







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p align="center"><b><u>Independent Living* Honor Salute on Nov. 9</u></b></p> <p><b>What you need to know:</b></p> <ul style="list-style-type: none"> <li>We will be honoring a large number of veterans and widows and have decided to have two ceremonies.</li> <li>Please only attend the ceremony affiliated with your branch of service.</li> <li>1:00pm – First session – Honoring Navy, Marines, Medical Corps, and widows whose husbands served in these branches. Honorees arrive 30 minutes early.</li> <li>3:00pm – Second session – Honoring Air Force, Army, Coast Guard, and widows whose husbands served in these branches. Honorees arrive 30 minutes early.</li> <li>Receptions to follow. See flyers for details.</li> </ul> <p><small>*Please note: There will be an Honor Salute for AL, HC, and MC Veterans and widows of veterans on Friday, November 10 at 3:00pm in Health Center, Potomac Living Room.</small></p>		<p><b>1</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jody (PL)            10:15 Needlework Group (C&amp;G)            1:00 Seated Exercise w/ PT (FT)            1:30 Protestant Holy Communion (FH)            3:00 Open Ping Pong (FT)            4:00 Current Events Discussion (FH)</p>	<p><b>2</b></p> <p>8:00 Indoor Croquet (FH)            9:30 Aqua Lite w/ Jenna (PL)            10:00 Weights for Women w/ Kristjana (FT)            11:00 Cardio Fit w/ Jenna (FT)            1:00 Yoga w/ Kristjana (FT)            2:00 Tech Bar w/ Charles (BB)            2:00 Mah Jong (C&amp;G)            2:00 Movie Matinee (970)  <b>2:30 Cate Bower, Guest Speaker from the Smithsonian Environmental Research Center (SERC) (FH &amp; 971)</b>            4:30 Happy Hour (BB)</p>	<p><b>3</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jody (PL)            10:15 Canasta (SN)            1:00 Seated Exercise w/ PT (FT)            1:00 Bridge Class* (C&amp;G)  <b>4:00 Birthday Social with special guests Island Breeze and the Big Kahuna (FH &amp; Ch. 971)</b>            7:15 Movie Night (SR)</p>	<p><b>4</b></p> <p>8:00 Indoor Croquet (FH)            10:00 Aqua Aerobics w/ Jenna (PL)            11:15 Tai Chi for Fall Prevention w/ Lu (FH)            1:00 Canasta (SN)</p> 
	<p><b>Daylight Savings 5</b></p> <p>11:00 Church Service (FH)            12:00 Sunday Buffet (CD &amp; BB)            2:00 Mah Jong (C&amp;G)</p>	<p><b>Nametag Day 6</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jody (PL)            1:00 Seated Exercise w/ PT (FT)            1:15 Duplicate Bridge (FH)            2:00 Mah Jong (C&amp;G)            7:15 Movie Night (SR)</p>	<p><b>7</b></p> <p>9:30 Line Dancing (HR)            10:00 Men's Fellowship (CC)            10:00 Tech Bar with Charles (BB)            10:00 Women's Bible Study (SR)            11:00 Cardio Fit w/ Kristjana (FT)            11:00 Dementia Caregiver Support Group (HR3)            1:00 Yoga w/ Francie (FT)            2:00 Gentle Seated Yoga (FT, Z, &amp; 970)            2:00 Chorus Rehearsal (FH)            4:30 Happy Hour (BB)</p>	<p><b>8</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jody (PL)            10:00 Newcomer Discussion (AN)            10:15 Needlework Group (C&amp;G)            11:00 Newcomer Bus Tour - Historic Areas (Lobby)            1:00 Seated Exercise w/ PT (FT)            2:00 Zumba Gold (FT)  <b>2:30 Town Hall w/ CEO (FH)</b>  <b>4:30 Karaoke Nite (BB)</b></p>	<p><b>9</b></p> <p>8:00 Cancelled - Indoor Croquet (FH)            9:30 Aqua Lite w/ Jenna (PL)            10:00 Weights for Women w/ Kristjana (FT)            11:00 Cardio Fit w/ Jenna (FT)            1:00 Yoga w/ Kristjana (FT)  <b>1:00 Navy, Marines, and Medical Corps Honor Salute Ceremony (FH &amp; 971)</b>  <b>3:00 Air Force, Army, and Coast Guard Honor Salute Ceremony (FH &amp; 971)</b>            2:00 Mah Jong (C&amp;G)            2:00 Movie Matinee (970)            4:30 Happy Hour (BB)  <b>7:00 Pet-a-Pooch (Lobby)</b>  <b>7:30 Bingo (FH)</b></p>	<p><b>10</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jenna (PL)            10:15 Canasta (SN)            1:00 Seated Exercise w/ PT (FT)  <b>2:00 Tech@Home Class Topic: Password Management and Contingency Planning(SR)</b>            2:00 Poker Group (SN)            2:30 Quilt &amp; Sew Room Open (HB)            7:15 Movie Night (SR)</p>
