

Homewood at Frederick Independent Living Activities Calendar April 2023

Saturday, April 1, 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: Downtown Drop Off- Downtown Frederick
SIGN UP ON APP
- 11:30: --Lunch Out - Dutch's Daughter-Frederick
SIGN UP ON APP
- 1:00: --Open Studio Time (*Classroom A at the Lodge*)
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:30: --Patsy Cline and Friends- A Tribute to the Legends
(*Channel 970 and MP Room at CF*) SHUTTLE
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) SIGN UP ON APP
- 5:45: --Trip to "Legally Blonde" (*Walkersville High School*)
SIGN UP ON APP
- 7:00: --Saturday Night Movie -"Everything Everywhere All at
Once" (*MP@CF & Channel 970*)

Homewood at Frederick Independent Living Activities Calendar April 2023

Sunday, April 2, 2023 Palm Sunday

- 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: --Palm Sunday Worship Service with Holy Communion
(*MP/Channel 970*) **SHUTTLE**
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 6:30: --Game Night (*lodge classroom*)

Monday, April 3, 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 APP**
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)

Homewood at Frederick

Independent Living Activities Calendar

April 2023

- 10:00: --Large and Loud - Parkinsons Exercise Class
(Lodge Fitness Classroom)
- 10:00: --Cornhole (Lodge)
- 10:00: --Homewood APP 101 (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)
- 10:30: --Helping Hands - Andi Packard and the Helping Hands group need your help to spread some cheer. They will be creating spring bird decorations for the Health Care residents. Questions: Contact Andi Packard (ILAC- CF)
- 11:00: --Lunch Out-Ruby Tuesday (Frederick) SIGN UP ON APP
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 12:00: --Bolling Trail Scavenger Hunt (Bolling Nature Trail)
- 12:30: --Water Volleyball (Lodge Pool)
- 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)
- 2:45: --Men's Choir Rehearsal (MP@CF)
- 3:30: --Choir Rehearsal (MP@CF)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 4:00: --One Day University Lecture – *The Beatles, the Sixties and Popular Culture (Lodge Classroom B and 970)***
- 4:00: --REPLAY - Worship Service (Channel 970)**
- 4:45: --Dinner Shuttle SIGN UP ON APP**
- 7:00: --Great Decisions-Politics in Latin America (Lodge Classroom)**

Tuesday, April 4, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)**
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)**
- 8:00: --Bolling Trail Scavenger Hunt (*Bolling Nature Trail*)**
- 8:00: --Pool Open 8:00AM-12:00PM (Lodge Pool)**
- 8:00: --Pool Open 8:00AM-8:00PM (CF Pool)**
- 8:30: --Shopping at Hobby Lobby and Christmas Tree Shop and Lunch at Runways (*Hagerstown*) SIGN UP ON APP**
- 9:00: --Aquafit (Lodge)**
- 9:00: --Wellness Workout (Channel 970)**
- 9:30: --Patio Home Residents' Semi-Annual Meeting (Lodge Event Center)**
- 9:45: --Water Volleyball (Lodge Pool)**

Homewood at Frederick Independent Living Activities Calendar April 2023

- 10:00: --Knit Wits (*ILAC at CF*)
- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10-1: --Woodpecker Sale (*MP at CF*) **SHUTTLE**
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Caregivers Support Group (*Lodge Classroom B*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE **SIGN UP ON APP**
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Gentle Chair Yoga Deb (*CF Fitness area*)
- 2:00: --Open Play Ping Pong (*Lodge Fitness Area*)
- 2:00: --Religious Life Committee Meeting (*MP at CF*)
- 2:00: --Woodworking Group (*Wood Shop at CF*)
- 2:30: --Blood Pressure Clinic (*Game Room @ The Lodge*)
- 3:00: --Mindful Meditation (*Lodge game room*)
- 4:00: --One Day University Lecture --“Why Art Matters: From Ancient Times Through Today” (*Lodge Classroom B and 970*)

Homewood at Frederick Independent Living Activities Calendar April 2023

-4:45: --Dinner Shuttle SIGN UP ON APP

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

Wednesday, April 5, 2023 Passover begins at sundown

-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 (Carroll Creek)
SIGN UP ON APP**

