








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>1</b></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)            10:00 Women's Bible Study (SR)            11:00 Cardio Fit w/ Jamie (FT)            11:00 Dementia Caregiver Group (HR3)            1:00 Yoga w/ Francie (FT)            2:00 Angel Making Workshop (SN)            2:00 Gentle Stretch &amp; Seated Yoga (FT,970)            2:00 Chorus Rehearsal (FH)            3:30 Tai Chi w/ Lu (FT)            4:30 Happy Hour (BB)  <b>6:00 BCFA – Speaker Cameron Hudson via Zoom Topic: Sudan's Catastrophic War and the Gap in U.S. Leadership (SR)</b></p>	<p><b>2</b></p> <p>Rosh Hashanah</p> <p>8:00 Total Body Strength w/PT(FT)            9:15 Stretch, Tone &amp; Balance (FT, 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 Oktoberfest Celebration to Celebrate our Holleran Survey (SP)</b>            2:00 Zumba Gold (FT)            3:00 Open Ping Pong (FT)</p>	<p><b>3</b></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)            2:00 Mah Jong (C&amp;G)            3:30 Open Cornhole (FT or O)            4:00 Religious Life (C&amp;G)            4:30 Happy Hour (BB)</p>	<p><b>4</b></p> <p>8:00 Total Body Strength w/PT(FT)            9:15 Stretch, Tone &amp; Balance (FT, 970)            10:00 Aqua Aerobics w/ Jenna (PL)            10:15 Canasta (SN)            1:00 Seated Exercise w/ PT (FT)            2:30 Open Pickleball (FT)  <b>4:00 Birthday Social with The Dixieland Band (FH)</b></p> 	<p><b>5</b></p> <p>9:00 Outdoor Golf Croquet (CQ)            10:00 Aqua Aerobics w/ Jenna (PL)            1:00 Canasta (SN)  <b>3:30 Guest Speaker - Tina Hamill with Golden Travel - "What's New in Travel and Exciting Upcoming Trips" (FH)</b></p> 
	<p><b>6</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>7</b></p> <p>Nametag Day</p> <p>8:00 Total Body Strength w/PT(FT)            9:15 Stretch, Tone &amp; Balance (FT, 970)            10:00 Tech Bar w/ Charles (BB)            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)            3:00 Men's Circuit Training (FT)            7:15 Movie Night (SR)</p>	<p><b>8</b></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)            10:00 Women's Bible Study (SR)            11:00 Cardio Fit w/ Jamie (FT)            11:00 Catholic Mass (FH)            11:00 Dementia Caregiver Group (HR3)            1:00 Yoga w/ Francie (FT)            2:00 Angel Making Workshop (SN)            2:00 Gentle Stretch &amp; Seated Yoga (FT,970)            2:00 Chorus Rehearsal (FH)            3:30 Tai Chi w/ Lu (FT)            4:30 Happy Hour (BB)</p>	<p><b>9</b></p> <p>8:00 Total Body Strength w/PT(FT)            9:15 Stretch, Tone &amp; Balance (FT, 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 (LO)            1:00 Seated Exercise w/ PT (FT)            1:30 Protestant Holy Communion (FH)  <b>2:00 Nutrition Education Series - Cancer (SR)</b>            2:00 Zumba Gold (FT)            3:00 Open Ping Pong (FT)  <b>4:30 Karaoke Nite w/ Annapolis HS Key Club (BB)</b>            7:15 Art Movie - El Greco and Durer</p> 	<p><b>10</b></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)  <b>2:00 AACo Outreach Library Vehicle "OLIVE" (LO)</b>            2:00 Tech Bar w/ Charles (BB)            2:00 Mah Jong (C&amp;G)            3:30 Open Cornhole (FT or O)            4:30 Happy Hour (BB)  <b>7:00 Pet-a-Pooch (LO)</b>            7:30 Bingo (FH)</p>	<p><b>11</b></p> <p>Yom Kippur</p> <p>8:00 Total Body Strength w/PT(FT)            9:15 Stretch, Tone &amp; Balance (FT, 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: Alexa integration for Uniguest (SR)</b>            2:00 Poker Group (SN)            2:30 Open Pickleball (FT)            2:30 Sew &amp; Craft Room Open (HB)            7:15 Movie Night (SR)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>13</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 14</b></p> <p>8:00 Total Body Strength w/PT (FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Tech Bar w/ Charles (BB) 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) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)</p>	<p><b>15</b></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) 10:00 Women's Bible Study (SR) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Caregiver Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Angel Making Workshop (SN) 2:00 Gentle Stretch &amp; Seated Yoga (FT,970) 2:00 Chorus Rehearsal (FH) <b>3:00 Gym time w/Jamie – Fall Prevention Cont. (FT)</b> 