<p><b>12</b></p> <p>11:00 Church Service (FH)            2:00 Mah Jong (C&amp;G)</p>	<p><b>Nametag Day 13</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:00 Residents' Club Executive Meeting (C&amp;G)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jody (PL)            10:30 Readers Group (C&amp;G)            1:00 Seated Exercise w/ PT (FT)            1:15 Duplicate Bridge (FH)            2:00 Dining Committee (SR)            2:00 Mah Jong (C&amp;G)            7:15 Movie Night (SR)</p>	<p><b>14</b></p> <p>9:30 Line Dancing (HR)            10:00 Men's Fellowship (CC)            10:00 Tech Bar w/ Charles (BB)            10:00 Women's Bible Study (SR)            11:00 Cardio Fit w/ Kristjana (FT)            11:00 Catholic Mass (FH &amp; 971)            11:00 Dementia Caregiver Support Group (HR3)            1:00 Yoga w/ Francie (FT)            2:00 Gentle Seated Yoga (FT, Z, &amp; 970)            2:00 Chorus Rehearsal (FH)            4:30 Happy Hour (BB)</p>	<p><b>15</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jody (PL)            10:15 Needlework Group (C&amp;G)            1:00 Seated Exercise w/ PT (FT)  <b>2:00 Residents Club Meeting (FH)</b>  <b>3:00 Sip n' Paint* (SN)</b>  <b>7:15 National Theater at Home. Play: "Frankenstein" (SR)</b></p>	<p><b>16</b></p> <p>8:00 Cancelled - Indoor Croquet (FH)            9:30 Aqua Lite with Jenna (PL)            10:00 Weights for Women w/ Kristjana (FT)            11:00 Cardio Fit w/ Jenna (FT)            1:00 Yoga w/ Kristjana (FT)  <b>2:00 Great Decisions (SR)</b>            2:00 Tech Bar w/ Charles (BB)            2:00 Mah Jong (C&amp;G)            2:00 Movie Matinee (970)            4:30 Happy Hour (BB)</p>	<p><b>17</b></p> <p>8:00 Total Body Strength w/ Lisa (FT)            9:15 Stretch, Tone &amp; Balance (FT, Z, &amp; 970)            10:00 Aqua Aerobics w/ Jenna (PL)            10:15 Canasta (SN)            1:00 Seated Exercise w/ PT (FT)            1:00 Bridge Class (C&amp;G)  <b>1:30 AACo Outreach Library Vehicle "OLIVE" (FH)</b>            3:00 Poetry Group (C&amp;G)            7:15 Movie Night (SR)</p>	<p><b>18</b></p> <p>8:00 Indoor Croquet (FH)            10:00 Aqua Aerobics w/ Jenna (PL)            11:15 Cancelled - Tai Chi for Fall Prevention w/ Lu (FH)            1:00 Canasta (SN)  <b>12:00 Navy vs. East Carolina Football Game (SR)</b>  <b>7:30 Mark Croatti, Guest Speaker, Topic: China and World Relations (FH &amp; 971)</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD &amp; BB) 2:00 Mah Jong (C&amp;G)</p> <div style="border: 2px solid black; padding: 5px; margin: 10px 0;"> <p><b>IMPORTANT: All Fitness Rooms will be under construction with limited availability Nov. 20 - 24 and completely closed Nov. 27 - Dec. 4. Fitness Rooms are scheduled to reopen on Tuesday, Dec. 5. Please check on Touchtown &amp; posted flyers for daily updates.