-8:00: --Bolling Trail Scavenger Hunt (Bolling Nature Trail)

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

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

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

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

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

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

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

-10:00: --Cornhole (Lodge)

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

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

Homewood at Frederick Independent Living Activities Calendar April 2023

- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --Duplicate Bridge (*ILAC @ CF*)
- 1:00: --Chair Volleyball (*CF Wellness Center*)
- 1:00: --Trip to Carroll County Arts Council 16th Annual PEEPshow (*Town Mall of Westminster*) SIGN UP ON APP
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Science and Technology Group - Don LeBlanc will discuss his experiences at the National Institutes of Health, describing the history and mission of NIH, intramural and extramural programs, training programs, and much more. He will tell about some of the prestigious researchers at the NIH. (*Lodge Event Center/970*) SHUTTLE
- 3:00: --French Conversation Group (*3rd Floor Library at CF*)
- 4:00: --Ladies Literary Society (*Lodge Event Center*)
- 4:00: --One Day University Lecture – America’s Five Greatest Films (*Channel 970 ONLY*)
- 4:45: --Dinner Shuttle SIGN UP ON APP

Homewood at Frederick Independent Living Activities Calendar April 2023

**-6:30: --Wednesday Night Movie: "An Affair to Remember"
(Event Center at the Lodge)**

Thursday, April 6, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (Lodge)**
- 5:30: --Wellness Center Hours 5:30am-8:00pm (CF)**
- 7:15: --Breakfast Bus-Tom & Ray's Damascus 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 Glenstone Museum (Potomac, MD)
SIGN UP ON APP**
- 9:00: --Aquafit (Lodge)**
- 9:00: --Wellness Workout (Channel 970)**
- 9:30: --Homewood Campus Update with Karen Main
(Channel 970 AND MP Room at CF)**
- 9:45: --Water Volleyball (Lodge Pool)**
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso
(Computer Lab @ CF) SIGN UP ON APP**
- 10:15: --Sittercize (FC Classroom @ Lodge)**
- 10:30: --Advanced Sittercise (CF Gym)**

Homewood at Frederick Independent Living Activities Calendar April 2023

- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Spanish Conversation with Gloria Dubin
(*Card/Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --**Bolling Trail Scavenger Hunt Prizes (*Lodge Patio*)**
- 11:30: --**LUNCH SHUTTLE SIGN UP ON APP**
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --**Military History Forum Program: Jim Hubbard will review the final, agonizing days of the Napoleonic Era, culminating in the catastrophic battle of Waterloo on 18 June 1815. Field Marshal Wellington's army of British, Germans and Dutch held together long enough for Field Marshal Blucher's Prussians to provide the finishing touches to the French Army. (*Lodge Event Center*) SHUTTLE**
- 1:00: --**One Day University – The Story of America in 7 Books (*Channel 970*)**
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Book Club (*3rd*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 3:00: --Current Events Group (*Lodge Event Center*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:00: --Dinner Drop off Chili's, Texas Roadhouse or Mission BBQ (*Frederick, MD*) SIGN UP ON APP Deadline April 3rd
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 5:00: --Trivia Night (*Wooden Nichol Pub*) SIGN UP ON APP SHUTTLE
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 7:00: --Bird Club Meeting (*MP at CF*)

Friday, April 7, 2023 Good Friday

- 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

Homewood at Frederick Independent Living Activities Calendar April 2023

- 9:30: --Coffee Hour Sponsored by the Hospitality Committee
(MP at CF)
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso
(Computer Lab @ CF) SIGN UP ON APP
- 10:00: --Cornhole (Lodge)
- 10:30: --Sittercize (Wellness Center at CF)
- 10:30: --Sittercize and Stretches (Channel 970)
- 10:30: --Helping Hands - Andi Packard and the Helping Hands
need your help creating spring bird decorations for the
Health Care residents. (Lodge Classroom A)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 1:15: --Movement with Music (Channel 970)
- 1:30: --New Class: "Making Sense of the Bible" Led by Jim
Spiller (Classroom B)
- 2:00: --Good Friday Service (Chapel/Channel 970) SHUTTLE
- 4:00: --REPLAY Good Friday Service (Channel 970) -
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 7:00: --REPLAY Good Friday Service (Channel 970)

