











Independent Living Calendar

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div>	<div><div>Nametag Day1</div><div>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)</div></div>	<div><div>2</div><div>8:00 Indoor Croquet (FH) 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)</div></div>	<div><div>3</div><div>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)</div></div>	<div><div>4</div><div>8:00 Indoor Croquet (FH) 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 Tech Bar (BB) 2:00 Travel with Paul* (SR) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT or O) 3:30 Board and Resident Holiday Reception (FH) 4:00 Religious Life (SN) 4:30 Happy Hour (BB)</div></div>	<div><div>5</div><div>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) 2:30 Sew & Craft Room Open (HB) 4:00 Birthday Social featuring The Larry and Bill Duo (FH & 971) 7:15 Movie Night (SR)</div></div>	<div><div>6</div><div> 10:00 Breakfast with Santa* (FH & CD) 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:15 Saturday Night Movie (SR)</div></div>
<div><div>7</div><div>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)</div></div>	<div><div>Nametag Day8</div><div>8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:00 Aqua Aerobics w/ Jenna (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)</div></div>	<div><div>9</div><div>8:00 Indoor Croquet (FH) 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/ Julianne (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:30 Matinee Winter Chorus Concert (FH & 971) 4:30 Happy Hour (BB)</div></div>	<div><div>10</div><div>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) 2:00 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 3:00 Nutrition Education Series - "Cranberries" (SR) 7:30 Evening Winter Chorus Concert (FH & 971)</div><div></div></div>	<div><div>11</div><div>8:00 Indoor Croquet (FH) 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 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 or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO)</div></div>	<div><div>12</div><div>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 - "Email 101" (SR) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 4:30 Holiday Gala – First Seating 6:30 Holiday Gala – Second Seating A night of champagne, dinner, and dancing</div><div></div></div>	<div><div>13</div><div>10:00 Pool School (BR) 11:00 Happy Holidays Beats & Balance Pop-up Cardio Drumming with Jamie and Linda (FT) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:15 Saturday Night Movie (SR)</div></div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 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 15 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)	16 8:00 Indoor Croquet (FH) 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/ Julianne (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 2:30 Lecture by Santa Erza on the "History of Santa Claus" (FH & 971) 4:30 Happy Hour (BB) 	17 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (Fitness Center, 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)	18 8:00 Indoor Croquet (FH) 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 Tech Bar (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	19 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) 2:30 Sew & Craft Room Open (HB) 3:00 Poetry Group (C&G) 7:15 Movie Night (SR)	20 10:00 Aqua Aerobics w/ Jenna (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:30 Musical Performance by the Annapolis Blend (FH & 971) 
21 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 22 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 (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)	23 8:00 Indoor Croquet (FH) 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/ Julianne (FT) 2:00 Gentle Stretch & Seated Yoga (FT, 970) 4:30 Happy Hour (BB)	24 10:15 Needlework Group (C&G) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 7:00 Christmas Eve by the Fire (LO)	25 12:00 Holiday Buffet 	26 8:00 VIRTUAL Total Body Strength w/ Lisa (FT) 10:00 Caregivers' Group (CC) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 2:00 Tech@Home Class - "Digital Photography Basics" (SR) 2:00 Poker Group (SN) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR) 7:30 Boxing Day Bingo (FH)	27 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:15 Saturday Night Movie (SR)
28 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 29 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)	30 8:00 Indoor Croquet (FH) 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) 4:30 Happy Hour (BB)	31 8:00 Total Body Strength w/ Lisa (FT) 9:15 Stretch, Tone & Balance (FT, 970) 10:15 Needlework Group (C&G) 1:00 Seated Exercise 3:00 Open Ping Pong (FT) 7:00 Residents New Year's Eve Party (C&G & FH) 		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 (**) = Sign-up on Uniguest