</b></p> </div>	<p>20</p> <p>Nametag Day</p> <p><b>FITNESS ROOMS OPEN AFTER 5PM</b></p> <p>8:00 Total Body Strength w/ Lisa (TBD) 9:15 Stretch, Tone &amp; Balance (TBD, Z, &amp; 970) 10:00 Aqua Aerobics w/ Jody (PL) <b>10:00 Meaningful Conversations* (AN)</b> 1:00 Seated Exercise w/ PT (TBD) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&amp;G) 7:15 Foreign Movie (SR)</p>	<p>21</p> <p><b>FITNESS ROOMS OPEN AFTER 5PM</b></p> <p>9:30 Line Dancing (HR) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 10:00 Women's Bible Study (SR) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (TBD) 2:00 Gentle Seated Yoga (TBD, Z, &amp; 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)</p>	<p>22</p> <p><b>FITNESS ROOMS OPEN AFTER 5PM</b></p> <p>8:00 Indoor Croquet (FH) 8:00 Total Body Strength w/ Lisa (TBD) 9:15 Stretch, Tone &amp; Balance (TBD, Z, &amp; 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&amp;G) 1:00 Seated Exercise w/ PT (TBD) 2:00 Zumba Gold (TBD) 2:30 Writers Workshop (C&amp;G) 3:00 Open Ping Pong (TBD) <b>4:30 Trivia with Friends (BB)</b></p>	<p>23</p> <p><b>FITNESS CENTER OPEN ALL DAY TODAY</b></p> <p><b>10:00 Ecumenical Thanksgiving Service (FH &amp; 971)</b> 2:00 Mah Jong (C&amp;G) 2:00 Movie Matinee (970)</p> <div style="text-align: center; margin: 20px 0;">  </div>	<p>24</p> <p><b>FITNESS ROOMS OPEN AFTER 5PM</b></p> <p>8:00 Total Body Strength w/ Lisa (TBD) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 1:00 Seated Exercise w/ PT (TBD) <b>2:00 Tech@Home Class</b> <b>Topic: Zoom 101</b> 2:00 Parkinson's Support Group (QA) 2:00 Poker Group (SN) 7:15 Movie Night (SR) <b>7:30 Maestro Julien Benichou, Guest Speaker. Topic: The Art of Conducting a World-Class Orchestra (FH &amp; 971)</b></p>	<p>25</p> <p><b>FITNESS ROOMS OPEN ALL DAY TODAY</b></p> <p>8:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 11:15 Tai Chi for Fall Prevention w/ Lu (FH) 1:00 Canasta (SN) <b>7:30 Music Pilgrim, music from around the world (FH &amp; 971)</b></p> <div style="text-align: center; margin: 20px 0;">  </div>
<p>26</p> <p><b>FITNESS ROOMS OPEN ALL DAY TODAY</b></p> <p>11:00 Church Service (FH) 2:00 Mah Jong (C&amp;G)</p>	<p>27</p> <p>Nametag Day</p> <p><b>FITNESS ROOMS CLOSED ALL WEEK</b></p> <p>8:00 Total Body Strength w/ Lisa (TBD) 9:00 Building &amp; Grounds Meeting (C&amp;G) 9:15 Stretch, Tone &amp; Balance (TBD, Z, &amp; 970) 10:00 Aqua Aerobics w/ Jody (PL) 1:00 Seated Exercise w/ PT (TBD) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&amp;G) 7:15 Movie Night (SR)</p>	<p>28</p> <p><b>FITNESS ROOMS CLOSED ALL WEEK</b></p> <p>9:30 Line Dancing (HR) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 10:00 Women's Bible Study (SR) 11:00 Cardio Fit w/ Kristjana (TBD) 11:00 Catholic Mass (FH &amp; 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (TBD) 2:00 Gentle Seated Yoga (TBD, Z, &amp; 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)</p>	<p>29</p> <p><b>FITNESS ROOMS CLOSED ALL WEEK</b></p> <p>8:00 Total Body Strength w/ Lisa (TBD) 9:15 Stretch, Tone &amp; Balance (TBD, Z, &amp; 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&amp;G) 1:00 Seated Exercise w/ PT (TBD) 2:00 Zumba Gold (TBD) 3:00 Open Ping Pong (TBD)</p>	<p>30</p> <p><b>FITNESS ROOMS CLOSED ALL WEEK</b></p> <p>9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women w/ Kristjana (TBD) <b>10:00am – 1:00pm Resident Club Holiday Bazaar (FH)</b> 11:00 Cardio Fit w/ Jenna (TBD) 1:00 Yoga w/ Kristjana (TBD) 2:00 Tech Bar w/ Charles (BB) 2:00 Movie Matinee (970) 4:30 Happy Hour (BB)</p>	<p><b>Room Key</b></p> <p>(AN) = Annapolis Room (BB) = Bugeye Bar (CA) = Cafe (CC) = Caring Cove (CD) = Chesapeake Dining Room (CG) = Card and Game Room (CQ) = Croquet Court (FH) = Friendship Hall (FT) = Fitness Center (HB) = Heritage Basement (HRL) = Library (HR) = Heritage Activity Room (HR3) = Heritage 3rd Floor</p> <p>(GZ) = Gazebo (LO) = Lobby (QA) = Queen Ann Room (PL) = Pool (SD) = Skipjack Dining Room (SN) = Schooner Room (SP) = Skipjack Patio (SR) = South River Room (Z) = Zoom (970) = TV Channel 970 (971) = CH 971, TV Live Stream (4000) = 4000 Circle (*) = Sign-up in Mailroom</p>	