Saturday, April 8, 2023

Homewood at Frederick Independent Living Activities Calendar April 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*)
- 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: --Special Music - Fred Younkings (*MP at CF and 970*)
SHUTTLE
- 7:00: --Saturday Night Movies - "Top Gun"
(*MP@CF & Channel 970*)
- 7:15: --Trip to Catholic Mass (*St. Katharine's*) **SIGN UP ON APP**

Sunday, April 9, 2023 Easter

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 10:00: --Easter Sunday Worship Service with Choir
(*MP/Channel 970*) *SHUTTLE*
- 1:15: --Movement with Music (*Channel 970*)
- 4:00: --REPLAY - Worship Service (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar April 2023

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

Monday, April 10, 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-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle SIGN UP ON APP
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 9:30: --Retired Nurses Coffee and Program – Speaker on Kline Hospice House (*MP@CF/Channel 970*)
- 9:30: --Safety and Security Committee Mtg (*Lodge Classroom*)
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Homewood APP 101 (*Classroom B at the Lodge*)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Trip to Walkersville Library SIGN UP ON APP

Homewood at Frederick Independent Living Activities Calendar April 2023

- 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: --Easter Ice Cream Treat (*Community Center at CF*)
- 2:45: --Men's Choir Rehearsal (*MP@CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture – “Leonardo da Vinci the Man Who Invented the Future” (*970 ONLY*)
- 4:45: --Dinner Shuttle **SIGN UP ON APP**

Tuesday, April 11, 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*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 10:00: --Veterans Get-Together (Cafe @ CF)**
- 10:15: --Sittercize (FC Classroom @ Lodge)**
- 10:30: --Circuit Training (CF Gym)**
- 10:00: --WRRRA Meeting - For Crumland Farms Residents (MP at CF and Channel 970)**
- 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 APP**
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP**
- 1:15: --Movement with Music (Channel 970)**
- 2:00: --Gentle Chair Yoga Deb (CF Fitness area)**
- 2:00: --Open Play Ping Pong (Lodge Fitness Area)**
- 2:00: --Woodworking Group (Wood Shop at CF)**
- 2:00: --Movie Matinee - "The Holiday" (MP at CF AND Channel 970)**
- 2:30: --Blood Pressure Clinic (Game Room @ The Lodge)**
- 3:00: --Mindful Meditation (Lodge game room)**
- 4:00: --One Day University Lecture – “What is Money? From the Beginning to Bit Coin” (970 ONLY)**

Homewood at Frederick Independent Living Activities Calendar April 2023

-4:45: --Dinner Shuttle SIGN UP ON APP

-5:30: --Trip to Les Miserables (Kennedy Center)

TRANSPORTATION ONLY Buy tickets on your own.

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

Wednesday, April 12, 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 Park)
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: --Aquafit (Lodge Pool)

-10:00: --Cornhole (Lodge)

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

Homewood at Frederick Independent Living Activities Calendar April 2023

- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:00: --Lunch Out - Raging Reef SIGN UP ON APP
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 12:00: --What is Foot Reflexology Speech (*Channel 970*)
- 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*)
- 2:00: --MAAS Opticians Visit (*Community Conference Room @CF*)
- 2:30: --Community Bingo (*MP@CF*)
- 4:00: --One Day University Lecture – “How to Think Like a Genius” (*970 ONLY*)
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 6:30: --Wednesday Night Movie: “Fried Green Tomatoes” (*Event Center at the Lodge*)

Thursday, April 13, 2023

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

Homewood at Frederick Independent Living Activities Calendar April 2023

- 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. (ILAC at CF) SHUTTLE
- 9:45: --Water Volleyball (Lodge Pool)
- 9:45: --Trip to Shopping at Boscov's SIGN UP ON APP
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso
(Computer Lab @ CF) SIGN UP ON APP
- 10:15: --Sittercize (FC Classroom @ Lodge)
- 11:00: --Sittercize and Stretches (Channel 970)
- 11:00: --Spanish Conversation with Gloria Dubin (Card/Game
Room at the Lodge)
- 11:00: --Personal Training at CF (Crumland Farms Gym)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 12:00: --Personal Training at the Lodge (Lodge Fitness Center)
- 12:30: --"Friendly" Party Bridge (The View Alcove at the Lodge)
- 12:30: --Trip to Rose Hill Manor Park and Museum

