON THE APP

-4:45: --Dinner Shuttle
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 4:45

Saturday, September 30, 2023

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

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

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

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

-10:30: --Trip to Oktoberfest (*Frederick Fairgrounds*)
SIGN-UP ON THE APP

-1:00: --Open Studio Time (*Classroom A at the Lodge*)

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

-1:30: --Movement with Music (*Channel 970*)

-1:15: --Trip to Elvis Tribute Concert (*The Eichelberger
Performing Arts Theatre Hanover, PA*)
SIGN-UP ON THE APP

-4:15: --Trip to Catholic Mass (*St. Katharine's*)
SIGN-UP ON THE APP

Homewood at Frederick Independent Living Activities Calendar September 2023

- 6:00: --Trip to World Ballet Series: CINDERELLA (*Weinberg*)
SIGN-UP ON THE APP
- 6:30: --Fall Fling Dance- Dance instructor will be on hand to review/introduce the jitterbug, cha-cha, fox trot and waltz, dress is casual, refreshments served. Local Boy Scouts will be invited by Fred Broadrup. (Lodge Event Center)
SIGN-UP ON THE APP IF TAKING SHUTTLE AT 6

Homewood at Frederick Independent Living Activities Calendar September 2023

ROOM KEY

(3rd) = 3rd Floor Library @ CF

(4th) = 4th Floor Library @ CF

(ALACT) = Assisted Living Activity Room @ CF

(ALGVL) = Assisted Living Gardenview Lounge @ CF

(ALMVL) = Assisted Living Mountainview Lounge @ CF

(Cafe) = Café @ CF

(CH) = Chapel @CF

(CC) = CF Community Center

(CF) = Crumland Farms

(HHO) = Home Health Office

(ILAC) = Independent Living Activities Room

(ILDR) = Independent Living Dining Room @ CF

(ILPDR) = IL Private Dining Room

(FC) = Fitness Center @ Lodge

(MCTDR) = Meadows Court Dining Room

(MP) = Multi-Purpose Room

(WC) = Wellness Center @ CF