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)</p>	<p><b>16</b></p> <p>8:00 Total Body Strength w/PT(FT) 9:15 Stretch, Tone &amp; Balance (FT, 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 &amp; 971)</b> 3:00 Open Ping Pong (FT) <b>3:00 Sip n' Paint* (SN)</b> <b>6:00 BCFA – Speakers John Weaver and Daniel Kochis via Zoom “Quo Vadis Nato: 2024 and Beyond” (AR)</b> 7:15 National Theater at Home - "Dear Octopus" (SR)</p>	<p><b>17</b></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 Great Decisions (SR) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&amp;G) 3:30 Open Cornhole (FT or O) 4:30 Happy Hour (BB)</p>	<p><b>18</b></p> <p>8:00 Total Body Strength w/PT(FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise w/ PT (FT) 2:30 Open Pickleball (FT) 3:00 Poetry Group (SR) 7:15 Movie Night (SR)</p>	<p><b>19</b></p> <p>9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN)</p>
<p><b>20</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 21</b></p> <p>8:00 Total Body Strength w/PT (FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Tech Bar w/ Charles (BB) <b>10:00- 4:00 COVID Clinic (C&amp;G)</b> 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Dementia in Our Midst* (AN) 1:00 Seated Exercise w/ PT (FT) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&amp;G) 3:00 Men's Circuit Training (FT) 7:15 Foreign Movie (SR)</p>	<p><b>22</b></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) 10:00 Women's Bible Study (SR) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH &amp; 971) 11:00 Dementia Caregiver Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Angel Making Workshop (SN) 2:00 Gentle Stretch &amp; Seated Yoga (FT,970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)</p>	<p><b>23</b></p> <p>8:00 Total Body Strength w/PT(FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (C&amp;G) 1:00 Seated Exercise w/ PT (FT) 2:00 Zumba Gold (FT) 2:30 Writers Workshop (C&amp;G) 3:00 Open Ping Pong (FT) <b>4:30 Trivia w/ Annapolis HS Key Club (BB)</b></p> 	<p><b>24</b></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) <b>2:00 Guest Lecture - Hearing Life - Interactive Hearing Health (FH &amp; 971)</b> 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&amp;G) 3:30 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:30 Bingo (FH)</p>	<p><b>25</b></p> <p>8:00 Total Body Strength w/PT(FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 1:00 Seated Exercise w/ PT (FT) <b>2:00 Tech@Home Class (SR)</b> 2:00 Parkinson's Support Group (QA) 2:00 Poker Group (SN) 2:30 Open Pickleball (FT) 2:30 Sew &amp; Craft Room Open (HB) <b>7:30 Herb Smith – Jazz Saxophone and Piano Duo (FH)</b></p>	<p><b>26</b></p> <p>9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN)</p>
<p><b>27</b></p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD &amp; BB) <b>2:30 Light Up A Life (FH &amp; 971)</b> 2:00 Mah Jong (C&amp;G)</p> 	<p><b>Nametag Day 28</b></p> <p>8:00 Total Body Strength w/PT (FT) <b>8:00 Car Wash &amp; Auto Detailing* (1000 Parking Lot)</b> 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Tech Bar w/ Charles (BB) <b>10:00 – 1:30 COVID Clinic (C&amp;G)</b> 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Dementia in Our Midst* (AN) 1:00 Seated Exercise w/ PT (FT) 1:15 Duplicate Bridge (FH) 2:00 Travel with Paul* (SR) 2:00 Mah Jong (C&amp;G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)</p>	<p><b>29</b></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) 10:00 Women's Bible Study (SR) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Caregiver Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Angel Making Workshop (SN) 2:00 Gentle Stretch &amp; Seated Yoga (FT,970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)</p>	<p><b>30</b></p> <p>8:00 Total Body Strength w/PT(FT) 9:15 Stretch, Tone &amp; Balance (FT, 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 Nutrition Education Series - Diabetes (SR)</b> 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT)</p>	<p><b>Halloween 31</b></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) 2:00 Mah Jong (C&amp;G) 3:30 Open Cornhole (FT or O) <b>3:30 Haunted Happy Hour with guest bartenders Kira and Michelle! (BB)</b></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 (HR) = Heritage Activity Room (HRL) = Heritage 1<sup>st</sup> Fl Living Room</p>	<p>(HR3) = Heritage 3rd Floor (GZ) = Gazebo (LO) = Lobby (O) = Outside, Campus Green (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 (*) = Sign-up in Mailroom</p>