Homewood at Frederick Independent Living Activities Calendar April 2023

SIGN UP ON APP

- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --One Day University – “Politics, Pandemic and Public Health” (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Card Making Class- Graduation and Mother’s Day (*Cafe at CF*) SIGN UP ON APP
- 2:00: --Helping Hands - Andi Packard and the Helping Hands group need your help to create spring bird decorations for the Health Care residents. (*Lodge Classroom A*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:00: --Sound Immersion with Yoga Instructor Joan Quinlan (*Lodge Event Center*) SHUTTLE
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to Jazz Ensemble II Concert (*FCC*) SIGN UP ON APP

Friday, April 14, 2023

Homewood at Frederick Independent Living Activities Calendar April 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: --Shopping at Walmart, Wegmans, Giant SIGN UP ON APP
- 9:00: --Knit Wits Yarn Tour (*Waynesboro and Hagerstown*)
- 9:30: --CHATTER COMMITTEE MEETING (*3rd Floor at CF*)
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) SIGN UP ON APP
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Great Decisions "*Politics in Latin America*"(*MP at CF*)
- 10:00: --Free Satin Hands Treatment for Staff and Residents by
Mary Kay (*ILAC at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 1:00: --BUNCO (*ILAC @ CF*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 1:15: --Movement with Music (*Channel 970*)
- 3:30: --Wine and Cheese (*MP at CF*)
- 4:00: --One Day University Lecture – “Managing Stress: The Power of Mindset” (*970 ONLY*)
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 5:15: --Trip to Church Basement Ladies (*Way Off Broadway*)
SIGN UP ON APP

Saturday, April 15, 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*)
- 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: --Special Music - Kaye Cariola - Classical Guitar (*MP at CF and Channel 970*) SHUTTLE
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) SIGN UP ON APP
- 5:15: --Trip to Lucketts Bluegrass Concert SIGN UP ON APP

Homewood at Frederick Independent Living Activities Calendar April 2023

-7:00: --Saturday Night Movies - "Top Gun: Maverick" (MP@CF & Channel 970)

Sunday, April 16, 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 (MP/Channel 970) SHUTTLE

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

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

-2:00: --Trip to Lorenzo Cominoli and Danny Webber, guitar duo Calvary UMC SIGN UP ON APP

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

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

Monday, April 17, 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)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: **Giant Eagle** **SIGN UP ON APP**
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --Yoga with Yogamour (*Lodge Fitness Classroom*)
- 9:00: --Mystery Trip **SIGN UP ON APP**
- 10:00: --Large and Loud - Parkinsons Exercise Class (*Lodge Fitness Classroom*)
- 10:00: --What is Foot Reflexology Speech (*Channel 970*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Trip to Woodsboro Bank on East Street **SIGN UP ON APP**
- 10:00: --Retired Clergy Speaker - Antisemitism (*MP at CF*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --Kingfisher's Fishing Club (*Classroom B at the Lodge*)
- 11:30: --LUNCH SHUTTLE **SIGN UP ON APP**
- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 2:30: --Ice Cream Social (*Lodge Great Room*)
- 2:45: --Men's Choir Rehearsal (*MP@CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture – *Welcome to the Future: A Look at the World's Fair* (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle **SIGN UP ON APP**
- 7:00: --Great Decisions “*Global Famine*”(Classroom at the Lodge)

Tuesday, April 18, 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*)
- 9:00: --Mystery Trip **SIGN UP ON APP**
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10:00: --Knit Wits (*ILAC at CF*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 10:00: --Intermediate Stabilization (*CF Gym*)
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Circuit Training (*CF Gym*)
- 10:30: --Catholic Mass (*Chapel at CF/Channel 970*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Caregiver Support Group Speaker Series – Speaker Christina Forbes of Daybreak Adult Day Services who will address "Transitions from Independent Living to Assisted Living and Memory Care (*MP at CF and Channel 970*)
- 2:00: --Gentle Chair Yoga Deb (*CF Fitness area*)
- 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*)
- 3:00: --Mindful Meditation (*Lodge game room*)
- 4:00: --One Day University Lecture – “The Biden Presidency- What to Expect” (*Lodge Classroom B and 970*)