### Ginger Cove Holiday Traditions

### Save the Dates for these Upcoming Events

#### Breakfast with Santa on Saturday, December 2, 10 – 11:30am

- Residents and staff are invited to bring children & grandchildren under the age of 10 for a buffet breakfast, face painting, balloon animals & visit with SANTA!!

#### Ginger Cove Holiday Gala on Friday, December 15

- There will be Champagne and Hors d'oeuvres in the lobby from 4:00 – 4:30pm and 6:00 – 6:30pm.
- 2 seating times are scheduled in the Chesapeake Dining Room, 4:30 – 6:00pm and 6:30 – 8:00pm.
- Cocktail or evening wear is welcomed.
- Please make reservations from Monday, Dec. 4 to Sunday, Dec. 10 in the dining room.
- Live music, dancing, and desserts will be in Friendship Hall from 6:00 – 10:00pm.

Saturday,	Dec. 2, 10 – 11:30am
Saturday,	Dec. 2, 7:30pm
Tuesday,	Dec. 12, 7:30pm
Friday,	Dec. 15, 4:30 – 10:00pm
Sunday,	Dec. 17, 2:30pm
Friday,	Dec. 22, 2:30pm

Breakfast with Santa
Arundel Vocal Society Choir
Ginger Cover Choir Concert
Ginger Cove Holiday Gala
Shenandoah Run
Emma Thompson, Guest Speaker
Topic: Environmental Effects on Coral Reefs
Holiday Sing-a-Long
Christmas Eve Champagne and a Resident Club New Year's Eve Celebration

Saturday,	Dec. 23, 7:30pm
Sunday,	Dec. 24, 6:30 – 8:30pm
Sunday,	Dec. 31