






Independent Living Calendar

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Room Key (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 st Fl Living Room	(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		1 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance ~ Halloween Week Fun! (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Canasta (SN) 11:00 Fitness Office Hours (FT) 1:00 Seated Exercise w/ PT (FT) 2:30 Open Small Court Pickleball (FT) 4:00 Birthday Social featuring Ginger Cove Boutique Fashion Show (FH)	2 9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN)
Daylight Savings 3 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 	Nametag Day 4 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar w/ Charles (BB) 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)	5 8:00 Indoor Croquet (FH) 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 Support Group (HR3) 1:00 Yoga w/ Jamie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)	6 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 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) 3:00 Open Ping Pong (FT)	7 8:00 Indoor Croquet (FH) 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) 3:30 Open Cornhole (FT or O) 4:00 Religious Life (C&G) 4:30 Happy Hour (BB)	8 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 11:00 Fitness Office Hours (FT) 1:00 Seated Exercise w/ PT (FT) 2:00 Tech@Home Class - "Virtual Reality" (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)	9 9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 Rob Bunning on Piano and Nell Rumbaugh with Vocals (FH & 971) 
10 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	Nametag Day 11 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar w/ Charles (BB) 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) 7:30 Veterans Day Program (FH & 971) 	12 8:00 Indoor Croquet (FH) 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 & 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB) 6:00 BCFA – "Venezuela – Is there a path back to Democracy"	13 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Newcomer Discussion (AN) 10:15 Needlework Group (C&G) 11:00 Newcomer Bus Tour (LO) 1:00 Seated Exercise w/ PT (FT) 2:30 Resident Town Hall (FH & 971) 3:00 Open Ping Pong (FT) 4:30 Karaoke Nite (BB) 7:15 Art Movie – David and Turner (SR)	14 8:00 Indoor Croquet (FH) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 2:00 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 3:30 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	15 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 ICC Student Speech Review*(SR) 10:15 Canasta (SN) 11:00 Fitness Office Hours (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise w/ PT (FT) 2:30 Open Small Court Pickleball (FT) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)	16 9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 Daryl Davis performing on the piano for a night of Rhythm and Blues and a little Rock'n'Roll (FH & 971) 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	Nametag Day	19	20	21	22	23
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, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar w/ Charles (BB) 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 Angel Tree (LO) 3:00 Men's Circuit Training (FT) 7:15 Foreign Movie (SR)	8:00 Indoor Croquet (FH) 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 Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB) 4:45 Holiday Tree Lighting on the Skipjack Patio (SP)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 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) 7:15 National Theater at Home- "The Deep Blue Sea" (SR)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 10:00 Bazaar - Art work, a bake sale, raffle baskets, knitted, crocheted and stitched items, holiday decorations, clothing, jewelry and more! (FH) 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&G) 3:30 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 11:00 Fitness Office Hours (FT) 1:00 Seated Exercise w/ PT (FT) 2:00 Tech@Home Class - "Computer Basics" (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)	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN)
						
24	Nametag Day	26	27	Thanksgiving	29	30
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&G) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar w/ Charles (BB) 1:00 Seated Exercise w/ PT (FT) 1:15 Duplicate Bridge (FH) 2:00 Travel with Paul* (SR) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	8:00 Indoor Croquet (FH) 9:30 Line Dancing (FT) 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 & 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 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) 3:00 Open Ping Pong (FT)	10:00 Ecumenical Thanksgiving Service (FH) 12:00 Thanksgiving Buffet (CD & BB)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Turkey Terminator Cardio Drumming 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Fitness Office Hours (FT) 1:00 Seated Exercise w/ PT (FT) 2:00 Parkinson's Support Group (QA) 2:30 Open Small Court Pickleball (FT) 7:15 Movie Night (SR)	9:00 Indoor Croquet (FH) 1:00 Canasta (SN)
						