


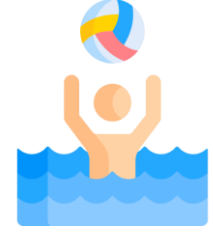








Independent Living Calendar

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:00 Outdoor Croquet (CQ) 1:00 Canasta (SN) 7:30 Seth Kibel Duo: Jazz Music Performance (FH & 971)
2	Nametag Day	3	4	5	6	7
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 3:00 Sunday Movie (SR)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Tech Bar w/ Charles (BB) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 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 Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT) 2:00 Chorus Rehearsal (FH) 2:30 Mardi Gras Party (BB) 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 & Balance (FT) 1:30 Ash Wednesday Service (FH) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT) 3:30 Ginger Cove Spring Talent Show Rehearsal (FH)	9:00 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/ Jamie (FT) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 2:00 Winter Matinee Movie (SN) 3:30 Open Cornhole (FT, O) 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, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:30 Open Small Court Pickleball (FT) 4:00 Birthday Social featuring the Hunt School of Irish Dance (FH) 7:15 Movie Night (SR) 	9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 10:30 Water Volley Match with Jamie and Jenna* (PL) 1:00 Canasta (SN) 7:15 Movie Night (SR) 
Daylight Savings	Nametag Day					
9	10	11	12	13	14	15
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 3:30 Appraising Resident Items a Lecture by Todd Peenstra - Appraiser* (FH) 	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 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 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 Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT) 2:00 Chorus Rehearsal (FH) 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) 10:00 Newcomer Discussion (AN) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Zumba Gold (FT) 3:00 Nutrition Education Series - "Superfoods, Leafy Greens" (SR) 3:00 Open Ping Pong (FT) 3:30 Ginger Cove Spring Talent Show Rehearsal (FH) 4:30 Karaoke Nite (BB) 7:15 Art Movie	9:00 6000 Bldg. EVS Meeting (C&G) 9:00 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 Neighbor to Neighbor Volunteer Meeting (SR) 2:00 Tech Bar w/ Charles (BB) 2:00 Mah Jong (C&G) 2:00 Winter Matinee Movie (SN) 3:30 Open Cornhole (FT, O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	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 with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class "Using your Verizon Remote" (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 Outdoor Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 1:00 Canasta (SN) 3:00 Ballet Theatre of Maryland: Excerpts of Sleeping Beauty (FH & 971)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	Nametag Day 17	18	19	20	21	22
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 3:00 Sunday Movie (SR)	8:00 Total Body Strength w/ Lisa (FT) 9:00 St. Patrick's Day Gold Coin Scavenger Hunt (4000 Building) 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 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Foreign Movie (SR) 	9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 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 Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT) 2:00 Chorus Rehearsal (FH) 3:00 Gym Time w/ Jamie – "HIIT for Active Aging" (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 & Balance (FT) 2:00 Residents Club Meeting (FH, 971) 3:00 Open Ping Pong (FT) 3:00 Sip n' Paint* (SN) 3:30 Ginger Cove Spring Talent Show Rehearsal (FH) 6:00 BCFA – "The Baltimore Miracle: The Re-Opening of the Shipping Channel" (AN) 7:15 National Theater at Home – "People, Places, and Things" (SR)	9:00 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&G) 3:30 Open Cornhole (FT, O) 4:30 Happy Hour (BB) 7:30 "Oyster Restoration in the Bay" - Lecture by David Sikorski (FH & 971) 	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 with Jamie (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise & Balance (FT) 2:30 Open Small Court Pickleball (FT) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)	9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics w/ Jamie (PL) 10:00 Ginger Cove vs. St. John's College Croquet Match (CQ) 1:00 Canasta (SN) 7:30 Ginger Cove Spring Talent Show (FH & 971) 
23	Nametag Day 24	25	26	27	28	29
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 3:00 Sunday Movie (SR)	8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 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 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Travel with Paul* (SR) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)	9:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 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 Caregiver Support Group (HR3) 1:00 Yoga w/ Francie (FT) 2:00 Gentle Stretch & Seated Yoga (FT) 2:00 Chorus Rehearsal (FH) 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 & Balance (FT) 2:00 Zumba Gold (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)	9:00 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) 3:30 Open Cornhole (FT, O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class "All things Droid" (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)	9:00 Outdoor Croquet (CQ) 10:00 Ginger Cove vs. USNA Croquet Match (CQ) 1:00 Canasta (SN) 7:30 Johnny Seaton and Bad Behavior Music Performance featuring music from Elvis, Johnny Cash, Conway Twitty, Jerry Lee Lewis and many more! (FH & 971) 
30	Nametag Day 31					
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 3:00 Sunday Movie (SR)	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 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)				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