

Independent Living Calendar

JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>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</p>	<p>(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</p>		<p>Happy New Year 1</p> <p>12:00 Holiday Buffet 3:00 Travel with Paul* - "Mediterranean Cruise" (SR)</p> 	<p>2</p> <p>8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Mexican Train (C&G) 2:00 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 4:00 Birthday Social featuring The Big Kahuna (FH) 7:15 Movie Night (SR)</p>	<p>3</p> <p>9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics 10:00 Pool School (BR) 11:00 Beats and Balance Cardio Drumming (FT) 1:00 Open Billiards (BR) 1:00 Canasta (SN)</p>
<p>4</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series "Man Under Cover" (SR)</p>	<p>5 Nametag Day</p> <p>8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 7:15 Movie Night (SR)</p>	<p>6</p> <p>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 (FT) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Meet and Greet (FH) 4:30 Happy Hour (BB)</p>	<p>7</p> <p>8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 1:30 Luminis "Future of Caring" Event – Reception and Presentation about Luminis Health Anne Arundel Medical Center and the future of care for our community. (FH)</p>  <p>2:00 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT)</p>	<p>8</p> <p>8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (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)</p>	<p>9</p> <p>8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Tech@Home Class - "Cybersecurity, Scams, Spam" (SR) 2:00 Mexican Train (C&G) 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>10</p> <p>9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:30 Musical Performance by Daryl Davis - American R&B and blues musician. (FH & 971)</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	Nametag Day 12	13	14	15	16	17
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series " Man Under Cover" (SR)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Readers Group (C&G) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 7:15 Movie Night (SR)	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 (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB) 6:00 Baltimore Council on Foreign Affairs (BCFA) - "No Way but Forward: Life in Gaza" via Zoom (SR)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (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- "The Longevity Plate" (SR) 4:30 Piano Bar with Diana (BB) 7:15 Art Movie – "John Singer Sargent Fashion and Swagger" (SR)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 2:00 Great Decisions (SR) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT or O) 3:30 Lecture by Mark Croatti on Antarctica (FH & 971) 4:30 Happy Hour (BB)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (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 Poker Group (SN) 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)	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)
18	Nametag Day 19	20	21	22	23	24
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series " Man Under Cover" (SR)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:00 Meaningful Conversations* (AN) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 7:15 Foreign Movie (SR)	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 (FT) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (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) 7:15 National Theater at Home – "Romeo and Juliet" (SR)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (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)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 11:00 Office Hours with Jamie (FT) 1:00 Seated Exercise & Balance (FT) 2:00 Resident IT Workshop (SR) 2:00 Mexican Train (C&G) 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 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:30 Musical Performance by the Black Eyed Suzie's – A Bluegrass Band (FH & 971) 
25	Nametag Day 26	27	28	29	30	31
11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 2:00 Mah Jong (C&G) 7:00 Sunday Night Series " Man Under Cover" (SR)	8:00 Car Wash & Auto Detailing* (1000 Parking Lot) 8:00 Total Body Strength (FT) 9:00 Building and Grounds Meeting (C&G) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 2:00 Mah Jong (C&G) 7:15 Movie Night (SR)	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 (FT) 11:00 Catholic Mass (FH & 971) 11:00 Dementia Caregiver Support Group (HR3) 1:00 Yoga (FT) 2:00 Chair Yoga (FT, 970) 2:00 Chorus Rehearsal (FH) 4:30 Happy Hour (BB)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 2:30 Ginger Cove Life Plan Series: Lasting Tributes "Bringing Light to a Dark Topic" End of Life Planning (FH & 971) 2:30 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)	8:00 Indoor Croquet (FH) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 2:00 Tech Bar (BB) 2:00 Mah Jong (C&G) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)	8:00 Total Body Strength (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (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 Poker Group (SN) 2:30 Open Small Court Pickleball (FT) 2:30 Sew & Craft Room Open (HB) 7:15 Movie Night (SR)	9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)

