








Independent Living Calendar

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 All Children's Chorus of Annapolis (FH & 971)
2	Nametag Day 3	4	5	6	7	8
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 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&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Tech Bar w/ Charles (BB) 10:00 Lecture - "How Now Shall We Live?" All are Welcome! (FH) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, Z, & 970) 3:30 Tai Chi for Fall Prevention w/ Lu (FT) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&G) 12:30 Residents Club Picnic (SP) 1:00 Seated Exercise w/ PT (FT) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT)	8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 4:00 Religious Life (C&G) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 1:00 Seated Exercise w/ PT (FT) 2:30 Open Small Court Pickleball (FT) 4:00 Birthday Social (FH) 7:15 Movie Night (SR)	9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics w/ Jody (PL) 1:00 Canasta (SN) 4:30 Belmont Stakes-Bugeye Bar open for Belmont Jewels & Race viewing. (BB) 7:30 Guest Lecture - Donna Haase – Describing her Duty on the USNS Comfort Hospital Ship (FH & 971)
9	Nametag Day 10	11	12	13	Flag Day  14	15
11:00 Church Service (FH) 2:00 Mah Jong (C&G)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:30 Readers Group (C&G) 1:00 Seated Exercise w/ PT (FT) 1:15 Duplicate Bridge (FH) 2:00 Dining Committee (SR) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, Z, & 970) 3:30 Tai Chi for Fall Prevention w/ Lu (FT) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Newcomer Discussion (AN) 10:15 Needlework Group (C&G) 1:00 Seated Exercise w/ PT (FT) 1:30 Protestant Holy Communion (FH) 2:00 Nutrition Education Series - Alzheimer's & Dementia (SR) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT)	8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 4:30 Happy Hour (BB) 7:00 Pet-a-Pooch (LO) 7:30 Bingo (FH)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 1:00 Seated Exercise w/ PT (FT) 2:00 Tech@Home Class (SR) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR) 7:30 Patio Pop-Up Party, a Beautiful Summer Evening with Music by – Jazz Ma Tazz (SP)	9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics w/ Jody (PL) 1:00 Canasta (SN)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="right">16</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)</p> 	<p align="right">17</p> <p align="center">Nametag Day</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Residents' Club Executive Meeting (C&G) 10:00 Meaningful Conversations* (AN) 1:00 Seated Exercise w/ PT (FT) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 6:00 Newcomer Dinner (AN) 7:15 Foreign Movie (SR)</p>	<p align="right">18</p> <p>8:00 Outdoor Croquet (CQ) 9:30 CANCELED Line Dancing (FT) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, Z, & 970) 2:30 Meg Riggs - Public Diplomacy Lecture (FH & 971) 3:00 Gym Time w/ Jamie - Balance (FT) 3:30 Class is Cancelled - Tai Chi for Fall Prevention w/ Lu (FT) 4:30 Happy Hour (BB)</p>	<p align="right">19</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise w/ PT (FT) 2:00 Residents Club Meeting (FH & 971) 3:00 Open Ping Pong (FT) 3:00 Sip n' Paint* (SN)</p> 	<p align="right">20</p> <p>8:00 Outdoor Croquet (CQ) 9:30 CANCELED Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jamie (FT) 1:00 Yoga w/ Pam (FT) 2:00 Great Decisions (SR) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 4:30 Happy Hour (BB)</p>	<p align="right">21</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Canasta (SN) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise w/ PT (FT) 2:30 Open Small Court Pickleball (FT) 3:00 Making Cards for our Troops* (AN) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)</p>	<p align="right">22</p> <p>9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics w/ Jamie (PL) 1:00 Canasta (SN) 7:30 Salute to Duke Ellington with Karen Lovejoy, Vocalist Classic Tunes and Smooth Jazz (FH & 971)</p> 
<p align="right">23</p> <p>11:00 Church Service (FH) 2:00 Mah Jong (C&G)</p>	<p align="right">24</p> <p align="center">Nametag Day</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 9:15 Stretch, Tone & Balance (FT, Z, & 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&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)</p>	<p align="right">25</p> <p>8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (CC) 10:00 Tech Bar w/ Charles (BB) 11:00 CANCELED Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, Z, & 970) 3:30 Class is Cancelled - Tai Chi for Fall Prevention w/ Lu (FT) 4:30 Happy Hour (BB)</p>	<p align="right">26</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise w/ PT (FT) 2:00 Zumba Gold (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)</p>	<p align="right">27</p> <p>8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Tech Bar w/ Charles (BB) 4:30 Happy Hour (BB) 7:30 Bingo (FH)</p>	<p align="right">28</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, Z, & 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 1:00 Seated Exercise w/ PT (FT) 2:00 Tech@Home Class (SR) 2:00 Parkinson's Support Group (QA) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)</p>	<p align="right">29</p> <p>9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics w/ Jamie (PL) 1:00 Canasta (SN)</p>
<p align="right">30</p> <p>11:00 Church Service (FH) 2:00 Mah Jong (C&G)</p>					<p>Room Key</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 (HR) = Heritage Activity Room (HRL) = Heritage 1st Floor Living Room</p>	<p>(HR3) = Heritage 3rd Floor (GZ) = Gazebo (LO) = Lobby (QA) = Queen Anne 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>