



Independent Living Calendar

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Room Key (AN) = Annapolis Room (BB) = Bugeye Bar (BR) = Billiards Room (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	 12:00 Holiday Buffet	1 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) 4:00 Religious Life (C&G) 4:30 Happy Hour (BB)	2 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 Office Hours w/ Jamie (FT) 1:00 Seated Exercise (FT) 2:30 Open Small Court Pickleball (FT) 4:00 Birthday Social featuring Mark Desrochers (FH) 7:15 Movie Night (SR)	3 9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 "History Through the Lens" - A Lecture by Tim Laur (FH & 971) 
	5 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	Nametag Day 6 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) 1:00 Seated Exercise (FT) 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	7 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) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 3:30 Tai Chi w/ Lu (FT) 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/ Jody (PL) 10:00 Newcomer Discussion (AN) 10:15 Needlework Group (C&G) 11:00 Newcomer Bus Tour (LO) 1:00 Seated Exercise (FT) 2:00 Nutrition Education Series "Superfoods, Whole Grains" (SR) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT) 4:30 Karaoke Nite with AHS Key Club (BB) 7:15 Art Movie – "Thomas Gainsborough" (SR)	9 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 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Neighbor-to-Neighbor Volunteer Meeting (SR) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 3:30 Open Cornhole (FT) 4:30 Happy Hour (BB) 7:00 BINGO (FH)	10 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) 1:00 Seated Exercise (FT) 2:00 Poker Group (SN) 2:30 "Soviet Snippets" - A Lecture by Paul Lasko (FH & 971) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)
12 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)	Nametag Day 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 Tech Bar w/ Charles (BB) 10:30 Readers Group (C&G) 1:00 Seated Exercise (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)	14 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) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia 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)	15 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jamie (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise (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 - "Trouble in Mind" (SR)	16 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) 4:30 Happy Hour (BB)	17 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 Office Hours w/ Jamie (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise (FT) 2:30 Open Small Court Pickleball (FT) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)	18 9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 Christiana Drapkin, Vocalist performing songs from the Great American Songbook. 

<p>19</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)</p>	<p>Martin Luther King Jr. Day 20</p> <p>The Administration Offices are closed today</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Meaningful Conversations* (AN) 12:00 Holiday Buffet 1:15 Duplicate Bridge (FH) 2:00 Mah Jong (C&G) 7:15 Foreign Movie - "Hate" (SR)</p> 	<p>21</p> <p>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) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Dementia Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 3:00 Gym Time w/ Jamie – "Developing a well-rounded routine" (FT) 3:30 Tai Chi w/ Lu (FT) 4:30 Happy Hour (BB)</p>	<p>22</p> <p>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 (FT) 2:00 Cancelled - Zumba Gold (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia with AHS Key Club (BB)</p>	<p>23</p> <p>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) 4:30 Happy Hour (BB) 7:00 BINGO (FH)</p>	<p>24</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Canasta (SN) 11:00 Office Hours w/ Jamie (FT) 1:00 Seated Exercise (FT) 2:00 Tech@Home Class – "iPhone" (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)</p>	<p>25</p> <p>9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 7:30 Mary Ann Jung - Historical Impersonator. Performing as Amelia Earhart (FH & 971)</p> 
<p>26</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G)</p>	<p>Nametag Day 27</p> <p>8:00 Car Wash & Auto Detailing* (1000 Parking Lot)</p> <p>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 (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)</p>	<p>28</p> <p>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) 10:00 Mexican Train (C&G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia 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)</p>	<p>29</p> <p>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 (FT) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT)</p>	<p>30</p> <p>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) 4:30 Happy Hour (BB)</p>	<p>31</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Office Hours w/ Jamie (FT) 1:00 Seated Exercise (FT) 2:00 Parkinson's Support Group (QA) 2:30 Open Small Court Pickleball (FT) 7:15 Movie Night (SR)</p>	