Homewood at Frederick Independent Living Activities Calendar April 2023

-4:45: --Dinner Shuttle SIGN UP ON APP

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

Wednesday, April 19, 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 Walking Trail)
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: --Aquafit (Lodge Pool)

-10:00: --Cornhole (Lodge)

-10:00: --Old Towne Jewelers (ILAC @ CF)

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

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

Homewood at Frederick Independent Living Activities Calendar April 2023

- 11:00: --Advanced Balance (*Lodge FC Classroom*)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 11:30: --Volunteer Appreciation Luncheon 2023 - *By Invitation Only (ILDR at CF)*
- 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*)
- 3:00: --French Conversation Group (*3rd Fl Library at CF*)
- 4:00: --One Day University Lecture – “What Scientists Still Don’t Understand” (*970 ONLY*)
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 6:30: --Wednesday Night Movie: “The Godfather” (*Event Center at the Lodge*)

Thursday, April 20, 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 April 2023

- 8:15: --Shopping Trip to: Trader Joe's (*Rockville*)
SIGN UP ON APP
- 9:00: --Aquafit (*Lodge*)
- 9:00: --Wellness Workout (*Channel 970*)
- 9:30: --Homewood Campus Update with Karen Main
(*Channel 970 AND MP Room at CF*)
- 9:45: --Water Volleyball (*Lodge Pool*)
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 10:15: --Sittercize (*FC Classroom @ Lodge*)
- 10:30: --Advanced Sittercize (*CF Gym*)
- 11:00: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Occupational Therapy Presentation
(*MP at CF/Channel 970*)
- 11:00: --Spanish Conversation with Gloria Dubin
(*Card/Game Room at the Lodge*)
- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE **SIGN UP ON APP**
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --One Day University – “Fitzgerald and Hemingway: A Rivalry for the Ages” (*Channel 970*)
- 1:00: --Scenic Ride and Ice Cream **SIGN UP ON APP**
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Zentangle Plus with Mary Klotz (*ILAC at CF*)
SIGN UP ON APP
- 3:00: --Fitness Committee Meeting (*Lodge Classroom A/B*)
- 3:00: --Current Events Group (*Lodge Event Center*)
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:45: --Dinner Shuttle **SIGN UP ON APP**
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)
- 6:30: --Trip to FCC Jazz Big Band – FCC **SIGN UP ON APP**

Friday, April 21, 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*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 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**
- 10-12: --Tech Help with new Volunteer - Michelle Detommaso
(*Computer Lab @ CF*) **SIGN UP ON APP**
- 10:00: --Cornhole (*Lodge*)
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 10:30: --Hospitality Committee Meeting (*Lodge Classroom*)
SHUTTLE
- 11:30: --LUNCH SHUTTLE **SIGN UP ON APP**
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --New Class: "Making Sense of the Bible" Led by Jim
Spiller (*Classroom B*)
- 1:30: --Willow Ponds Food Committee Mtg. (*Lodge Classroom*)
- 2:00: --Birthday Party (*MP at CF*)
- 3:00: --What is Foot Reflexology Speech (*Channel 970*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 4:00: --One Day University Lecture – “To Kill A Mockingbird”-
Classic American Literature (*Lodge Classroom B and 970*)
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 6:30: --Spring Fling Dance (*Event Center at Lodge*) SHUTTLE
- 7:00: --Trip to Neil Berg - Weinberg SIGN UP ON APP

Saturday, April 22, 2023

- 5:30: --Fitness Center Hours - Open 24 Hours (*Lodge*)
- 5:30: --Wellness Center Hours 5:30am-8:00pm (*CF*)
- 8-11: --Tech Help with Phineas (*Conference Room @ CF*)
SIGN UP ON APP
- 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*)
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) SIGN UP ON APP
- 5:15: --Trip to Lucketts Bluegrass Concert - Lucketts
Community Center SIGN UP ON APP

Homewood at Frederick Independent Living Activities Calendar April 2023

-7:00: --Saturday Night Movies "Elvis" (MP@CF & Channel 970)

