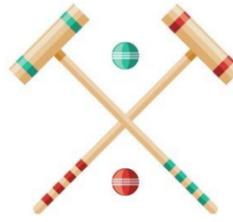


Independent Living Calendar

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)</p>	<p>Nametag Day 2</p> <p>8:00 Total Body Strength w/ Lisa (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) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)</p>	<p>3</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 Rehearsal (FH) 4:30 Happy Hour (BB)</p>	<p>4</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Chats with Chip** (AN) 10:15 Needlework Group (C&G) 1:00 Seated Exercise & Balance (FT) 2:00 Dance & Dumbbells (FT) 3:00 Open Ping Pong (FT)</p>	<p>5</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) 1:00 Card Making for our Troops. (AN)  1:30 Mah Jong (C&G) 2:00 Religious Life (SN) 2:00 Tech Bar (BB) 2:00 Travel with Paul* 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)</p>	<p>6</p> <p>8:00 Total Body Strength w/ Lisa (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 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 Hunt School of Irish Dance (FH & 971) 7:15 Movie Night (SR)</p>	<p>7</p> <p>9:00 Indoor Croquet (FH) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 11:00 Beats & Balance Pop-up Cardio Drumming (FT) 1:00 Open Billiards (BR) 1:00 Canasta (SN)</p> 
<p>Daylight Savings 8</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)</p>  <p>SPRING FORWARD SET YOUR CLOCKS AHEAD AN HOUR</p>	<p>Nametag Day 9</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 10:30 Readers Group (C&G) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)</p>	<p>10</p> <p>9:00 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 (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)</p>	<p>11</p> <p>8:00 Total Body Strength w/ Lisa (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) 3:30 Musical Performance by Dave Turner (BB)  7:15 Art Movie - "John Singer Sargent" (SR)</p>	<p>12</p> <p>9:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 11:00 Grief and Growth at Ginger Cove (SN) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 AACo Outreach Library Vehicle "OLIVE" (LO) 2:00 Neighbor to Neighbor Volunteer Meeting (SR) 2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH) 7:00 Pet-a-Pooch (LO)</p>	<p>13</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:00 – 3:00 AARP Driving Course* (AN) 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 - "Smart Homes" (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>14</p> <p>9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN) 7:30 Youth Chorus of Annapolis (FH & 971)</p> 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)</p>	<p>Nametag Day 16</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Meaningful Conversations* (AN) 10:00 Tech Bar (BB) 10:30 Men's Circuit Training (FT) 1:00 Duplicate Bridge (FH) 1:00 Seated Exercise & Balance (FT) 1:30 Mah Jong (C&G) 7:15 Foreign Movie - "Crossed Tracks" (SR)</p>	<p>St. Patrick's Day 17</p> <p>9:00 Luck O' the Donuts (LO) </p> <p>9:00 Outdoor Croquet (CQ) 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)</p>	<p>18</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:00 Chats with Chip** (AN) 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 – "Ballet Shoes" (SR)</p>	<p>19</p> <p>9:00 Outdoor Croquet (CQ) 9:30 Aqua Lite (PL) 10:30 Weights for Women (FT) 11:00 Cardio Fit (FT) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Great Decisions (SR) 2:00 Lecture by International Architect Eric Groft (FH & 971) </p> <p>2:00 Tech Bar (BB) 3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB)</p>	<p>20</p> <p>8:00 Total Body Strength w/ Lisa (FT) 9:15 Functional Fitness (FT, 970) 10:00 Aqua Aerobics (PL) 10:15 Canasta (SN) 12:00 Men's Luncheon* (AN) 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)</p>	<p>21</p> <p>9:00 Croquet Match - Ginger Cove vs. St. John College (CQ)</p> <p>10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)</p> 
<p>22</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)</p>	<p>Nametag Day 23</p> <p>8:00 Car Wash & Auto Detailing* (1000 Parking Lot)</p> <p>8:00 Total Body Strength w/ Lisa (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) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)</p>	<p>24</p> <p>9:00 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 (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)</p>	<p>25</p> <p>8:00 Total Body Strength w/ Lisa (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 Writers Workshop (C&G) 3:00 Open Ping Pong (FT) 4:30 Trivia w/ Friends (BB)</p>	<p>26</p> <p>9:00 Outdoor Croquet (CQ) 11:00 Grief and Growth at Ginger Cove (SN) 1:00 Yoga (FT) 1:30 Mah Jong (C&G) 2:00 Tech Bar (BB) 2:00 Lecture by Astronaut and Test Pilot Frederick Drew Gregory, Colonel, USAF (Ret.) (FH,970) </p> <p>3:00 Open Cornhole (FT or O) 4:30 Happy Hour (BB) 7:00 BINGO! (FH)</p>	<p>27</p> <p>8:00 Total Body Strength w/ Lisa (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 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)</p>	<p>28</p> <p>9:00 Outdoor Golf Croquet (CQ) 10:00 Aqua Aerobics (PL) 10:00 Pool School (BR) 1:00 Open Billiards (BR) 1:00 Canasta (SN)</p>
<p>29</p> <p>11:00 Church Service (FH) 12:00 Sunday Buffet (CD & BB) 1:30 Mah Jong (C&G) 3:00 Movie Matinee (SR) 7:00 Sunday Night Series "Emily in Paris" (SR)</p>	<p>Nametag Day 30</p> <p>8:00 Total Body Strength w/ Lisa (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) 1:30 Mah Jong (C&G) 7:15 Movie Night (SR)</p>	<p>31</p> <p>9:00 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 (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)</p>			<p>Room Key</p> <p>(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>