

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Admiral Cleaners Coat Drive  October 1st – November 30th	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 1st 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	1 8:00 Total Body Strength w/ Lisa (FT) 9:00 – 4:00 Covid Vaccine Clinic (C&G) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jody (PL) 10:15 Needlework Group (SN) 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 2:30 Oktoberfest Celebration (BB) 3:00 Open Ping Pong (FT) 4:45 Oktoberfest Themed Buffet Dinner (CD & BB) 	2 8:00 Outdoor Croquet (CQ) 9:00 Walk to End Alzheimer's Registration Session (BB) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Chats with Chip** (C&G) 10:30 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 2:00 Tech Bar (BB) 2:00 Travel with Paul* (SR) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT,O) 4:00 Religious Life (SN) 4:30 Happy Hour (BB)	3 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Ginger Cove Life Plan Series (GCLPS) - Continuing the Conversation on "Getting Our Affairs in Order"* (AN) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 4:00 Birthday Social (FH) 7:15 Movie Night (SR)	4 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) 7:15 Saturday Movie Night (SR)
5 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "Keeping Up Appearances" (SR)	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 (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)	7 8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (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, 970) 2:00 Chorus Rehearsal (FH) 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) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT) 3:00 Nutrition Education Series - "Apples" (SR) 4:30 Piano Bar with Diana (BB) 6:00 BCFA- "The View from Abroad: D.C Correspondents from Europe on U.S. Foreign Policy and Transatlantic Relations" (C&G) 7:15 Art Movie – "Pissarro" (SR)  	9 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 1:00 Motorized Mobility Device Training & Registration (FH) 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&G) 3:00 Open Cornhole (FT,O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO) 	10 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Ginger Cove Life Plan Series (GCLPS) - Continuing the Conversation on "Getting Our Affairs in Order"* (AN) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class – Microsoft Word (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)	11 9:00 Outdoor Croquet (CQ) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Pool School (BR) 11:00 Beats & Balance Pop-up Cardio Drumming (FT) 1:00 Open Billiards ((BR) 1:00 Canasta (SN) 7:30 Musical Performance by Thomas Pandolfi, concert pianist (FH & 971) 

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12 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "Keeping Up Appearances" (SR)	Nametag Day13 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) 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)	14 8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (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, 970) 2:00 Chorus Rehearsal (FH) 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/ 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)	16 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:00 Chats with Chip** (C&G) 10:30 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 (BB) 2:00 Mah Jong (C&G) 3:00 Card Making for our Troops* (AN) 3:00 Open Cornhole (FT,O) 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/ Jodie (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 12:00 Men's Luncheon* (AN) 1:00 Seated Exercise & Balance (FT) 2:00 Town Hall (FH & 971) 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)	18 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) 7:15 Saturday Movie Night (SR)
19 11:00 Church Service (FH) 11:00 Walk to End Alzheimer's- Registration Required (Off Campus) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "Keeping Up Appearances" (SR)	Nametag Day20 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 Foreign Movie (SR)	21 8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (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) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)	22 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 Dance & Dumbbells (FT) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)	23 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Ginger Cove Life Plan Series (GCLPS) - Dementia in our Midst* (AN) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT,O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)	24 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) 2:00 Tech@Home Class - Apartment Devices – Printers & Landlines (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)	25 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) 7:15 Saturday Movie Night (SR)
26 11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:30 Light Up a Life (FH) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "Keeping Up Appearances" (SR) 	Nametag Day27 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/ Jenna (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)	28 8:00 Outdoor Croquet (CQ) 9:30 Line Dancing (FT) 10:00 Men's Fellowship (SN) 10:00 Tech Bar (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, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)	29 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 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT)	30 8:00 Outdoor Croquet (CQ) 9:30 Aqua Lite w/ Jenna (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit w/ Jenna (FT) 1:00 Yoga w/ Pam (FT) 2:00 Ginger Cove Life Plan Series (GCLPS) - Dementia in our Midst* (AN) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT,O) 3:30 Haunted Happy Hour with special guest bartenders Kira and Michelle (BB) 4:30 Happy Hour (BB) 	Happy Halloween!31 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 with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR) 	