Sunday, April 23, 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 (MP/Channel 970) SHUTTLE**
- 1:00: --Open Swim 1:00pm-5:00pm (Lodge Pool)**
- 1:15: --Movement with Music (Channel 970)**
- 2:00: --Trip to Maryland State Boychoir Spring Concert, Baltimore SIGN UP ON APP**
- 2:00: --Trip to Trunk Memorial Organ Concert, Joshua Stafford- Evangelical Lutheran Church- SIGN UP ON APP**
- 5:30: --Trip to Afrique en Cirque by Cirque Kalabante, Weinberg SIGN UP ON APP**
- 6:30: --Game Night (lodge classroom)**

Monday, April 24, 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 April 2023

- 8:00: --Aquafit (*CF Pool*)
- 8:00: --Pool Open 8:00AM-2:00PM (*Lodge Pool*)
- 8:00: --Pool Open 8:00AM-8:00PM (*CF Pool*)
- 8:15: --Shopping: Giant Eagle SIGN UP ON APP
- 9:00: --Wellness Workout (*Channel 970*)
- 9:00: --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 SIGN UP ON APP
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:00: --Dr. Romane - Lungs - Breathing/ Colds/ Pneumonia
(*MP at CF and Channel 970*) SHUTTLE
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 12:15: --Trip to Joe Richardson's Sustainable Mountainside
Farm - Urbana SIGN UP ON APP

Homewood at Frederick Independent Living Activities Calendar April 2023

- 12:30: --Water Volleyball (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Bingo (*Lodge Event Center*)
- 1:30: --Ancestry Discussion - Organizing Your Genealogy Research (*MP @ CF*)
- 1:30: --Open Craft/Painting Studio (*Classroom A at the Lodge*)
- 2:00: --Bible Study (*3rd Floor @ CF*)
- 2:45: --Men's Choir Rehearsal (*MP@CF*)
- 3:30: --Choir Rehearsal (*MP@CF*)
- 4:00: --One Day University Lecture – “How to Listen to and Appreciate Great Music” (*Lodge Classroom B and 970*)
- 4:00: --REPLAY - Worship Service (*Channel 970*)
- 4:45: --Dinner Shuttle **SIGN UP ON APP**
- 6:30: --Trivia Night (*MP at CF*) **SIGN UP ON APP**

Tuesday, April 25, 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*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 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: --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 APP
- 1:00: --Scenic Ride and Ice Cream SIGN UP ON APP
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Israel - Through the Bible in an Hour with Jean Van Meter (*MP at CF /Channel 970*)
- 2:00: --Gentle Chair Yoga Deb (*CF Fitness area*)
- 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*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 3:00: --Mindful Meditation (*Lodge game room*)
- 3:30: --Wine and Cheese (*Lodge Event Center*)
- 4:00: --One Day University Lecture – “*Stephen Sondheim: Hits and Misses*” (970 ONLY)
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 6:30: --Tuesday Night Bridge (*MP at CF*)
- 6:30: --Trip to Hood Wind Ensemble Coffman Chapel
SIGN UP ON APP

Wednesday, April 26, 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 (*Dearbought Trail - No Benches*) 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

Homewood at Frederick Independent Living Activities Calendar April 2023

- 9:30: --Scenic Drive by Sherwood Gardens Tulip Gardens, Tour of Homewood Museum and Evergreen Museum and Library-Baltimore **SIGN UP ON APP**
- 10:00: --Aquafit (*Lodge Pool*)
- 10:00: --Cornhole (*Lodge*)
- 10-1: --**FREE Spring Fling FREE Card Give-Away!**
(*MP at CF*)
- 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 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*)
- 2:00: --**MAAS Opticians Visit (*Community Conference Room @CF*)**
- 4:00: --**One Day University Lecture – “Masterpieces of Art that Changed All the Rules” (*Lodge Classroom B and 970*)**
- 4:45: --**Dinner Shuttle** **SIGN UP ON APP**

Homewood at Frederick Independent Living Activities Calendar April 2023

**-6:30: --Wednesday Night Movie: "The Godfather Part II"
(Event Center at the Lodge)**

Thursday, April 27, 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 APP**
- 9:00: --Aquafit (Lodge)**
- 9:00: --Wellness Workout (Channel 970)**
- 9:45: --Water Volleyball (Lodge Pool)**
- 10-12: --Tech Help with new Volunteer - 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: --Card Making Class (Lodge Classroom) SIGN UP ON APP**
- 11:00: --Spanish Conversation with Gloria Dubin (Card/Game**

