

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>11:00 Church Service (FH) 12:00 Sunday Buffet (CD &amp; BB) 2:00 Mah Jong (C&amp;G) 7:00 Sunday Night Series "To the Manor Born" (SR)</div>	<div>Nametag Day2</div> <div>8:00 Total Body Strength w/ Lisa (FT) 9:00 Building and Grounds Meeting (C&amp;G) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar (BB) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise &amp; Balance (FT) 2:00 Mah Jong (C&amp;G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)</div>	<div>3</div> <div>8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (BB) 10:00 Mexican Train (C&amp;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 &amp; Seated Yoga (FT, 970) 4:30 Happy Hour (BB)</div>	<div>4</div> <div>8:00 Total Body Strength w/ Lisa (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 &amp; Balance (FT) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT)</div>	<div>5</div> <div>8:00 Outdoor Croquet (CQ) 10:00 Weights for Women (FT) 10:00 Chats with Chip** (C&amp;G) 11:00 Cardio Fit w/ Jamie (FT) 1:00 Yoga w/ Pam (FT) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&amp;G) 2:30 Guest Lecture: Mark Croatti - The Significance of Greenland in Modern Political Climate (FH &amp; 971) 3:00 Open Cornhole (FT or O) 4:00 Religious Life (SN) 4:30 Happy Hour (BB)</div>	<div>6</div> <div>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Canasta (SN) 11:00 Office Hour w/ Jamie (FT) 1:00 Seated Exercise &amp; Balance (FT) 2:30 Open Small Court Pickleball (FT) 2:30 Sew &amp; Craft Room Open (HB) 4:00 Birthday Social - Music by Harrison (FH) 7:15 Movie Night (SR)</div>	<div>7</div> <div>9:00 Ginger Cove Croquet Open House (CQ) 10:00 Aqua Aerobics w/ Jamie (PL) 10:00 Pool School (BR) 11:00 Beats &amp; Balance Pop-up Cardio Drumming (FT) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 4:30 Belmont Stakes – Bugeye Bar open for a Belmont Jewel &amp; Race viewing. Race post time is 6:50pm (BB)</div>
<div>8</div> <div>11:00 Church Service (FH) 12:00 Sunday Buffet (CD &amp; BB) 2:00 Mah Jong (C&amp;G) 7:00 Sunday Night Series "To the Manor Born" (SR)</div>	<div>Nametag Day9</div> <div>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:00 Tech Bar (BB) 10:30 Readers Group (C&amp;G) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise &amp; Balance (FT) 2:00 Mah Jong (C&amp;G) 3:00 Men's Circuit Training (FT) 7:15 Movie Night (SR)</div>	<div>10</div> <div>8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Tech Bar (BB) 10:00 Women's Bible Discussion Group (SR) 10:00 Mexican Train (C&amp;G) 11:00 Cardio Fit w/ Jamie (FT) 11:00 Catholic Mass (FH &amp; 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga w/ Jamie (FT) 2:00 Gentle Stretch &amp; Seated Yoga (FT, 970) 4:30 Happy Hour (BB)</div>	<div>11</div> <div>8:00 Total Body Strength w/ Lisa (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 &amp; Balance (FT) 2:00 Zumba Gold (FT) 3:00 Open Ping Pong (FT) 3:00 Nutrition Education Series – “Superfood, Fish” (SR) 4:30 Piano Bar with Diana (BB) 7:15 Art Movie – “Goya” (SR)</div>	<div>12</div> <div>8:00 Outdoor Croquet (CQ) 9:00 2000 Bldg. EVS Meeting (C&amp;G) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 12:30 Residents Club Picnic w/ music by Dixieland Direct (SP) 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 (BB) 2:00 Mah Jong (C&amp;G) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO)</div>	<div>13</div> <div>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone &amp; Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:15 Canasta (SN) 11:00 Office Hour w/ Jamie (FT) 11:00 Flag Ceremony - Ginger Cove Field of Honor (4000 Circle) 1:00 Seated Exercise &amp; Balance (FT) 2:00 Tech@Home Class – “Cloud Storage or Physical Storage” (SR) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew &amp; Craft Room Open (HB) 7:15 Movie Night (SR)</div>	<div>14</div> <div>9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:30 Flag Day Singalong with Diana &amp; Friends (FH &amp; 971)</div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>15</b> 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "To the Manor Born" (SR)	<b>Nametag Day 16</b> 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 (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) 5:15 Newcomers in Bugeye Bar (BB) 6:00 Newcomers Dinner (SD) 7:15 Foreign Movie – “Carmen” (SR)	<b>17</b> 8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Tech Bar (BB) 10:00 Women's Bible Discussion Group (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/ Jamie (FT) <b>2:00 Arts Aweigh Artist's Talk - “Progressions” (SR)</b> 2:00 Gentle Stretch & Seated Yoga (FT, 970) 4:30 Happy Hour (BB)	<b>18</b> 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) <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>19</b> 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Weights for Women (FT) <b>10:00 Chats with Chip** (C&amp;G)</b> 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Great Decisions (SR) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	<b>20</b> 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 Hour w/ Jamie (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise & Balance (FT) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)	<b>21</b> 9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
<b>22</b> 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "To the Manor Born" (SR)	<b>Nametag Day 23</b> <b>8:00 Car Wash &amp; Auto Detailing* (1000 Parking Lot)</b> 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 (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)	<b>24</b> 8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Tech Bar (BB) 10:00 Women's Bible Discussion Group (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, 970) <b>2:30 Town Hall (FH &amp; 971)</b> 4:30 Happy Hour (BB)	<b>25</b> 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) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) <b>4:30 Trivia w/ Friends (BB)</b>	<b>26</b> 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 (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	<b>27</b> 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 Hour w/ Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Poker Group (SN) <b>2:30 Sherry's Retirement Toast (FH)</b> 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	<b>28</b> 9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics w/ Jamie (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) <b>7:30 Musical Performance - Ashbrook and Oorts (FH &amp; 971)</b>
<b>29</b> 11:00 Church Service (FH) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "To the Manor Born" (SR)	<b>Nametag Day 30</b> 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 (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)				<b>Room Key</b> (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 <sup>st</sup> 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 (**) = Sign-up on Uniguest