Homewood at Frederick Independent Living Activities Calendar April 2023

Room at the Lodge)

- 11:00: --Personal Training at CF (*Crumland Farms Gym*)
- 11:30: --LUNCH SHUTTLE SIGN UP ON APP
- 12:00: --Personal Training at the Lodge (*Lodge Fitness Center*)
- 12:30: --"Friendly" Party Bridge (*The View Alcove at the Lodge*)
- 1:00: --Blood Pressure Clinic (*Home Health Office at CF*)
- 1:00: --One Day University – “The Stock Market and the Economy: How Are They Related?” (*Channel 970*)
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --Painting Art Project (*ILAC at CF*) SIGN UP ON APP
- 3:15: --Noteables Rehearsal (*MP@CF*)
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 6:30: --Game Night (*lodge classroom*)
- 6:30: --NEW Game Night (*ILAC@CF*)

Friday, April 28, 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*)

Homewood at Frederick Independent Living Activities Calendar April 2023

- 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: --Dr. Romane Presentation - Brain Health
(*Lodge Classroom*) **SHUTTLE**
- 9:00: --Shopping at Walmart, Wegmans, Giant
- 10-12: --Tech Help with Michelle (*Computer Lab @ CF*)
SIGN UP ON APP
- 10:00: --"The Gratitude Pilgrims" (*Classroom B at the Lodge*)
- 10:00: --Cornhole (*Lodge*)
- 10:00: --Great Decisions "Global Famine" (*MP at CF*)
- 10-12: --Health Fair (*Lodge Event Center*) **SHUTTLE**
- 10:30: --Sittercize (*Wellness Center at CF*)
- 10:30: --Sittercize and Stretches (*Channel 970*)
- 11:30: --**LUNCH SHUTTLE** **SIGN UP ON APP**
- 1:15: --Movement with Music (*Channel 970*)
- 1:30: --**ALOHA – "The Ups and Downs of the Life as an Airline Stewardess" with Sue Snay (MP at CF and Channel 970) SIGN UP ON APP**

Homewood at Frederick Independent Living Activities Calendar April 2023

- 4:00: --One Day University Lecture – “The Future of Lying and Trust” (970 ONLY)
- 4:45: --Dinner Shuttle SIGN UP ON APP
- 5:45: --Trip to “Mamma Mia” Oakdale High School
SIGN UP ON APP
- 6:15: --Trip to “Curtains” a Musical-Old Opera House Charles
Town, WV SIGN UP ON APP
- 6:30: --Cello Recital with Lori Duncan (Event Center at
Lodge/970) SHUTTLE

Saturday, April 29, 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)
- 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 The Sweet Life (MP at CF and Channel 970)
SHUTTLE

Homewood at Frederick Independent Living Activities Calendar April 2023

- 4:00: --Trip to National Christian Choir-Potomac Valley Assembly Concert, Germantown **SIGN UP ON APP**
- 4:15: --Trip to Catholic Mass (*St. Katharine's*) **SIGN UP ON APP**
- 5:45: --Trip to Carpenter's Tribute - Maryland Theater **SIGN UP ON APP**
- 7:00: --**Saturday Night Movies – “The Whale” (MP@CF & Channel 970)**

Sunday, April 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*)
- 9:30: --Brunch Bus: Oscar's Alehouse **SIGN UP ON APP**
- 10:00: --**Worship Service with Hymn Sing (MP/Channel 970)**
SHUTTLE
- 1:00: --Open Swim 1:00pm-5:00pm (*Lodge Pool*)
- 1:15: --Movement with Music (*Channel 970*)
- 2:00: --Trip to Westminster Ringers Handbell Choir -Calvary UMC **SIGN UP ON APP**

Homewood at Frederick Independent Living Activities Calendar April 2023

- 2:00: --Trip to Broadway/Hollywood Favorites - Frederick Symphony Orchestra -Weinberg **SIGN UP ON APP**
- 4:00: --REPLAY - Worship Service (*Channel 970*)
- 6:30: --Game Night (*lodge classroom*)

Homewood at Frederick Independent Living Activities Calendar April 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